YOU HAVE MULTIPLE OPTIONS FOR TRACKING YOUR STEPS:

- Use one of our partnered devices to sync your steps
- Use the Stepathlon App to track and sync your steps
- Use the Stepathlon BUDD-E pedometer (if applicable) / any other devices / any other Apps and manually enter your steps

OUR PARTNERED DEVICES

FITBIT - ALL DEVICES
GOQii - ALL DEVICES
GARMIN - VIVOLAP, VIVOSMART HR+, VIVOMOVE
XIAOMI - All Mi Bands

SETTING UP YOUR DEVICE

1. Setup your device and connect it to its respective device platform / account
2. Log on to the Stepathlon website (www.stepathlon.com)
3. Click on the ‘Log Activity’ tab
4. Click on ‘Devices’
5. Select the device of your choice and click on ‘Connect’
6. Sign in using your device Username and Password
7. Once signed in, click ‘Allow’

Note: For Mi Band click on ‘Login’, then click on ‘Approve’ on the Confirmation page

Your logo of the partnered device on the ‘Connected Device’ panel will signify that your device is now connected to the Stepathlon platform.

To learn more, check out our YouTube tutorials - http://bit.ly/2CUNCxB

Note: To connect your device to Stepathlon, please use only the website (www.stepathlon.com) However, once your device is connected, you can sync using both the app and website.

In order to view your steps on the Stepathlon platform, please ensure that you have updated the same on your device’s app. You can then sync your steps by pressing the ‘Sync Now’ button on the Stepathlon platform.

STEEPATHLON APP TO TRACK STEPS

The following pre-requirements are required for the Stepathlon App to track your steps:

- The device needs to have an in-built accelerometer
- For Android smartphones, KitKat version (version 4.4) or above is required
- For iPhones, model 5S or above is required

Setting up the Stepathlon App to track your steps

1. Download the latest Stepathlon App on your device from Apple App Store or Google Play Store
2. Login to the Stepathlon App with your Username and Password
3. Connecting the Step App:
   a. Before the start of the Race: From the App Menu, select ‘Connect Step App’ option
   b. During the Race: Go to the ‘Log Activity’ menu and select either ‘Today’s Activity’ or ‘Missed Days’
4. Click ‘Connect’ on the Connect Step App pop-up
5. Select:
   a. For Android: The Google ID linked to your Google Play Store, then ‘Allow’
   b. For iOS: ‘Allow’ when prompted to allow Apple Health to connect with the Step App
6. The step counters on Play Store/App Store have now been triggered to operate in the background, and you have granted permission for Stepathlon to pull your data. To pull your steps into the Stepathlon platform, simply press the ‘Sync Now’ button. Only the steps you take after you have connected your device, will be pulled in to the Stepathlon platform.
Note: The Step App pulls steps from counters operating in the Google Play Store/Apple Health background, it does not display a real time reading of steps. To see your current step count, press the ‘View Steps’ button on the dashboard of the Stepathlon App, but do not submit as you are only permitted to submit once per day.

Once you have connected the Step App you can sync, view and submit your steps only through the Step App.

*Remember, Step App (direct sync for mobile devices) can be connected or disconnected from within the Stepathlon App only.

WHAT IF I WANT TO SYNC STEPS AND ADD OTHER ACTIVITIES?

Other activities such as swimming, cycling, gym, etc. need to have their distance or time manually entered. On days you want to add these activities, follow these steps:

1. Sync steps as per the instructions above
2. Click on the ‘Add Other Activity’ button and enter the time or distance appropriately
3. Click ‘Submit’
4. The distance or time entered gets translated into steps basis an algorithm

STEPATHLON BUDD-E PEDOMETER (if applicable)

The pedometer automatically tracks your steps:

1. You can go to the ‘Log Activity’ tab on the platform, select ‘Today’s Activity’ and manually enter the number of steps under Walking/Running and click on ‘Submit’
2. The pedometer has a 30-day memory function. You can input your steps for the past 30 days at anytime using the ‘Missed Days’ tab on the platform

DISCLAIMER:

Please note that the Stepathlon platform does not sync directly with any device hardware due to various third party protocols. Rather, Stepathlon ‘pulls’ steps from the associate device/app software. So, you must first sync your steps there, and then pull those steps into the Stepathlon platform using the ‘Sync now’ button on either the Stepathlon platform. If your steps are not synced correctly and are not up to date in your device/app software, they will not reflect accurately when pulled into the Stepathlon Step Entry panel.

Also note, there may be different reasons for incorrect or inaccurate entries, most often due to damage or malfunction in your device’s accelerometer or incorrectly configured step counting software. Stepathlon does not have any visibility on these issues and very limited ability to troubleshoot.

If you have any problems syncing steps, you can manually enter your steps from the device/app you are using to track them.

We want to make sure you have our support every step of the way.

To resolve any queries that you may have please reach us at:

support@stepathlon.com
1800 123 7837 (our toll-free number)

#MakeAMove #EverydayAthlete