

Activity Tracking



Tracking Your Steps



Choose Your Tracking Tool

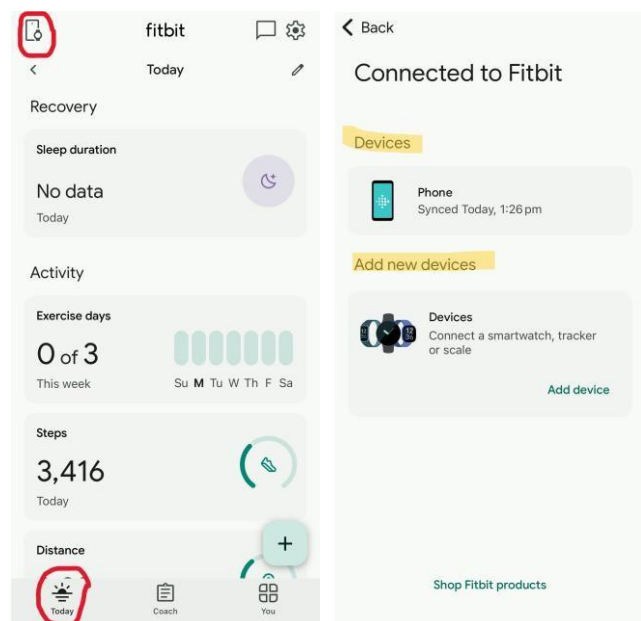
To count your steps you can either use a smart watch, smartphone, app or pedometer, whatever works best for you.

Smartphones:

An easy way to track your steps using your phone, download the Fitbit app. No other tracking device required

Once you have created your account and logged in. Follow these steps!

1. Log into the Fitbit app and tap the Today tab  > Devices .
2. Under **Add connections**, tap **Add phone**.
3. Follow the instructions to set up your phone.



Smartwatches: Such as Fitbit, AppleWatch and Garmin automatically track your steps and activity

Connecting to StepUp4ICU

1. Download the [Fitbit](#) or [Garmin](#) app and set up your account
2. Log in to your StepUp4ICU account.
3. Go to **Connect your preferred Fitness app** at the bottom of the Log My Steps page
4. Follow the prompts to connect your account

Recording Your Activity

Fitbit will automatically track your steps.

However, to ensure your steps are tracked via Garmin and appear on your fundraising page, you must **start, stop and save your activity.**

Follow these steps each time you exercise with a Garmin

1. Select **“Start Workout”** before you begin walking or exercising
2. Complete your activity
3. When finished, select ‘Stop’
4. **“Save”** your workout (this step is essential, if you don’t save it, the activity will not upload)

Manually adding activity

You can also manually add your exercise to the tally in the My Fitness Activity tab within your logged in dashboard. This is a great option if you’re using a pedometer or a different method of tracking.

Follow these steps to manually add your activity:

1. Log in to your account and select My Fitness Activity.
2. Under Add activity, enter the required fields. Depending on the challenge this may be steps, distance and/duration.
3. The logged activity will now appear on your fundraising page!