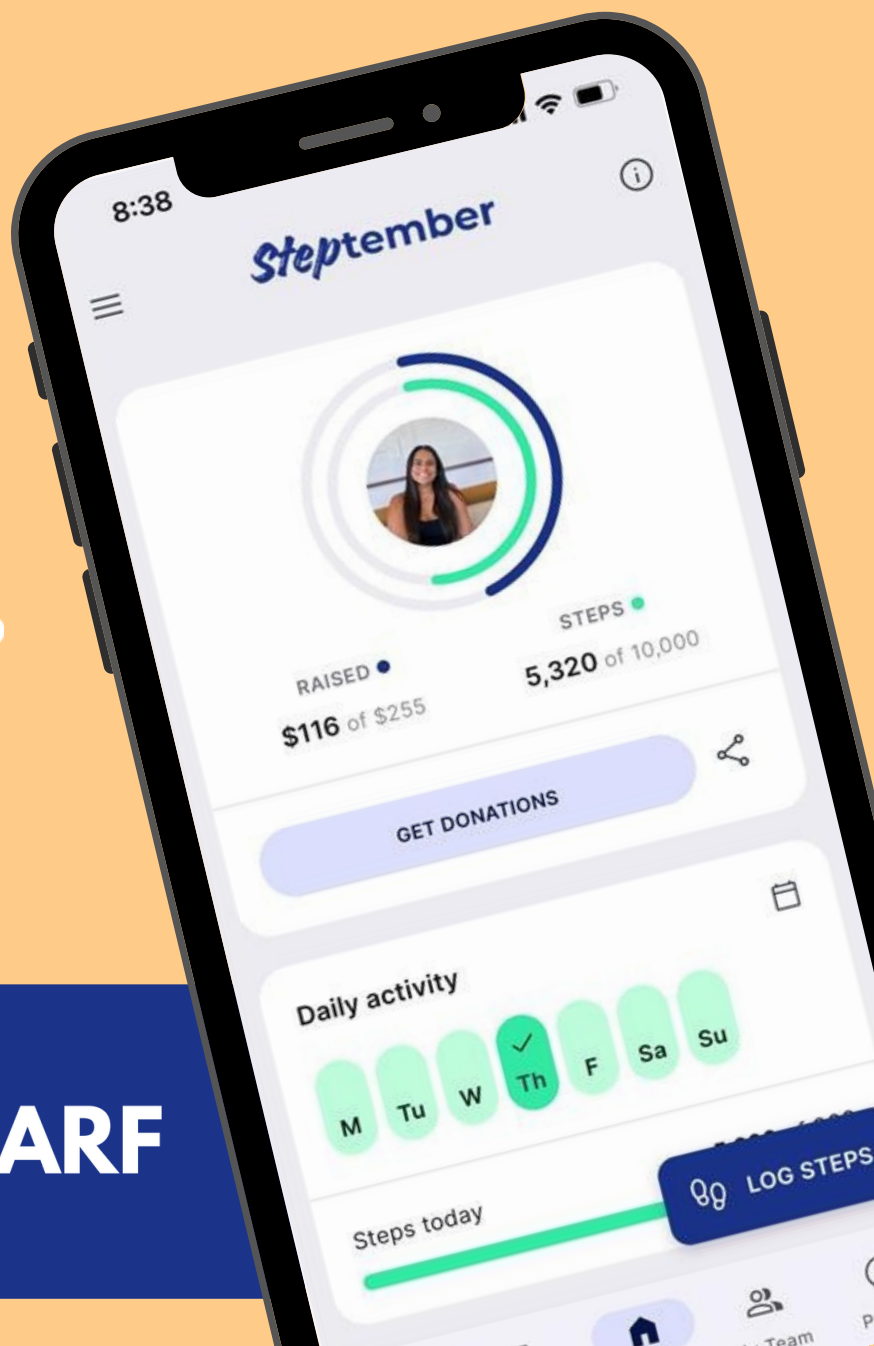


Step tember App Guide



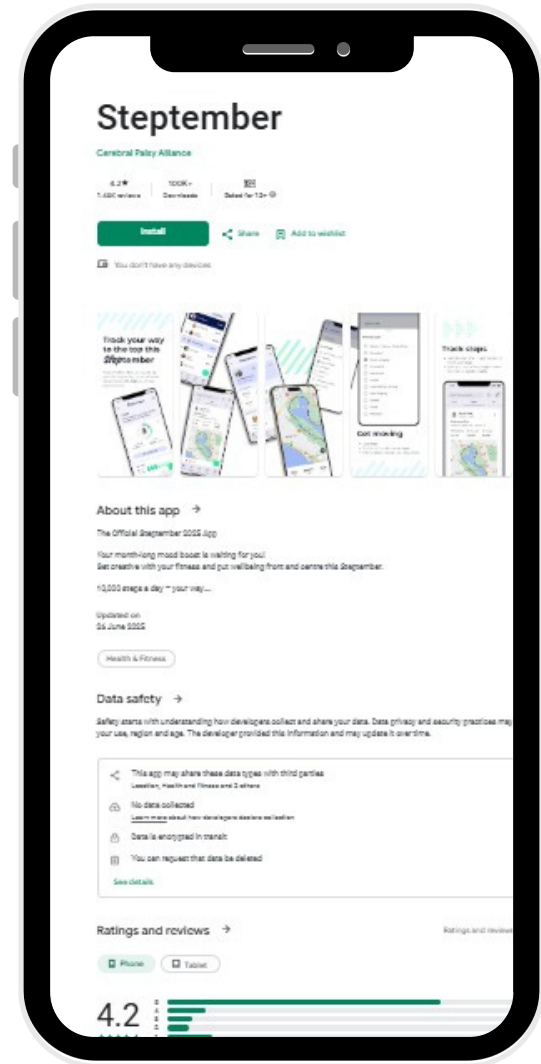
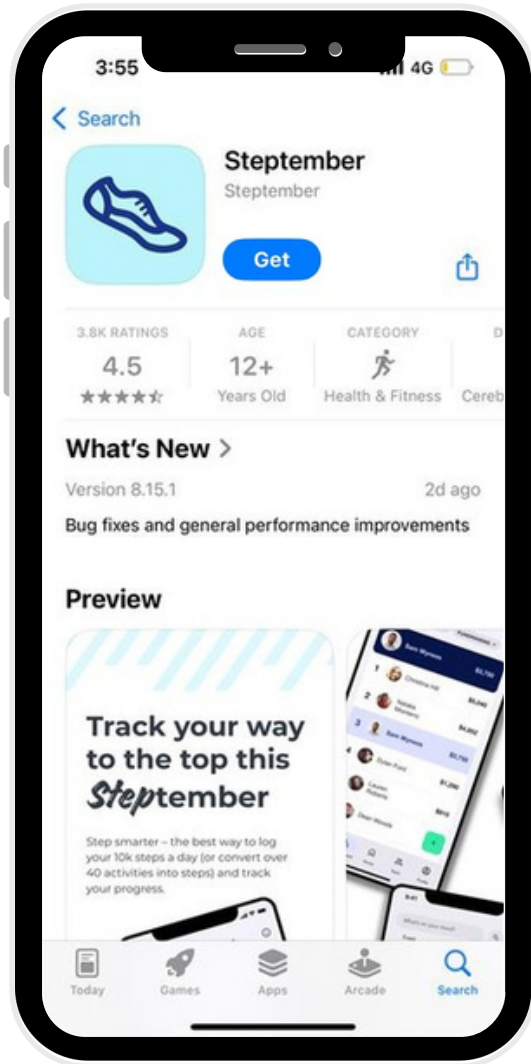
Step tember | CPARF

Let's get started

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Download the app



Logging into the app

1 Select your country: USA

2 *If you've registered:*

Sign in using the same email address and password you registered with

If you still need to register:

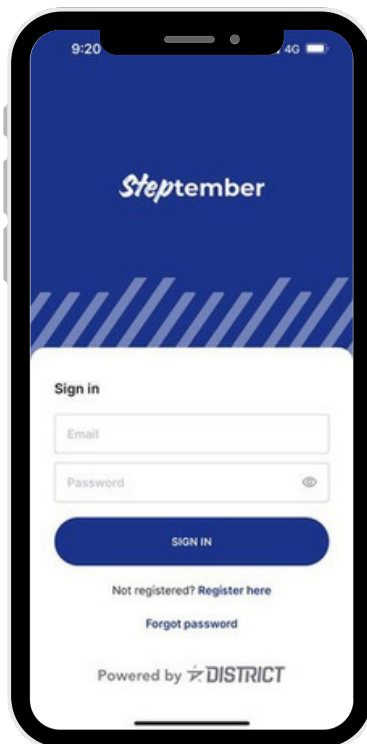
Click 'Register now'

3 You'll be asked to agree to our Terms and Conditions, and Privacy Policy before continuing

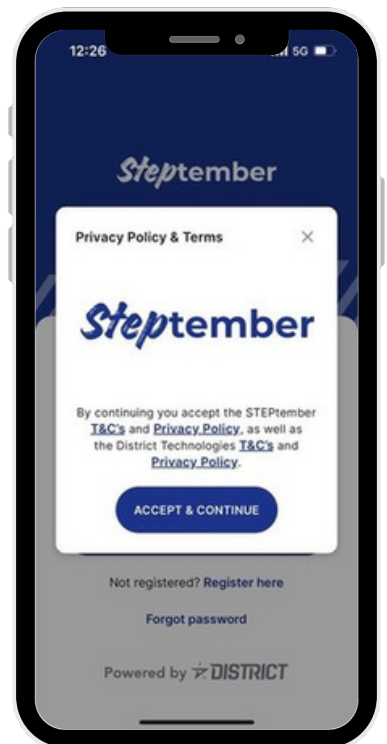
1



2



3

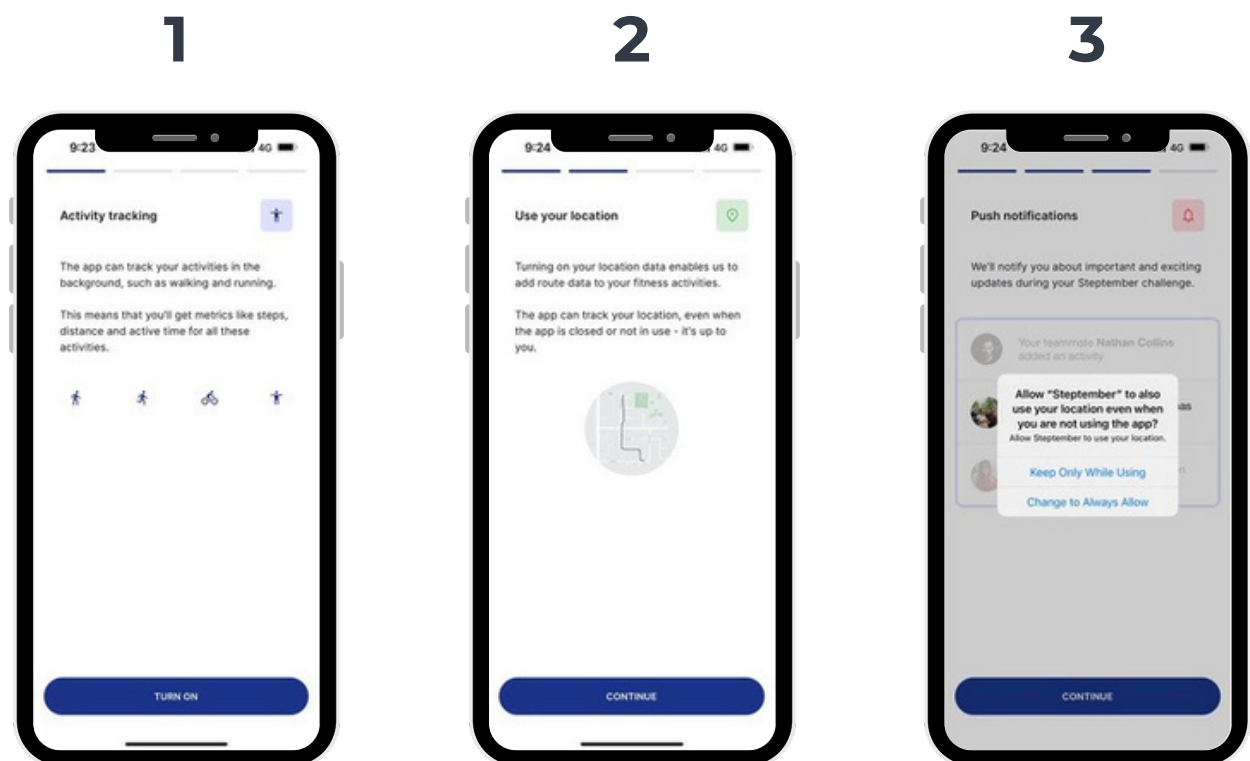


Setting up the app

After logging in and connecting to your STEPtember profile, the app will seek your permission to send notifications and access your location.

Note: All of these are required so that the STEPtember app will function as it's been designed, and to ensure you have the best STEPtember experience.

- 1 Allowing notifications will ensure you're kept up to date with updates from STEPtember as well as your friends, family and colleagues.
- 2 Providing permission for the app to access your location and motion activity will ensure the built-in GPS can track and map your activity.
- 3 Most importantly, enabling notifications means you'll be notified whenever a team member logs their activity – encouraging some friendly competition!





Connecting your fitness tracker

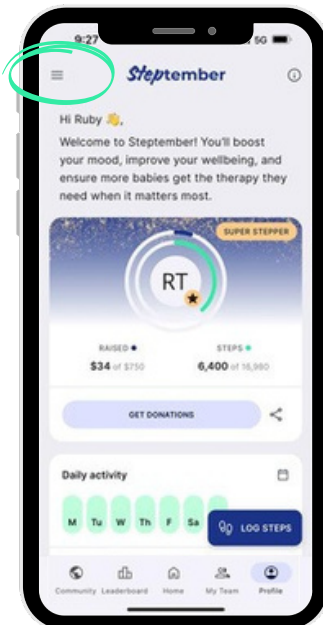


The STEPtemberapp will connect to health kits that are built-in: Apple (Apple Health) and Android (Google Health Connect).

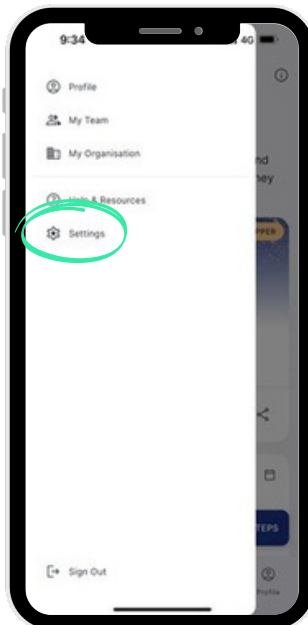
The app will detect what smartphone you have and what fitness/health app options are available for you to connect.

- 1 After logging in, click the 3 lines in the top left hand corner
- 2 Click 'Settings'
- 3 Click 'Connected Apps'
- 4 Connect your app

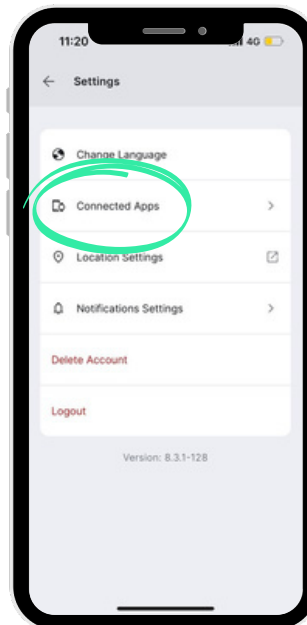
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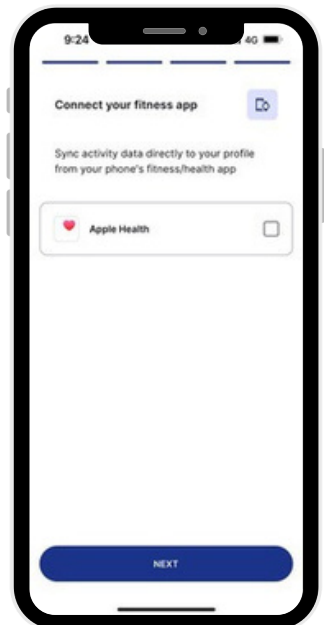
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3



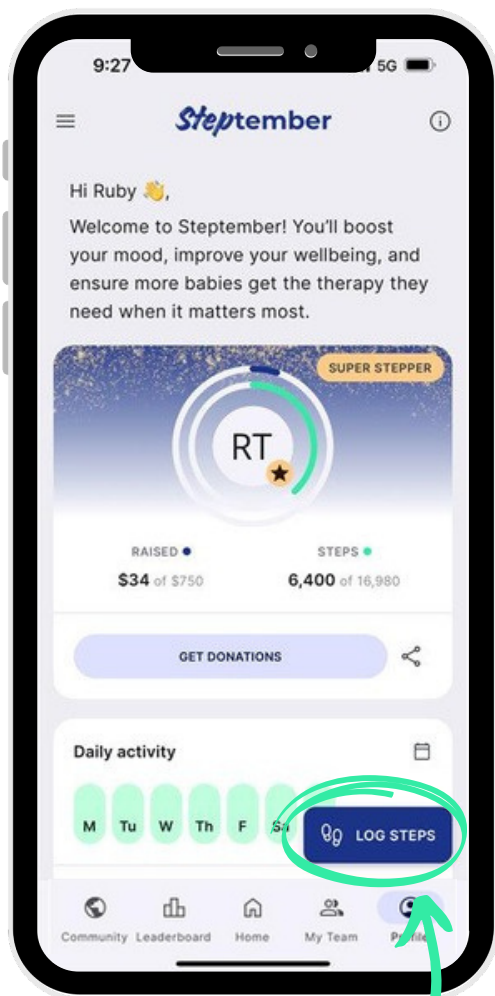
4



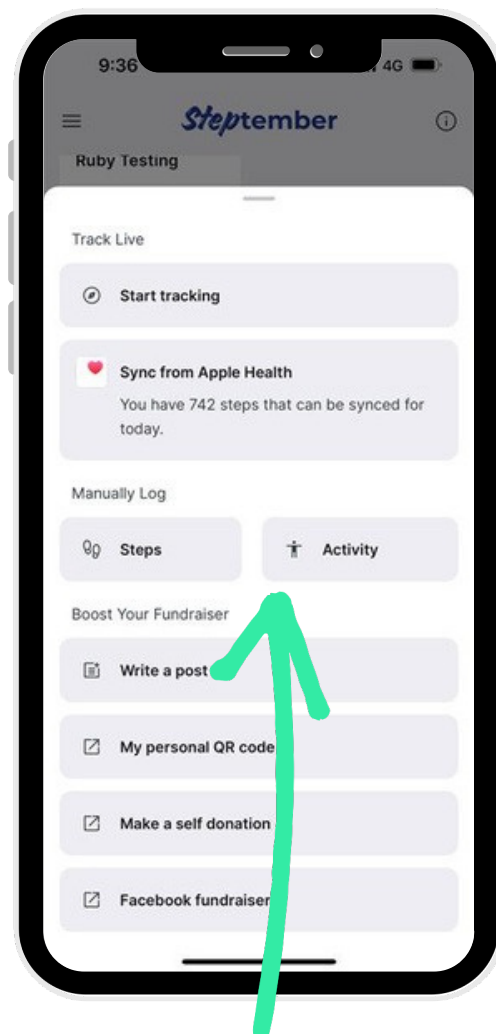
Note: If you use a fitness wearable like a Fitbit, Apple Watch, or Garmin, simply connect this to your phone's health app and your health app will sync your steps across to the STEPtember app.

Tracking activity

Tracking your activity is made super easy on the STEPtember app!



**Click the
'LOG STEPS'
button**
from any screen to
add your activity



You can log activity by:

- 1 Log steps
- 2 Log activity
- 3 Fitness Tracker
- 4 Sync from app

1 Log steps

Click 'Steps' to manually enter your steps.

Simply put in the number of steps and it will count towards your total. The maximum number of steps you can record per day is 75,000.

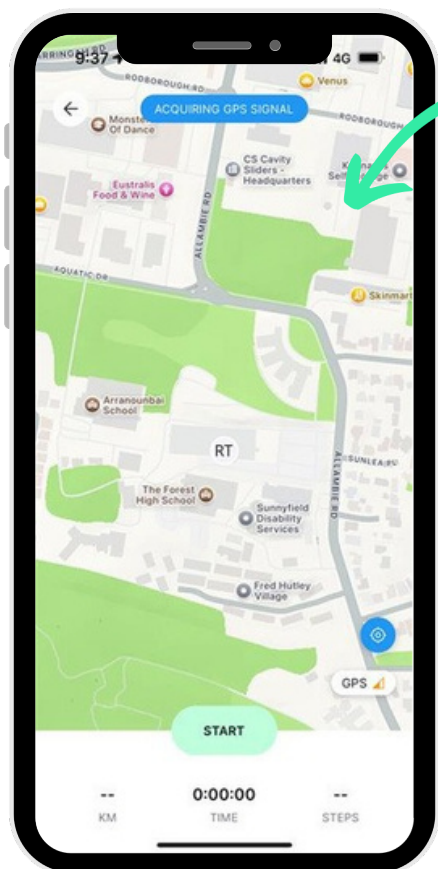
You'll then have the option to add a photo and post to your feed!

2 Log activity

Click 'Activity' to manually convert your activity into steps.

STEPtember is all about getting active in a way that works for you. That's why we offer over 40 activities that convert to 'steps' for the challenge.

Whether that's running, gardening, physical therapy, wheelchair sports, dancing, or playing with the dog, you can enter your activity and our STEPtember app will tell you how many 'steps' you've taken.



3 Fitness tracker

Click 'Start tracking' to use our built-in fitness tracker to track your walk or run using GPS.

Simply press the 'Start' button and start walking. When you're done press 'Stop' to log your steps.

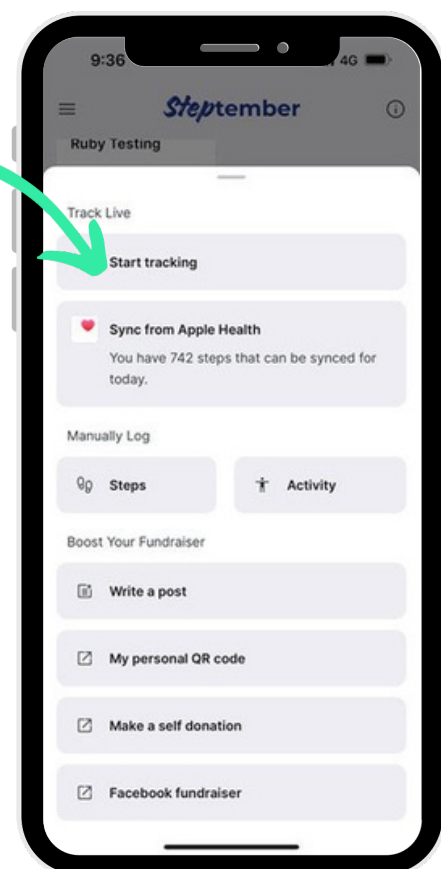
Note: Only activity of 200m and more will be counted.

4 Sync from app

After connecting to app (p6), click 'Sync from Apple health/Google Health Connect' to import steps.

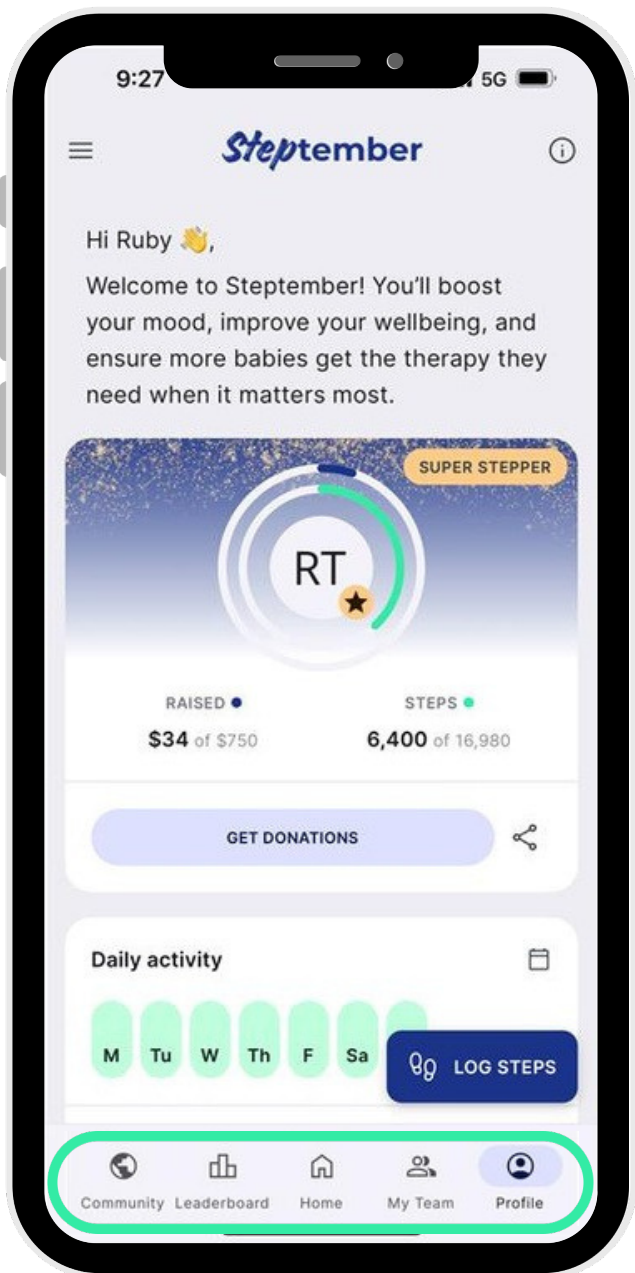
Syncing from your health app will log all the steps you've taken so far that day. You can log once at the end of the day, or throughout the day.

If you've forgotten to log steps from a previous day, selecting the correct date will populate the number of steps that can be synced.



Toolbar navigation

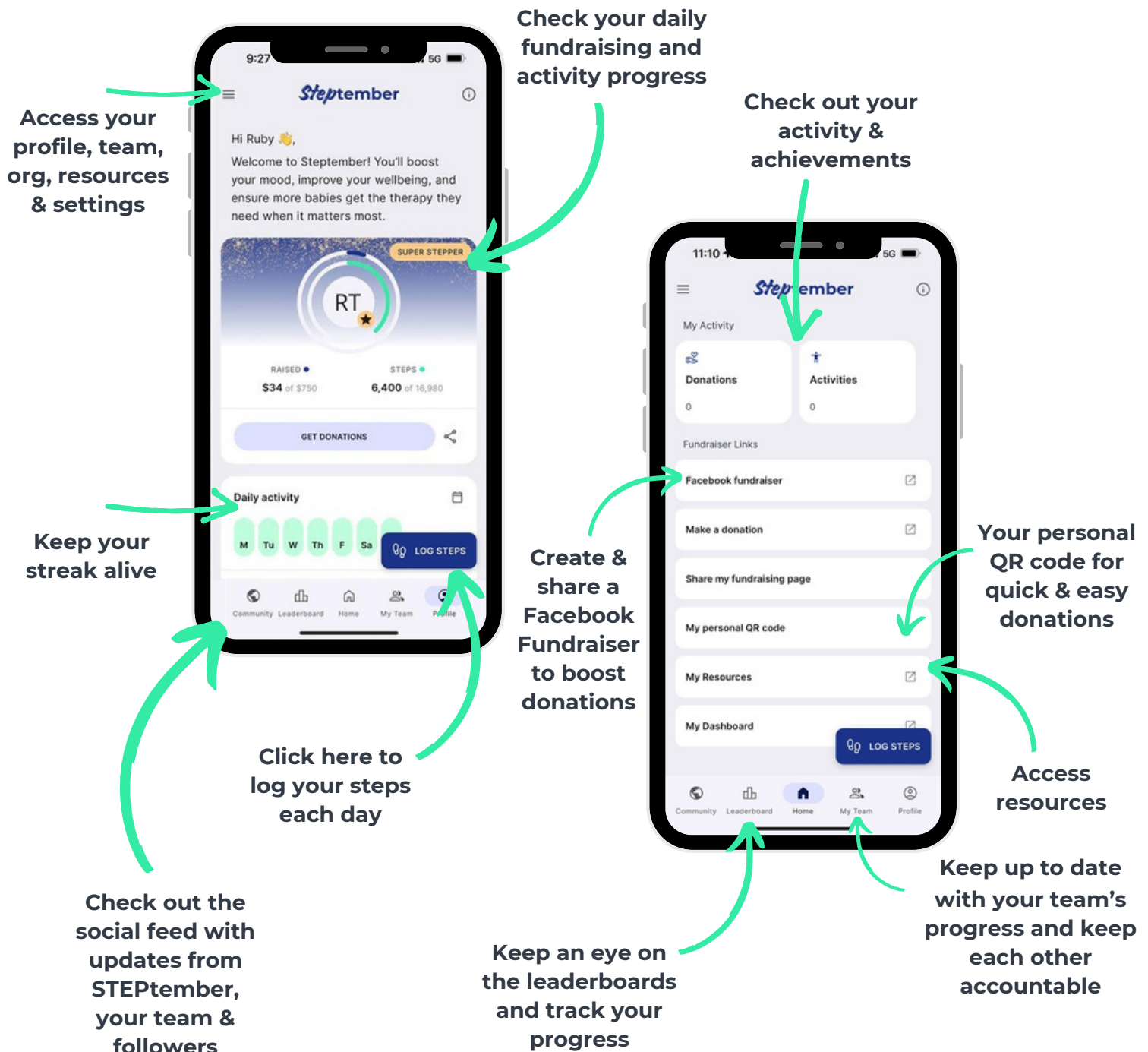
The toolbar navigation is always available across the bottom of the app screen – providing quick access to other pages.



- 1 Community:** Your social feed to keep up to date with your friends, family, colleagues and STEPtember updates.
- 2 Leaderboard:** Keep up to date with fundraising and activity progress, not only for yourself, but for your friends, family, colleagues and organization too.
- 3 Home:** Easy access to your home page to check out your progress and access quick links.
- 4 My Team:** Check out your Team's fundraising and activity progress and use it as an opportunity to hold each other accountable.
- 5 Profile:** Easy access to edit your profile, as well as view donations, activity history and badges.

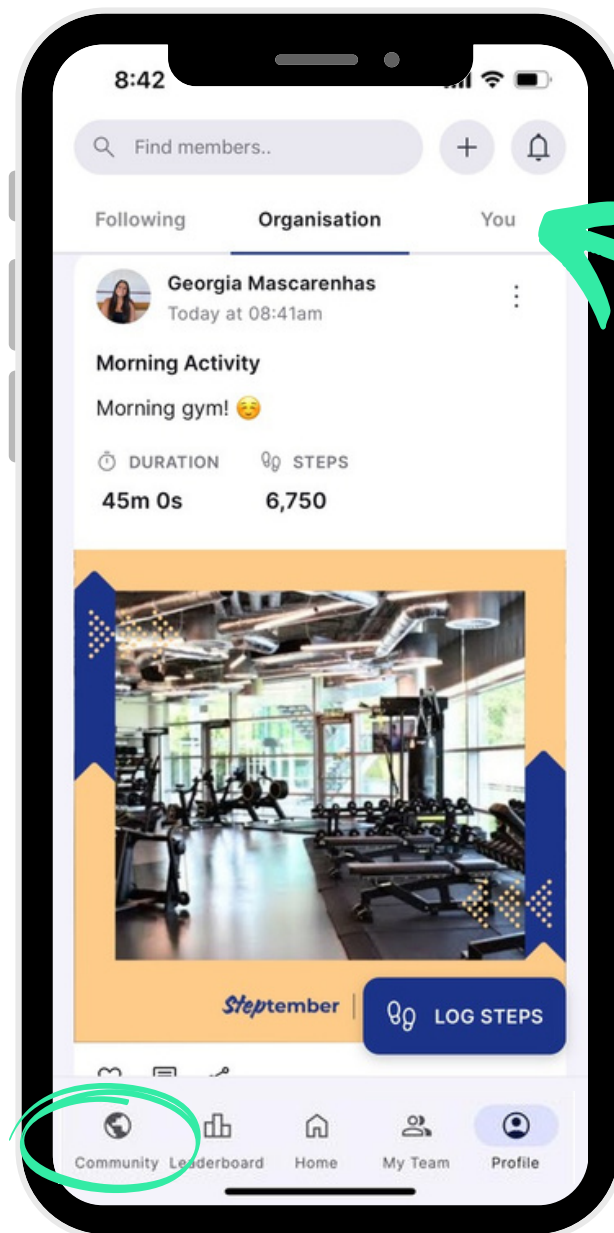
Home page

The STEPtember app's home page has everything you need to log your steps, share your challenge, and optimise your fundraising efforts! Check out key features below:



Community page

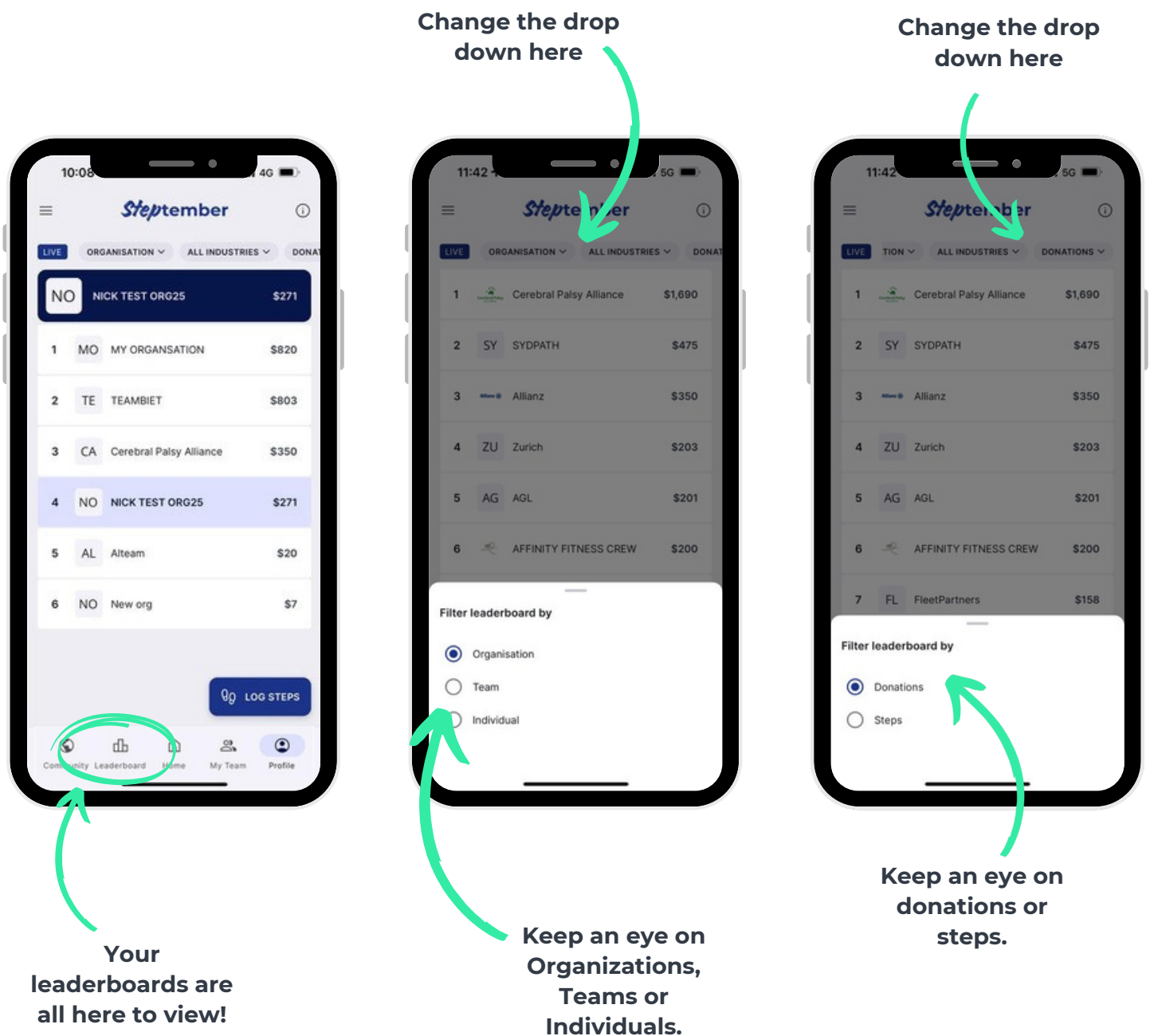
Your social feed to keep up to date with your friends, family, colleagues, and STEPtember updates, all in one place.



Flick through the tabs here to check out who you're following, your organization and your personal feed.

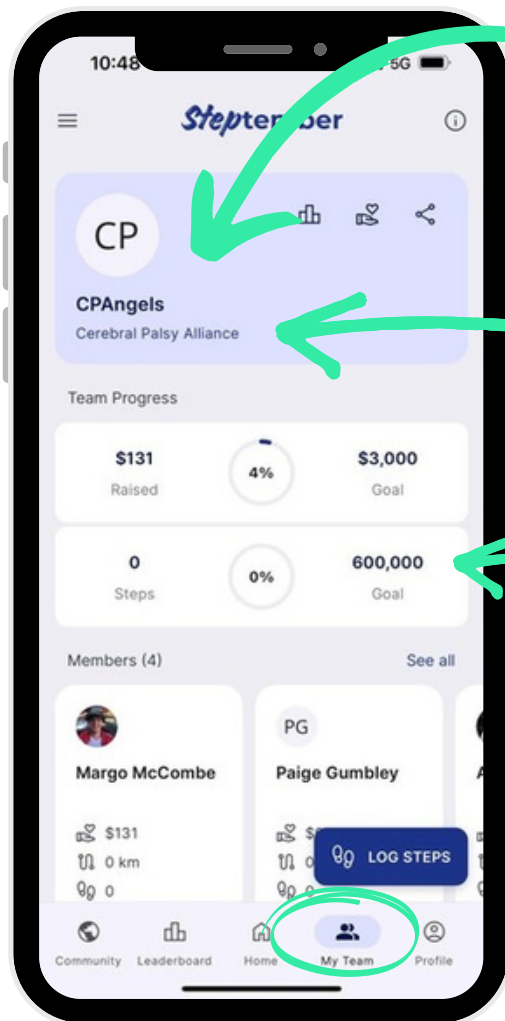
Leaderboards page

See your progress and keep up to date with your team, friends, family, and colleagues - let the friendly competition begin.



My team page

If you're in a team and/or part of an organization, school, or run club, you can view the progress for all in this tab.



Your team!

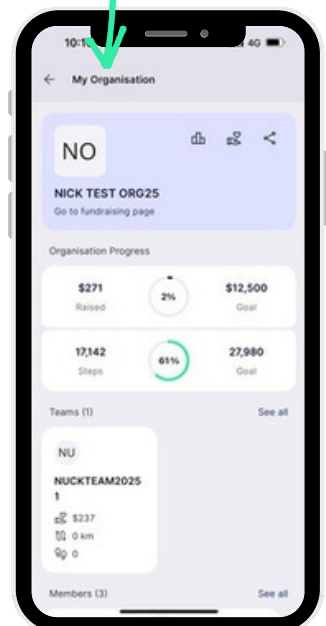
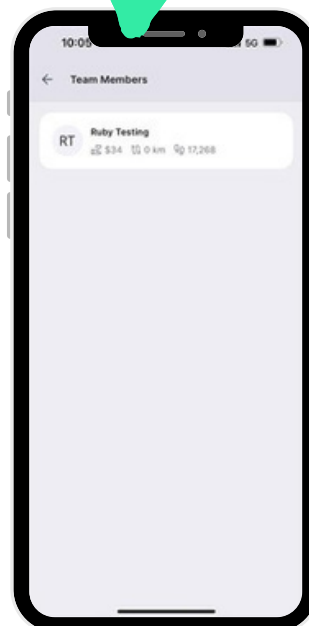
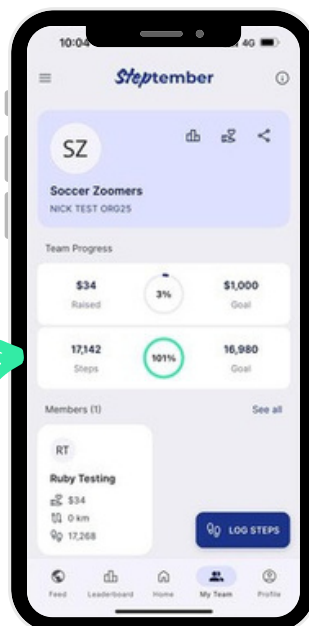
Your organization, school or run club!

Your team's progress

When you click 'see all', you'll see your team members in a list view

When you click your organization, school, or run club, you'll see their progress here

Your team members at a glance to keep an eye on donations and activity



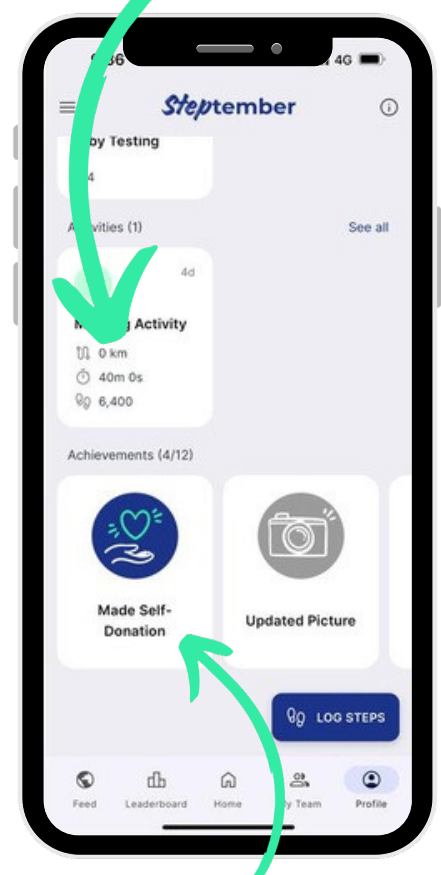
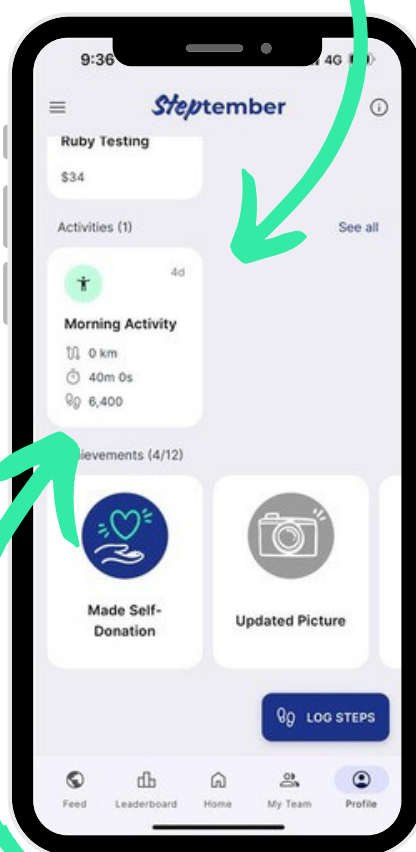
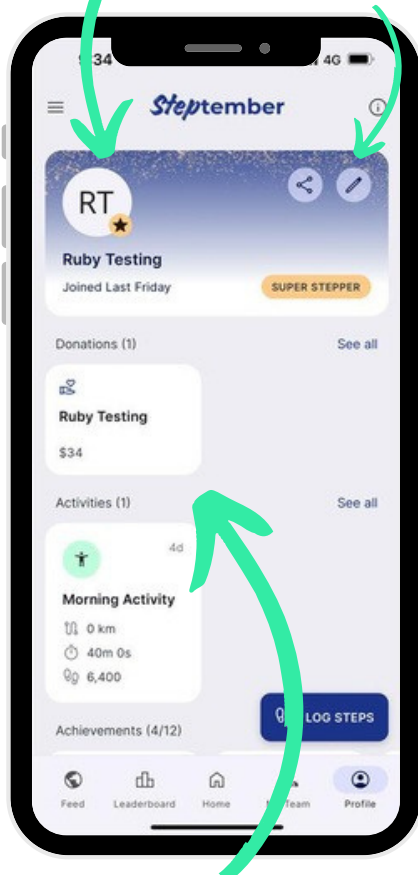
My profile page

You can view your profile easily via the 'Profile' tab at the bottom of the screen OR by clicking the 3 lines in the top left hand corner, then clicking 'Profile'.

Quick view of your profile, photo and VIP Club status + make any edits to your profile via the pencil icon

Check out your activity history

Check out your badges



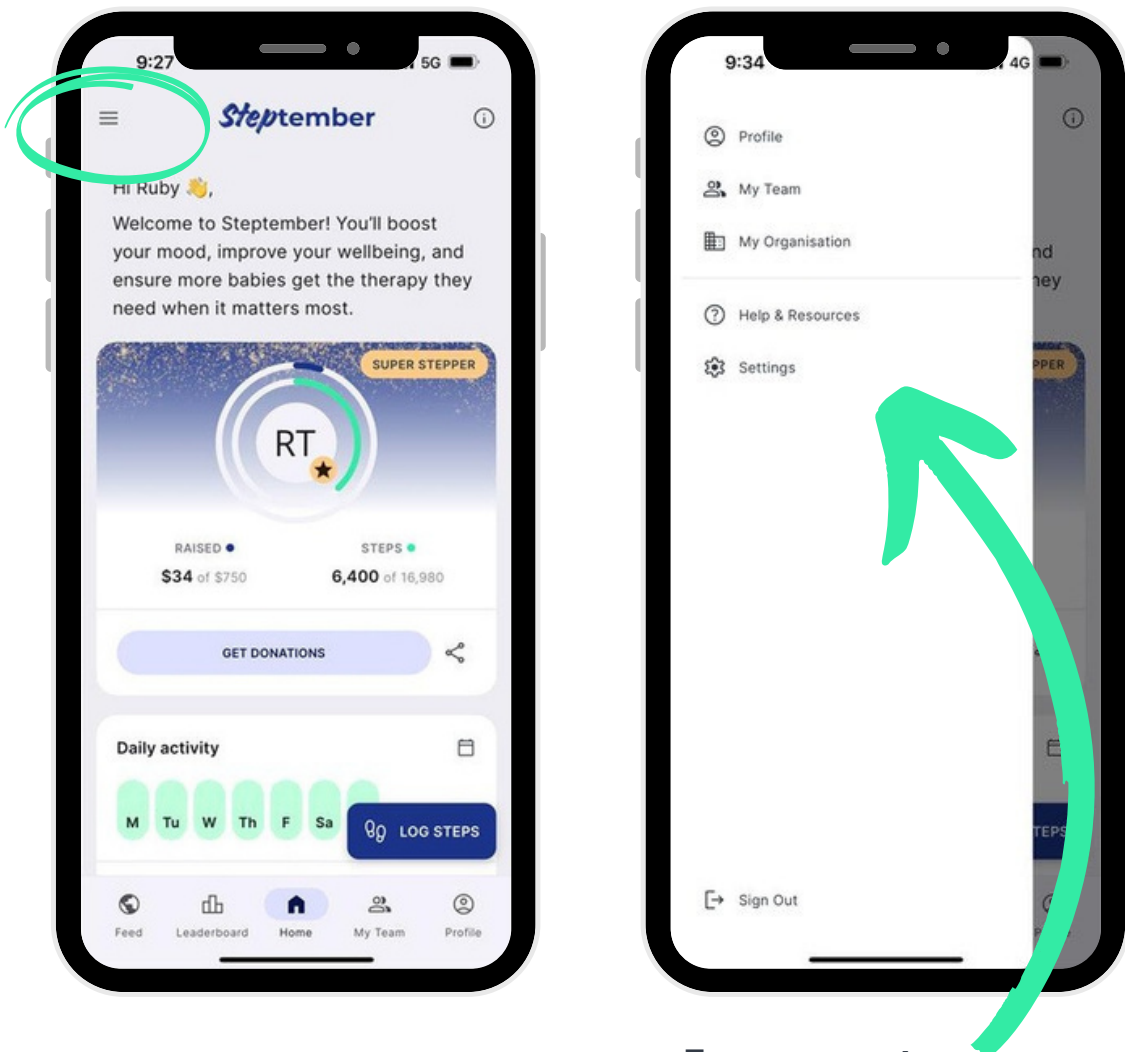
Check out all your donations, including self donations

To delete an activity: click the entry > click the 3 dots in top right hand corner > 'Delete'

Tip: Scroll through your badges and see which ones can still be unlocked

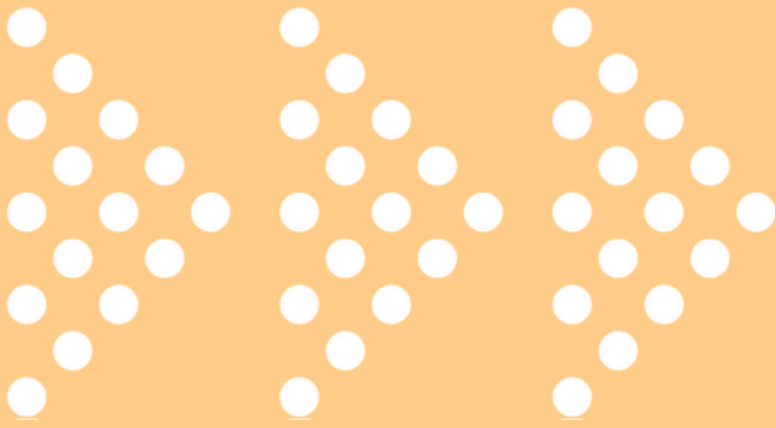
Settings

Click the 3 lines in the top right hand corner of the home page to access your tabs, help & resources and settings.



Easy access to:

1. Profile
2. My Team
3. My Organization
4. Help & Resources
5. Settings
6. Sign Out



Still have questions?

No problem!

**Get in touch with our
Customer Support Team**

Email

Send an email to the team via september@cparf.org