

## How to Register on Walker Tracker:

1. Go to [pdx.walkertracker.com](http://pdx.walkertracker.com) and click on "Register Now!"



Welcome to Walker Tracker.

Please login or register at right.

Need help? Use the blue support button in the bottom right corner of your screen once you log in to search for guides or [contact us](#).

Don't have an account?

**REGISTER NOW!**

Sign Up Takes 30 Seconds

2. Fill out the required information and select "Register". You will be asked to complete Registration Questions as well. You can join a team that already exists right from this page, or you can join or create one later on.

### Sign up

Fill out these fields and you're in!

• Name

Please enter your first and last name

• Username

Please choose a screen name between 5 and 25 characters, without punctuation

 Too short.

• Password

Enter a password

**This field is required.**

• Email

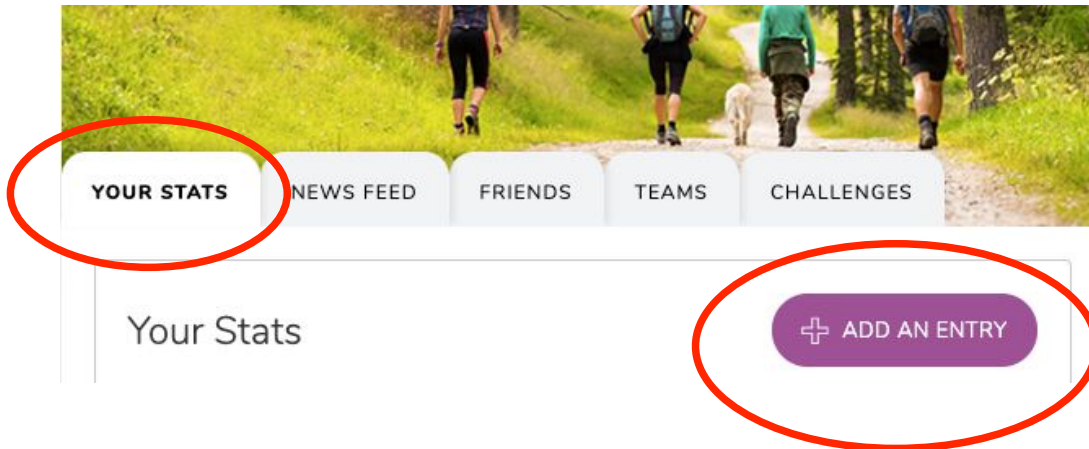
Enter a valid email address

 [privacy information](#)

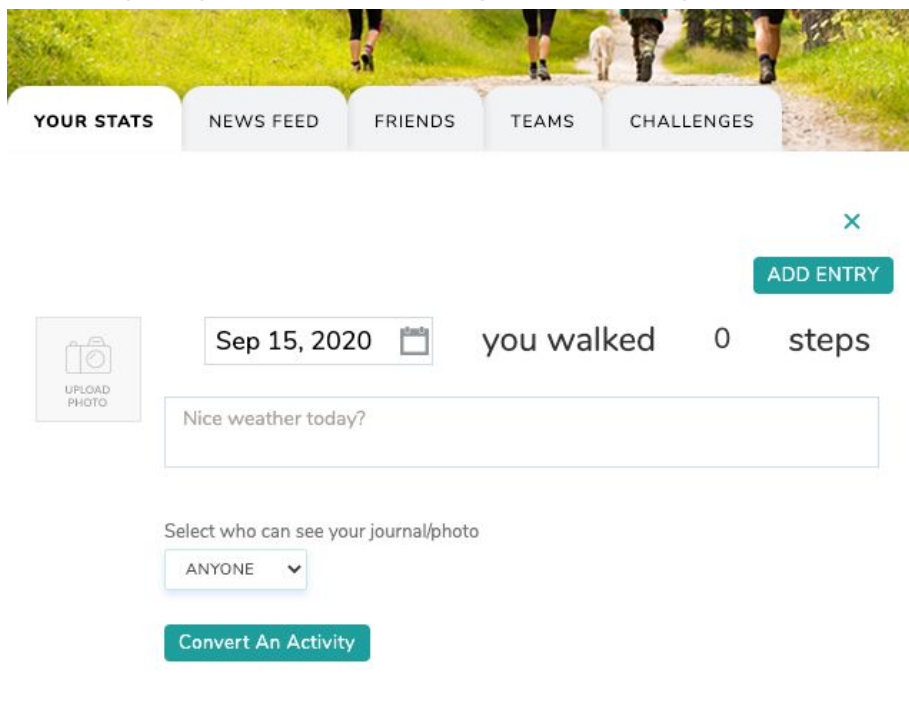
3. Once you have successfully registered, you will be asked to choose between two challenges, a team challenge or individual challenge. If you are participating with a team, select the team challenge. If you are choosing to participate as an individual select the individual challenge.
  - a. \*Note: If you are participating in the team challenge, you will **automatically be added** to the individual challenge as well.

## How to Manually Enter Data:

1. Log in to [pdx.walkertracker.com](http://pdx.walkertracker.com).
2. Under the “Your Stats” tab, click “Add An Entry”.



3. Type in the number of steps you have walked in the day and submit.  
*\*Note: You can only enter steps once per day. If you enter data multiple times in a day, the most recent entry that you make will be the only value for the day.*

A screenshot of the 'Add Entry' form in the Walker Tracker website. The form is titled 'ADD ENTRY' and features a close button (X) in the top right corner. On the left, there is an 'UPLOAD PHOTO' button with a camera icon. The main form area contains a date selector set to 'Sep 15, 2020', followed by the text 'you walked 0 steps'. Below this is a text input field containing the placeholder text 'Nice weather today?'. Underneath the text field is a dropdown menu labeled 'Select who can see your journal/photo' with 'ANYONE' selected. At the bottom of the form is a green button labeled 'Convert An Activity'.

4. If you would like to retroactively enter steps, simply click on “Add an Entry”, type in the number of steps walked, and change the date of entry before submitting the entry.

5. If you do not have a fitness tracking device or a smartphone and would like to manually calculate your steps, simply refer to this table to estimate your total steps for a walking or running activity.

<b>Activity</b>	<b>Steps per minute</b>
Walking, 30 min mile (2 mph)	76
Walking, 20 min mile (3 mph)	100
Walking, 15 min mile (4 mph)	152
Running, 12 min mile	178
Running, 10 min mile	222
Running, 8 min mile	278

- a. Multiply the number of minutes you spent doing an activity by the steps per minute value to calculate how many steps you took.
- b. For example – if I walked for 1 hour at a rate of 3 miles per hour, I would multiply my time (60 minutes) by the steps per minute value (100) to get 6,000 steps total.

## How to Add a Device to Your Walker Tracker Account

These are the steps to follow if you would like to connect an activity tracking device to your Walker Tracker account.

### Apple Health (iPhone)

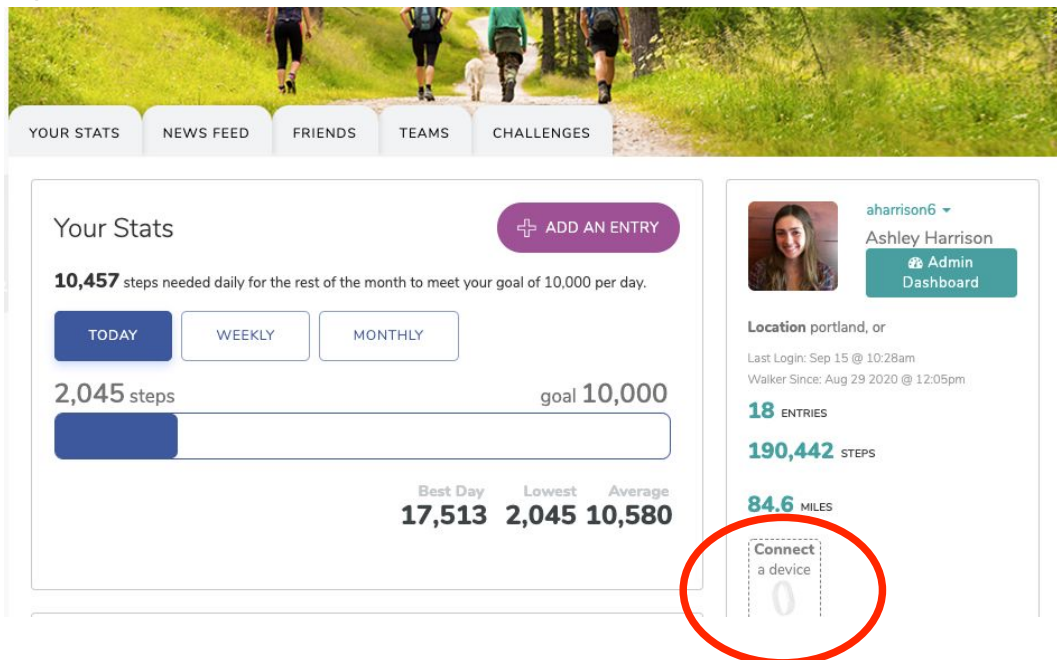
1. Download the [iOS](#) app.
2. Log into your Walker Tracker account on the app.
3. Once logged in, at the top of your 'Activity' page, toggle the switch where it says 'Sync With Apple Health.'
4. Select "Connect to 'Health Kit.'"
5. Once you agree to Apple's language, you're done! Apple Health will sync every time you open the app.

### Google Fit - Android

1. Download the [Android](#) app.
2. Click: 'My Activity.'
3. Toggle on 'Google Fit.'
4. Once you agree to Google's permissions, you're done! Google Fit will sync every time you open the app.

### Other Devices

1. Log in to [pdx.walkertracker.com](http://pdx.walkertracker.com).
2. Under Your Stats tab (your personal homepage), click on "Connect a device" on the right side of your screen.



The screenshot shows the Walker Tracker user dashboard. At the top, there is a navigation bar with tabs: YOUR STATS, NEWS FEED, FRIENDS, TEAMS, and CHALLENGES. Below this is a 'Your Stats' section with a purple 'ADD AN ENTRY' button. The stats show 10,457 steps needed daily for the rest of the month to meet a goal of 10,000 per day. There are buttons for TODAY, WEEKLY, and MONTHLY. A progress bar shows 2,045 steps out of a goal of 10,000. Below the progress bar, it shows Best Day: 17,513, Lowest: 2,045, and Average: 10,580. On the right side, there is a user profile for Ashley Harrison (aharrison6) with an 'Admin Dashboard' button. Below the profile, it shows Location: portland, or, Last Login: Sep 15 @ 10:28am, Walker Since: Aug 29 2020 @ 12:05pm, 18 ENTRIES, 190,442 STEPS, and 84.6 MILES. A 'Connect a device' button is circled in red at the bottom right of the dashboard.

3. It will take you to a page that allows you to choose the device you want to connect (see photo below).
  - a. Note: Samsung Health is not available through Walker Tracker, so download a secondary app (Fitbit app, MyFitnessPal, etc.) to sync with Walker Tracker.
  - b. Note: Walker Tracker recommends the Fitbit app. You **do not** have to have a Fitbit to use this app or sync with Walker Tracker.

## Add a device

Track your steps auto-magically! Add an activity-tracking device to sync your steps.

The screenshot shows three panels for adding devices. The first panel, 'Activity Trackers', has a 'Connect' button circled in red. It lists logos for fitbit, MISFIT, Withings, GARMIN, and striiv. The second panel, 'Apple Health', features a heart icon and text for iOS devices. The third panel, 'Google Fit', features a heart icon and text for Android devices.

4. Once you have selected the device/app you would like to sync with Walker Tracker, you must then select "Connect Activity Tracker". This will take you to a separate webpage to "Choose a Source" to connect your health data (see photos below).

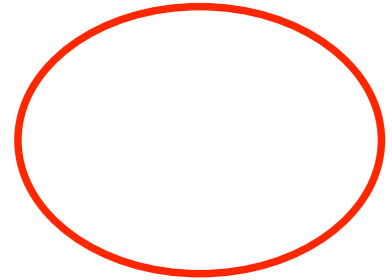
## Connect a device (or return to all devices)

Use our helper application to connect your device.

1. Click on 'Connect Activity Tracker'
2. Choose your provider from the list
3. You will be asked to 'authenticate' your account with that service  
**Note:** If you're not using your own computer, make sure it's **your** account on that service you're logged into
4. Click 'Finish!' You're done!



Let's connect your health data!



Human API is the quickest, most secure way to import health data from anywhere:

CHOOSE SOURCE

by using Human API, you accept the [Terms of Service](#)

- From there, you will see a list of apps you may select from (dependent on which one you use). You will then be asked to log in to the app to confirm the connection. Finally, once successfully synced, you will be taken back to the Walker Tracker webpage.

## Choose your source

Please select the source you'd like to connect:

