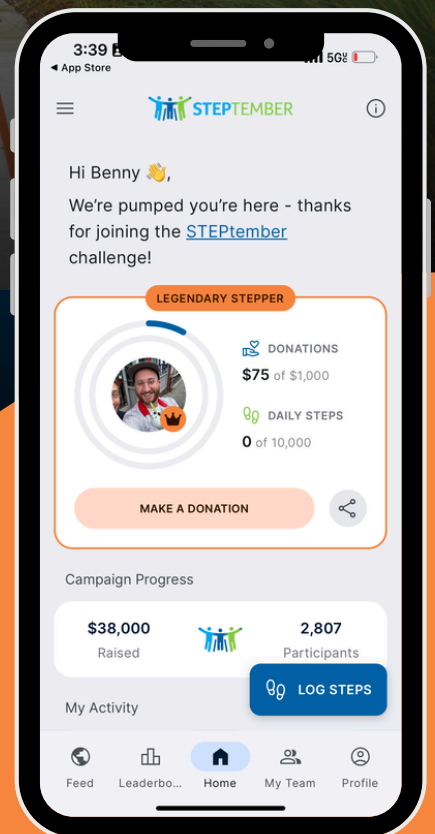# STEPTEMBER 2024 APP GUIDE
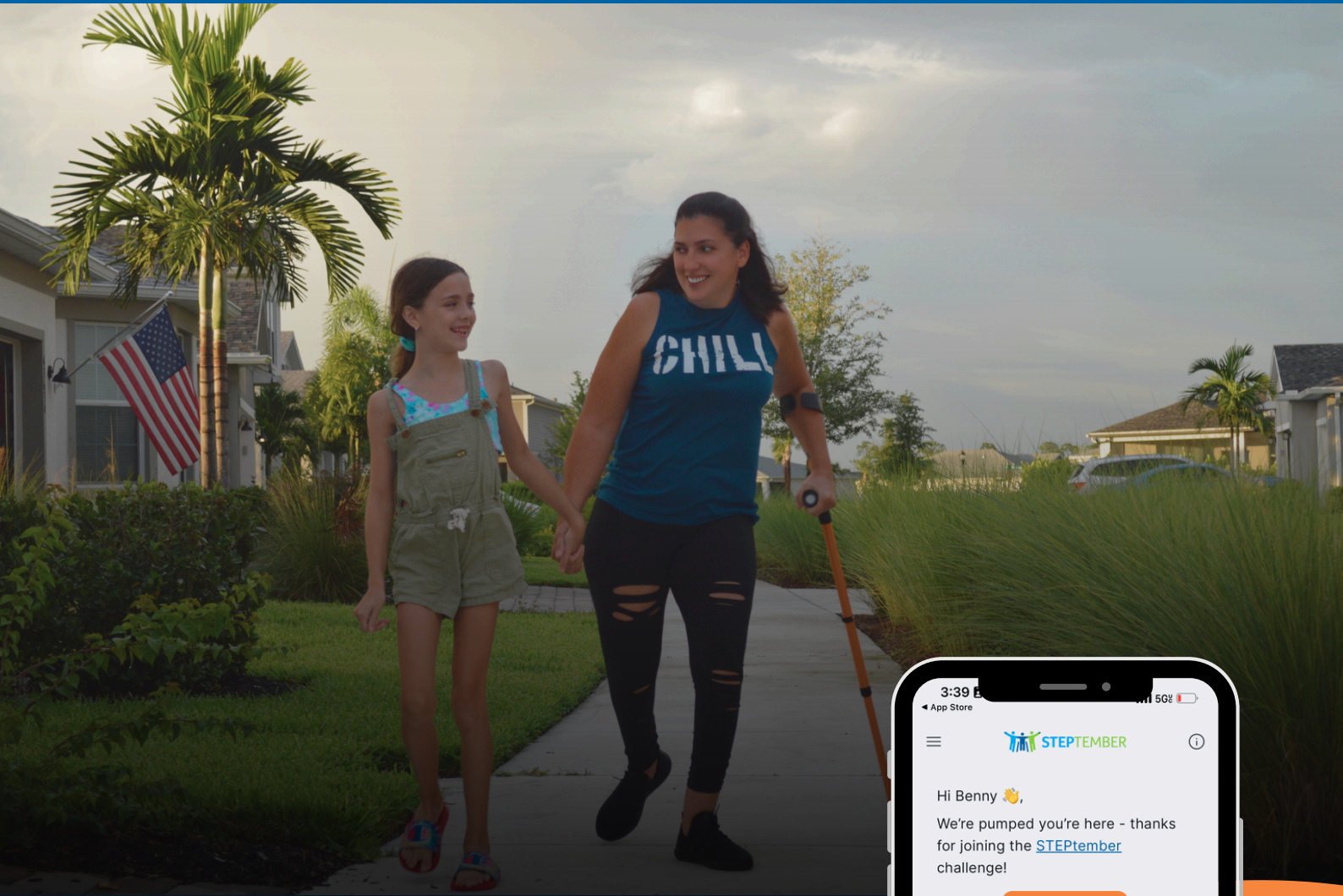
STEPTEMBER

An Initiative of
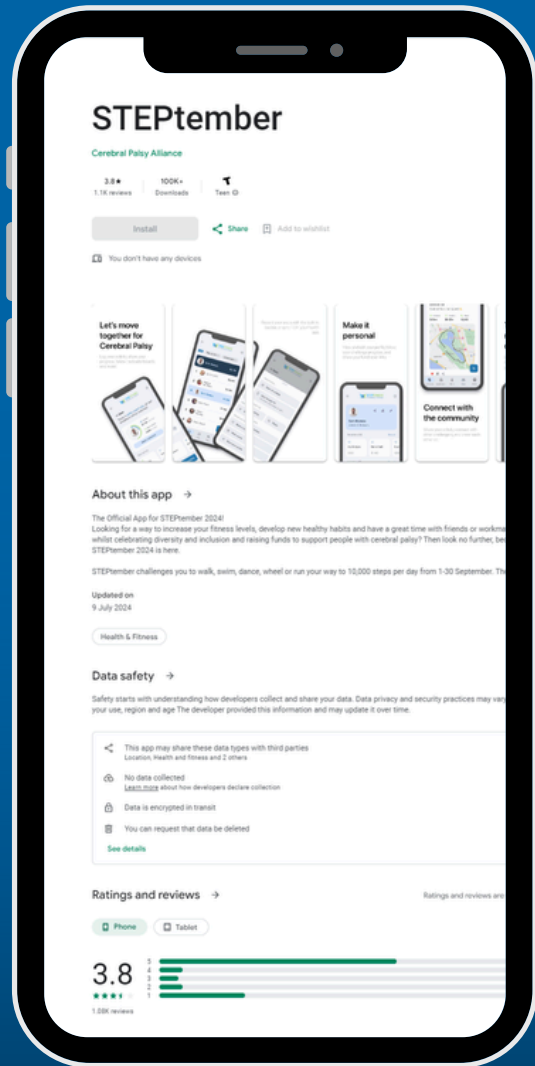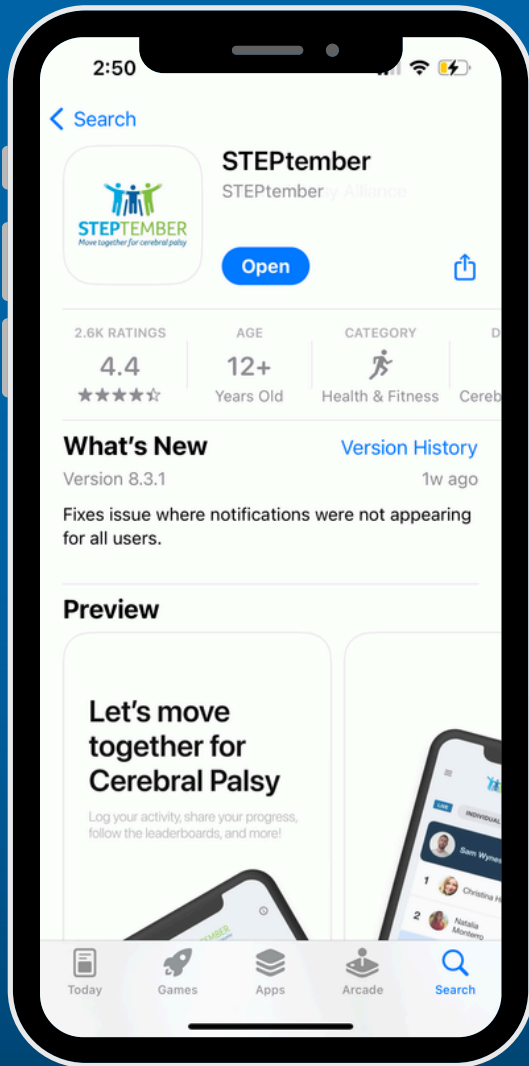
Cerebral Palsy ALLIANCE

RESEARCH FOUNDATION

CONTENTS

STEPTEMBER

DOWNLOAD THE APP

LOGGING INTO THE APP

You must be registered for STEPtember to connect to the app and have access to all the app's features.

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 here'

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

4 Let's go!
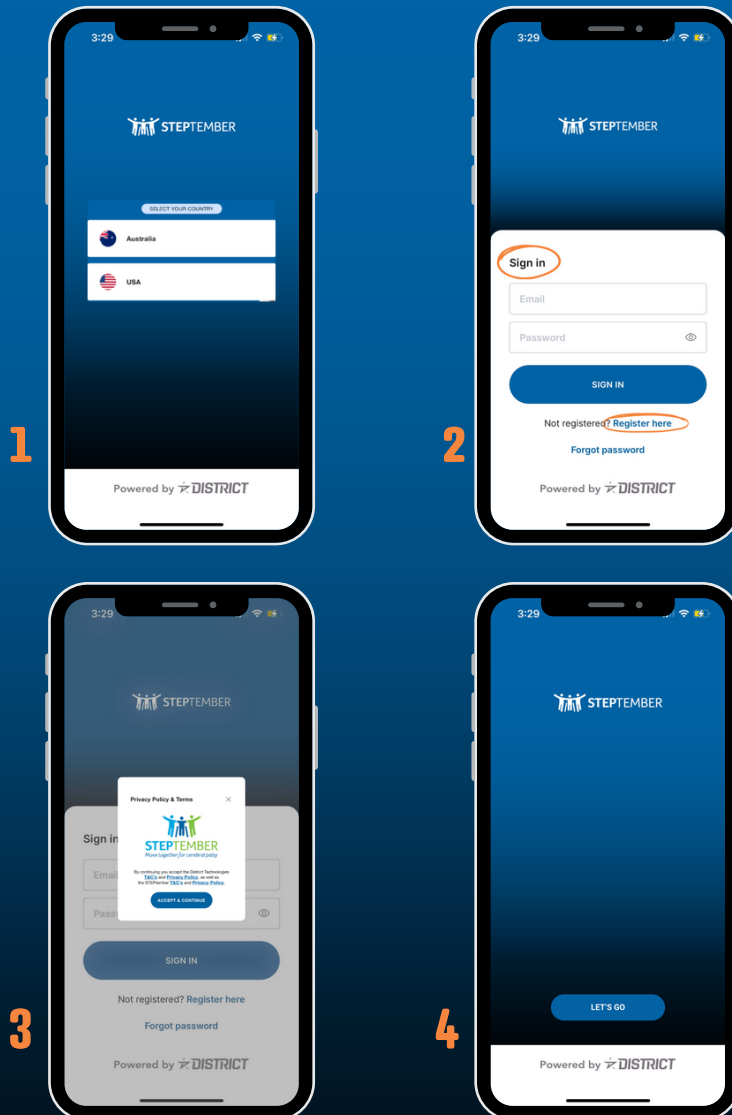
SETTING UP THE APP

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.

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!
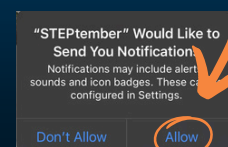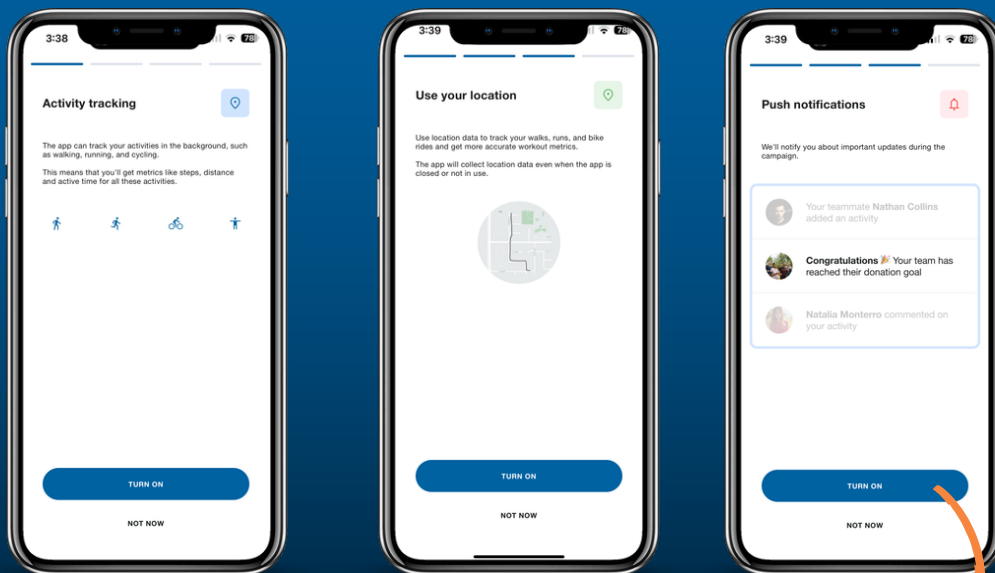
CONNECTING YOUR FITNESS TRACKER

The STEPtember app will connect to health kits that are built in Apple (Apple Health) and Android (Google Health).

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

1   Login to the app

2   Click the 3 lines in the top left hand corner

3   Click 'Settings'

4   Click 'Connected Apps'

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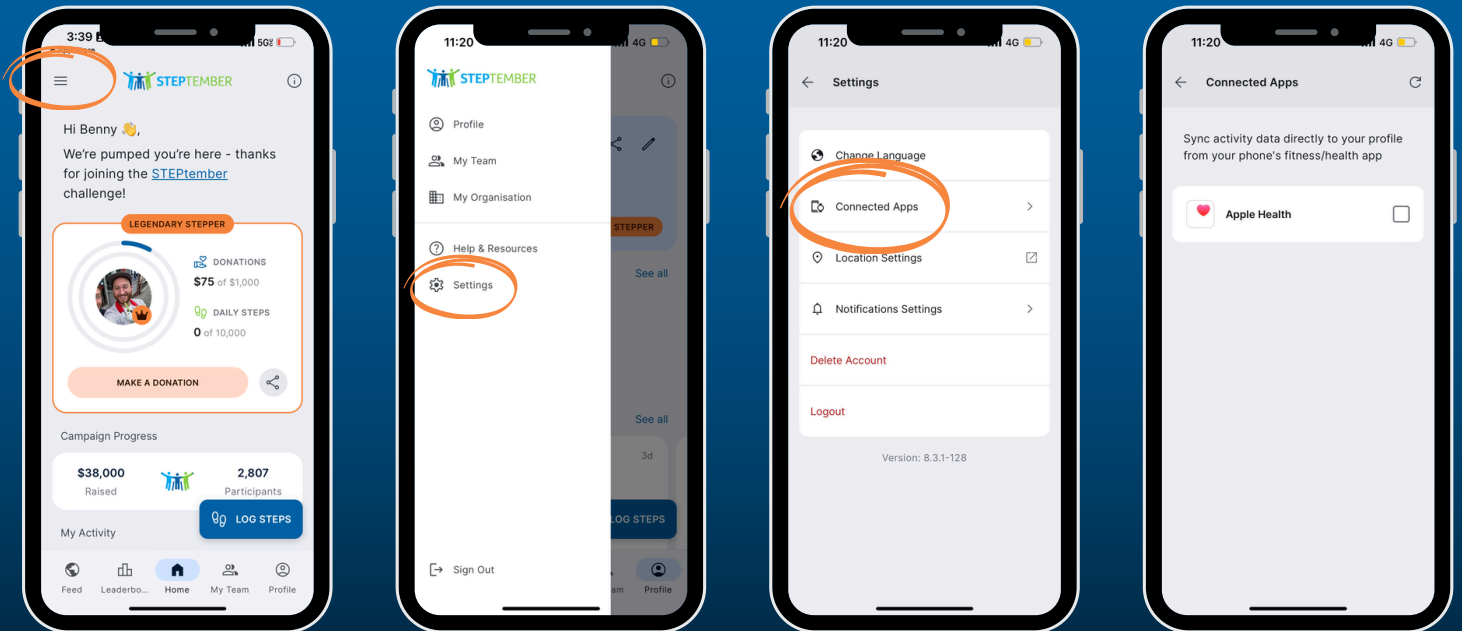
Note: If you use a fitness wearable like a Fitbit, Apple Watch, or Garmin, simply connect this to your phone's health app and your health app will sync your steps across to the STEPtember app.
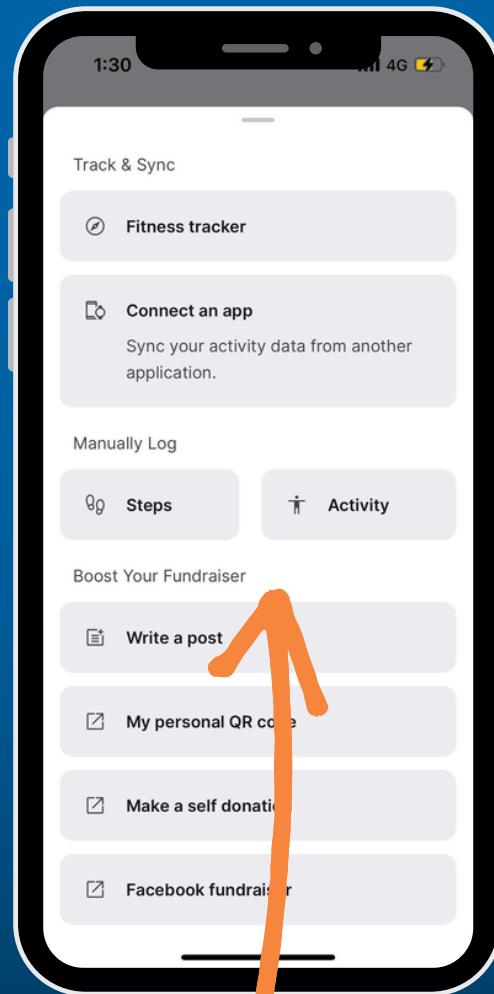
STEPTEMBER

LOGGING YOUR ACTIVITY

You can view your profile easily via the 'My Profile' tab at the bottom of the screen OR by clicking the 3 lines in the top left hand corner, then clicking 'My Profile'.
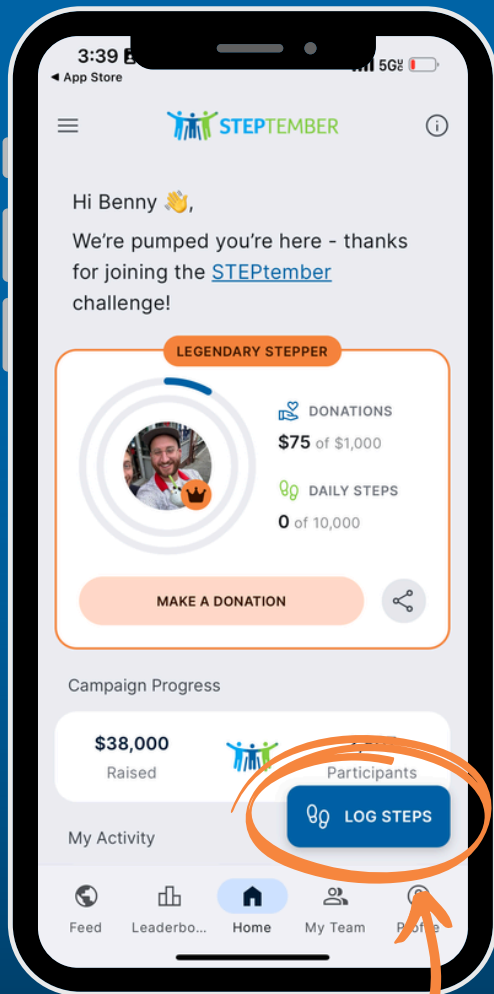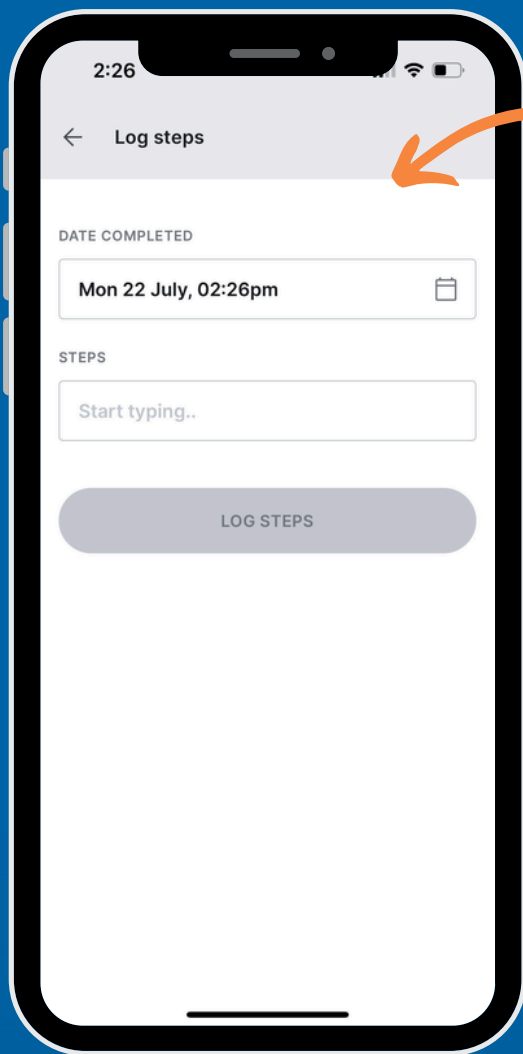
Click the 'LOG STEPS' button from any screen to add your activity

You can log activity by:
1. **Manually logging steps**
2. **Manually logging activity**
3. **Fitness Tracker**
4. **Sync from app**

1 LOG STEPS

Click "Log steps" to manually enter your steps.

Simply put in the number of steps and it will count towards your total. To minimise user error, you can only enter a max of 50,000 steps at a time.

Add a photo and post to your feed!

2 LOG ACTIVITY

Click "Log 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 different activities that you can convert to "steps" for the challenge.

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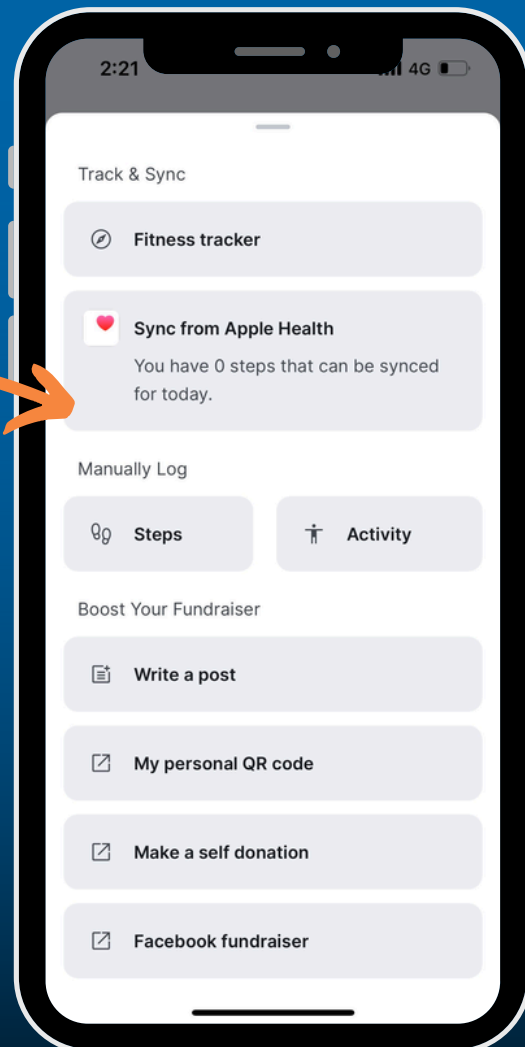
STEPTEMBER
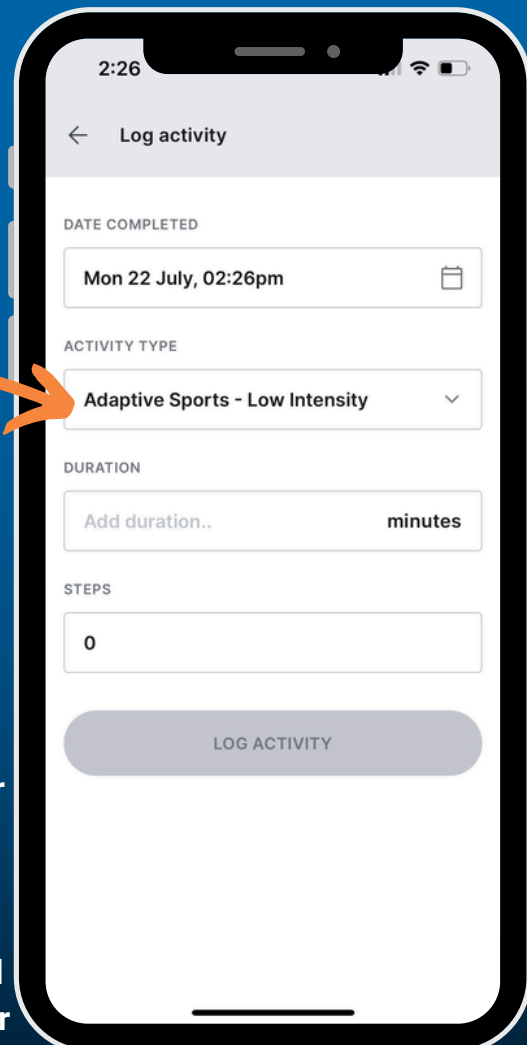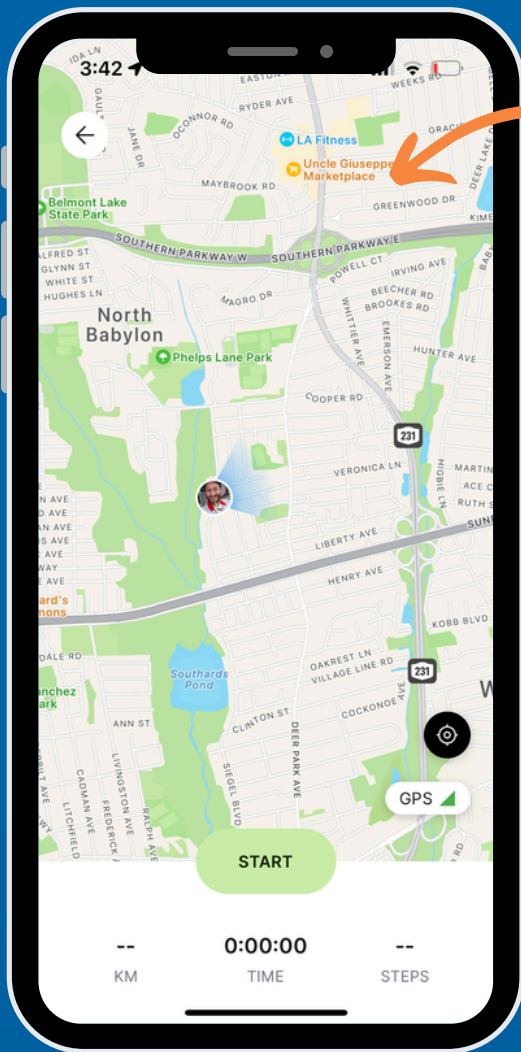
3 FITNESS TRACKER

Click "Fitness tracker" 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.

4 SYNC FROM APP

Click "Connected app" to sync from Apple Health/Google Health. Once connected, you can import steps directly by clicking on the sync button.

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.
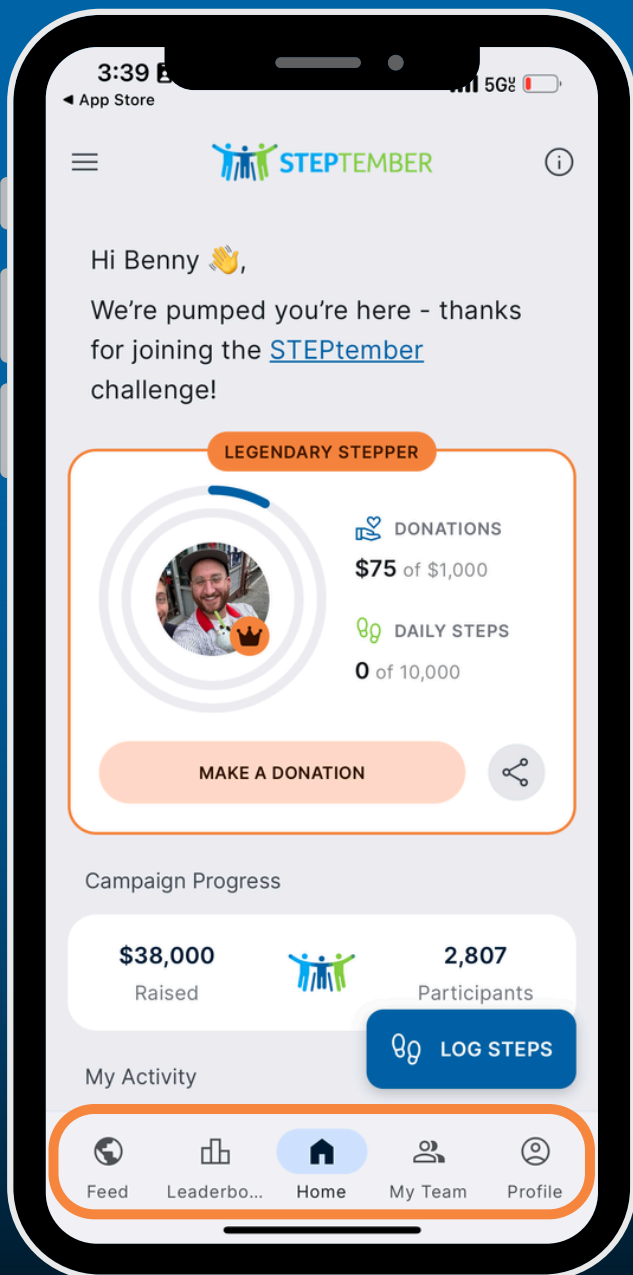
1 Feed:
Your social feed to keep up to date with your friends, family, colleagues and STEPtember updates.

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 for 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:

Check your daily fundraising and moves progress

Check out your activity & achievements

Access your profile, team, org, resources & settings

Hi Benny 👋,

We're pumped you're here - thanks for joining the STEPtember challenge!

LEGENDARY STEPPER

🤝 DONATIONS
$75 of $1,000

👣 DAILY STEPS
0 of 10,000

MAKE A DONATION

Campaign Progress

$38,000 — Raised
2,807 — Participants

My Activity

LOG STEPS

Feed   Leaderbo...   Home   My Team   Profile

3:58

$38,040 — Raised
2,810 — Participants

My Activity

Activities — 2
Achievements — 5/13

Fundraiser Links

My personal QR code

Facebook fundraiser

My Resources

LOG STEPS

Feed   Leaderbo...   Home   My Team   Profile

Check out the campaign progress

Your personal QR code for quick & easy donations

Create & share a Facebook Fundraiser to boost donations

Access resources

Click here to log your moves each day

Keep up to date with your team's progress and keep each other accountable

Check out the social feed with updates from STEPtember, your team & followers

Keep an eye on the leaderboards and track your progress

FEED PAGE

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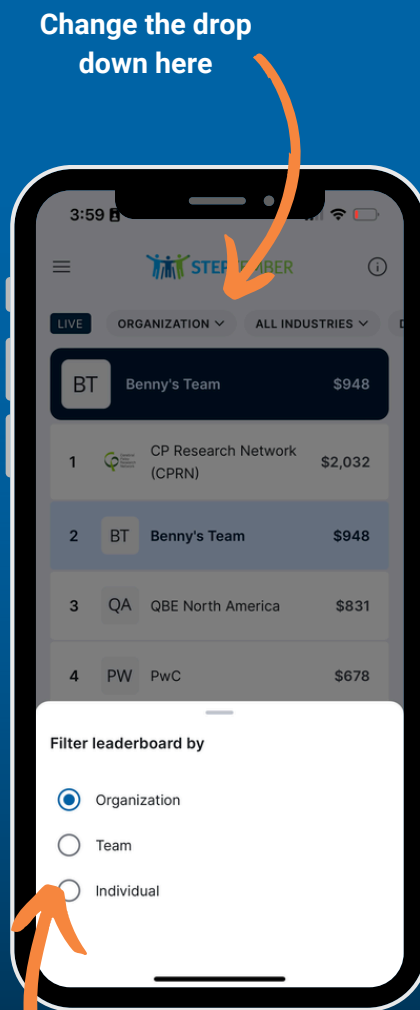

Flick through the tabs here to check out who you're following, your Organization and your personal feed.
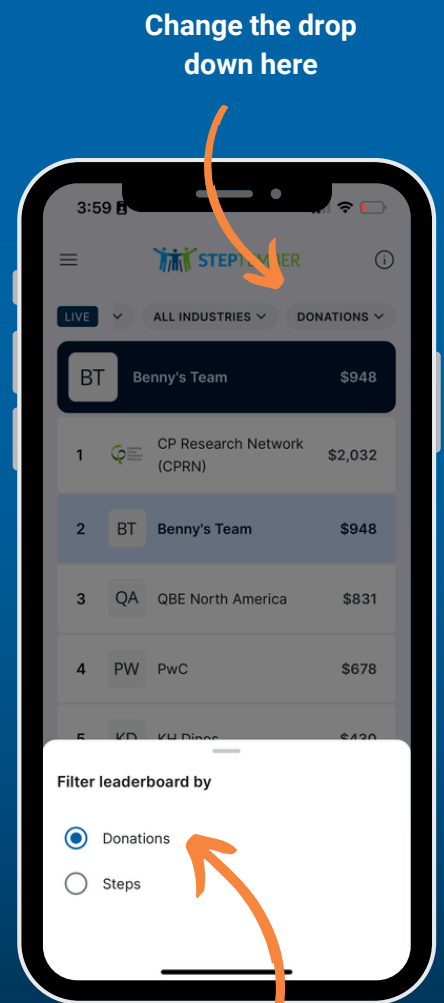
LEADERBOARDS PAGE

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

Change the drop down here

Change the drop down here
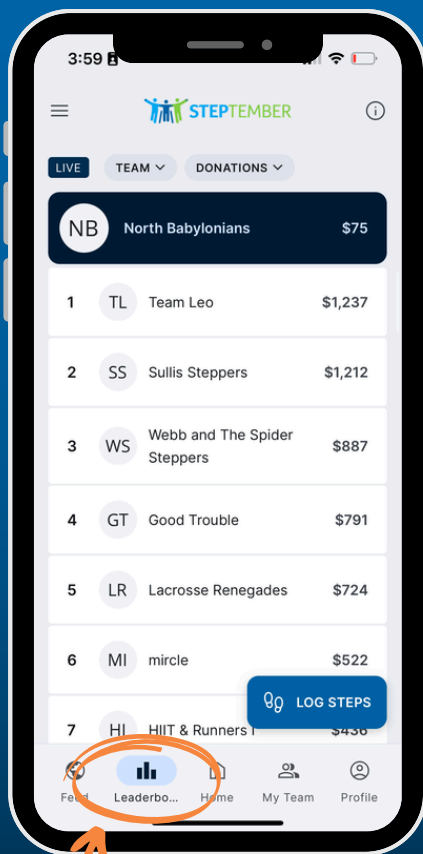
Your leaderboards are all here to view!

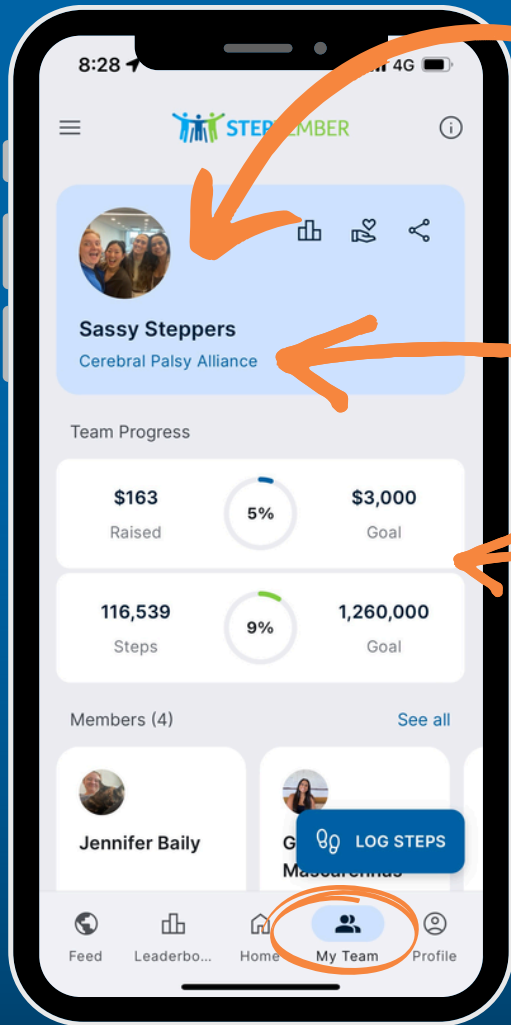**Keep an eye on Organizations, Teams or Individuals.**

Keep an eye on donations or steps.

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.
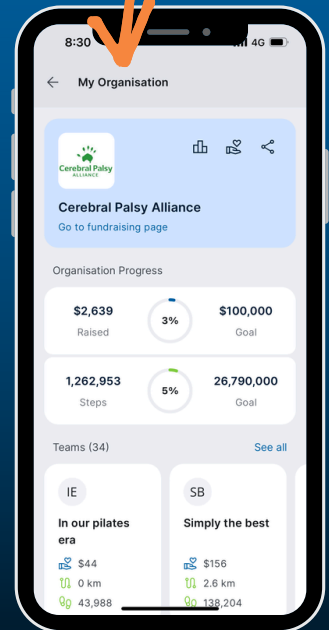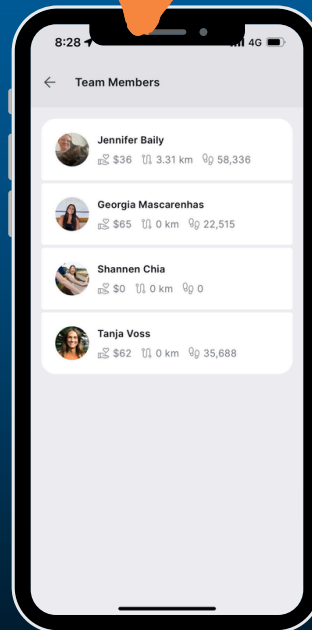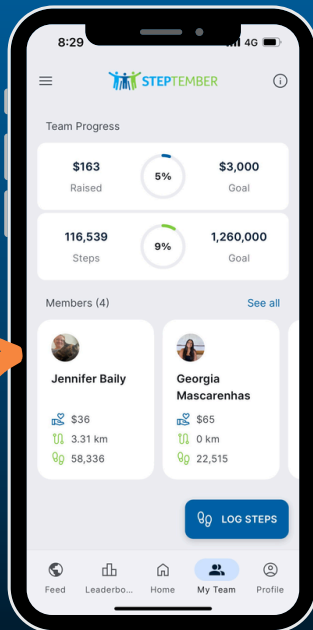
Your team!

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

Your organization, school or run club!

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

Your team's progress

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

YOUR PROFILE PAGE

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

Quick view of your profile, photo and VIS Club status + make any edits to your profile via the pencil icon
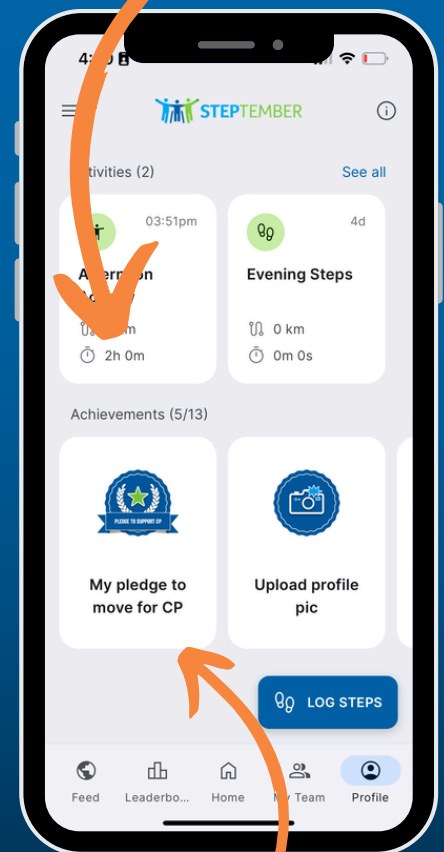
Check out your activity history

Check out your badges
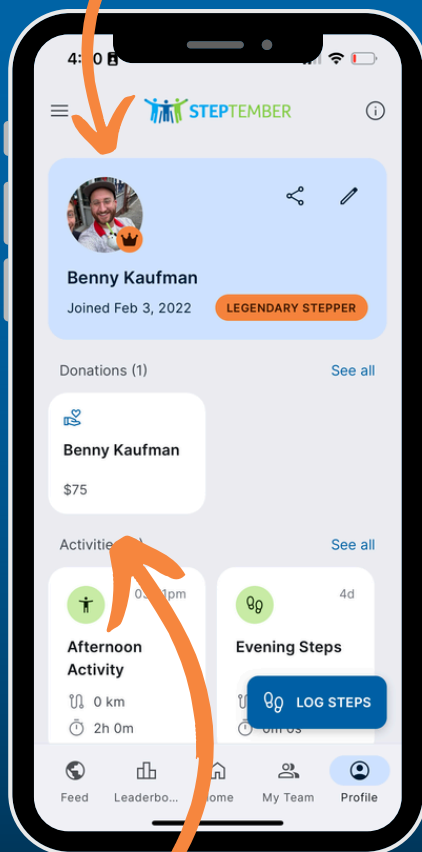
Check out all your donations, including self donations
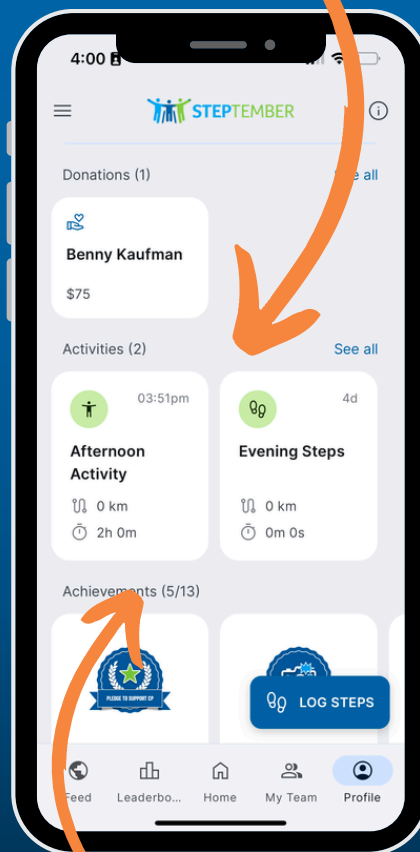
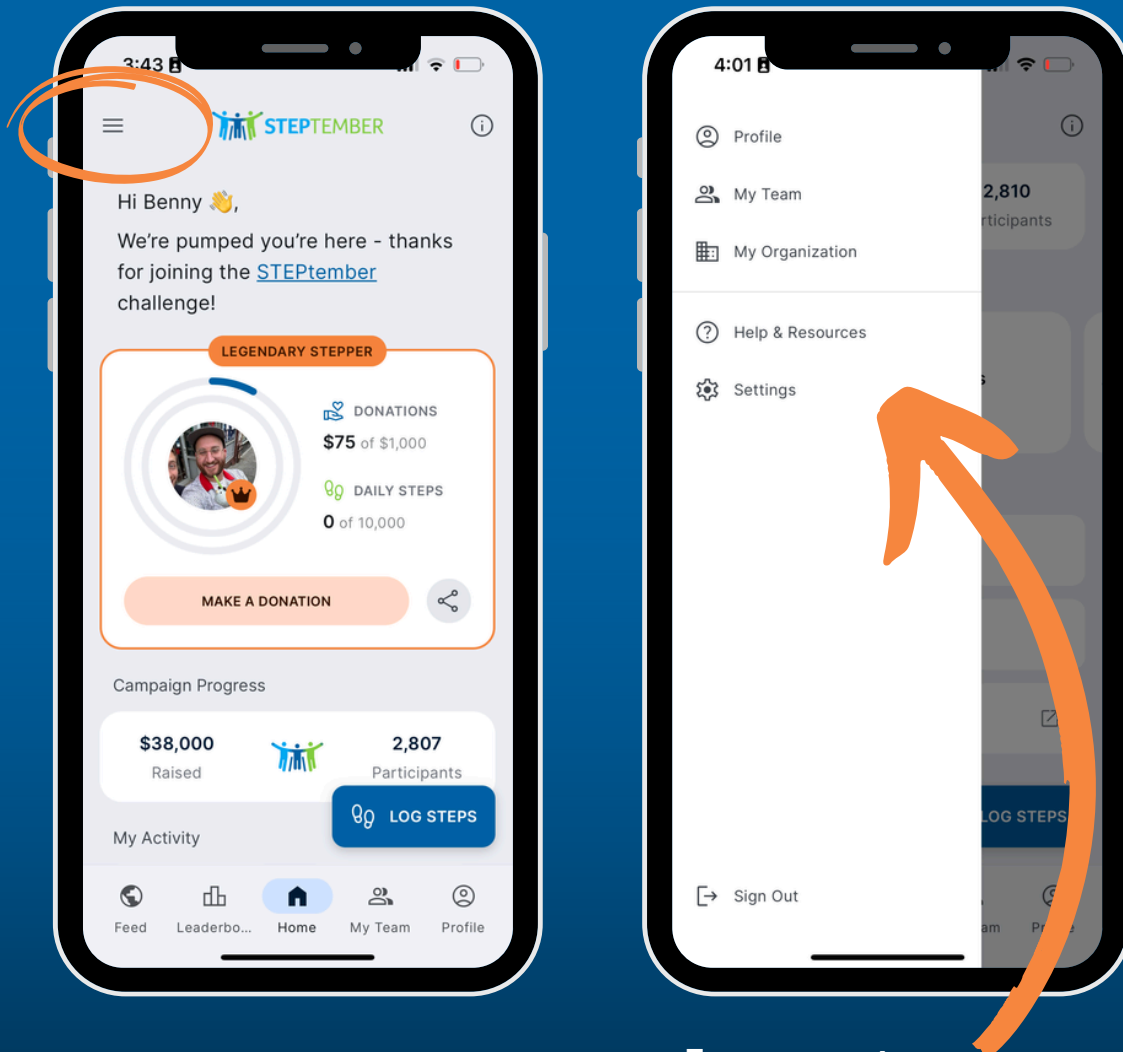**To delete an activity: click the entry > click the 3 dots in top right hand corner > 'Delete'**

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

STEPTEMBER

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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**