
How to Convert Your Activities on WalkerTracker



Pinnacle Training Systems
THE SCIENTIFIC APPROACH TO YOUR SUCCESS



**How to convert your
activities if using your
computer:**

Step 1: On your “stats” page

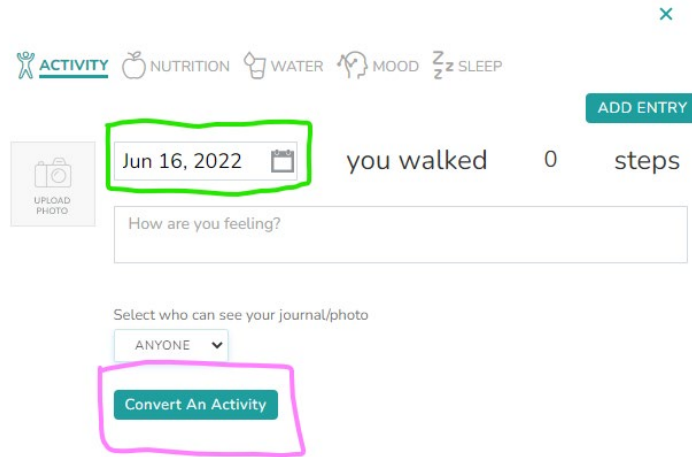
Please look for the purple icon that says “+ add entry”. Click on the purple icon. You will then be taken to the next page.

The screenshot displays a user's 'Your Stats' page. At the top, there are navigation tabs: YOUR STATS, NEWS FEED, FRIENDS, TEAMS, CHALLENGES, YOUR DEPARTMENTS, and ADMIN. The main content area is titled 'Your Stats' and features a purple button with a plus icon and the text 'ADD AN ENTRY', which is highlighted with a green rectangular box. Below this, it states '12,000 steps needed daily for the rest of the month to meet your goal of 12,000 per day.' There are three tabs for 'TODAY', 'WEEKLY', and 'MONTHLY'. The current step count is '0 steps' with a 'goal 12,000' indicator. A large empty input field is provided for entering a new step count. Below the input field, there are four columns of statistics: Points (1,423), Best Day (20,109), Lowest (0), and Average (6,162). On the right side, there is a user profile for 'Amelia Perez, WellPATH Program Manager' with a 'DeltaTest' dropdown. The profile includes a photo, last login time (May 31 @ 3:50pm), and walker since time (Jul 2 2020 @ 2:38pm). Below the profile, there are four rows of activity statistics: 344 ENTRIES, 2,078k STEPS, 2,120k STEPS + ACTIVITIES, and 41,190 STEPS IN CONVERTED ACTIVITIES. At the bottom, there is a row for 941.8 MILES.

Step 2: The next page will look like this →

First- Check the date section (circled in green) to make sure you are reporting on the correct date. This is where you can toggle to past days and retro-enter activities.

Second- You will want to click on “Convert An Activity” button (circled in pink)



The screenshot shows a health tracking app interface. At the top, there are navigation icons for ACTIVITY, NUTRITION, WATER, MOOD, and SLEEP. On the right, there is a close button (X) and an ADD ENTRY button. The main content area shows a date selection section with 'Jun 16, 2022' and a calendar icon, which is circled in green. Below this is a text input field for 'How are you feeling?'. Underneath the input field, there is a dropdown menu for 'Select who can see your journal/photo' with 'ANYONE' selected. At the bottom, there is a 'Convert An Activity' button, which is circled in pink. The background of the app is teal.

Step 3 + 4: Converting an activity to steps

Once you click on “convert an activity,” you will be given a drop down selection.

Please choose the corresponding activity. And then put how long you performed that activity for in minutes.

Select who can see your journal/photo

ANYONE ▾

Convert an activity to steps X

Select... ▾ for 15 minutes Calculate

Select who can see your journal/photo

ANYONE ▾

Convert an activity to steps X

Select... ▾ for 15 minutes Calculate

- Select...
- Aerobics
- Bicycling (leisurely, < 12mph/20kph)
- Bicycling (moderate, 12-14mph/20-22kph)
- Bicycling (vigorous, 14mph+ / 22kph+)
- Body Weight Exercises (Squats, etc)
- Circuit training
- CrossFit slow (tm)
- Elliptical trainer
- HIIT (High intensity interval training)
- Hiking
- Jogging
- Pilates
- Running, 10 min. mile/6.12 kilometer
- Running, 12 min. mile/7.22 kilometer
- Running, 7 min. mile/4.20 kilometer
- Running, 8 min. mile/4.58 kilometer
- Running, 9 min. mile/5.35 kilometer
- Running, average
- Spinning (bike)

326,113 STEPS + ACTIVITIES

109,628 STEPS IN CONVERTED ACTIVITIES

144.9 MILES

Connect a device

Walker Tracker Blog

PROGRESS

steps in Jun 1 to Jul

Step 5: Calculate Activities

Once you input the type of activity and how long you performed the activity for, you will then click "Calculate" and the WalkerTracker app will convert into your daily step. (example circled in pink)

DON'T forget to click on "Record Activity." (circled in green)

ACTIVITY NUTRITION WATER MOOD SLEEP

ADD ENTRY

Jun 16, 2022 standby you walked 0 steps

UPLOAD PHOTO

How are you feeling?

Select who can see your journal/photo

ANYONE

Convert an activity to steps

Aerobics for 15 minutes Calculate

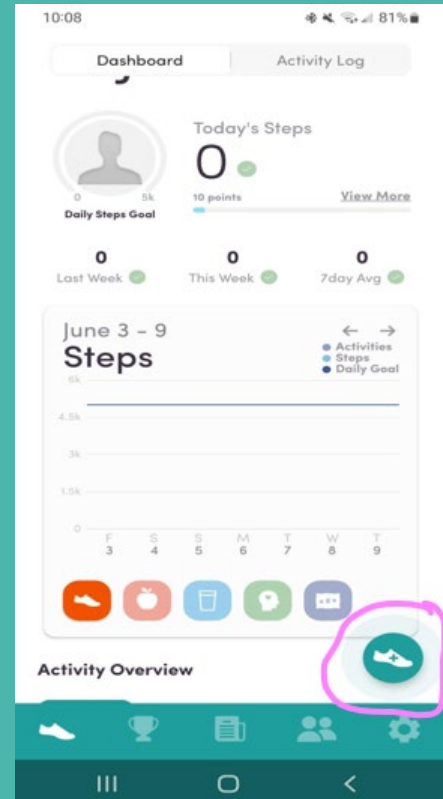
1875 converted steps Record Activity

Note: Steps are guesstimates based on average activities. Please adjust if you feel you're being given too many steps. **Do not** count the steps your pedometer registers while entering these activities.

**How to convert your
activities while using the
WalkerTracker app on
your phone:**

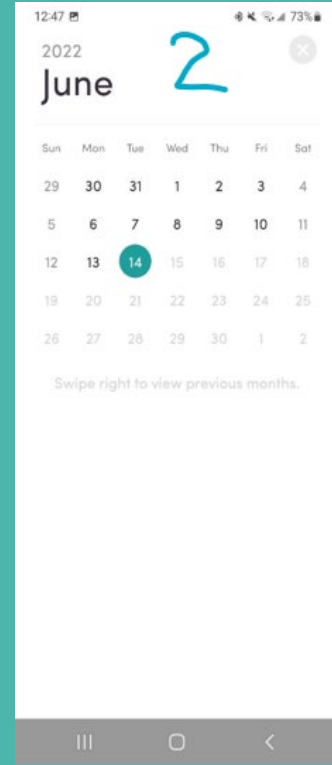
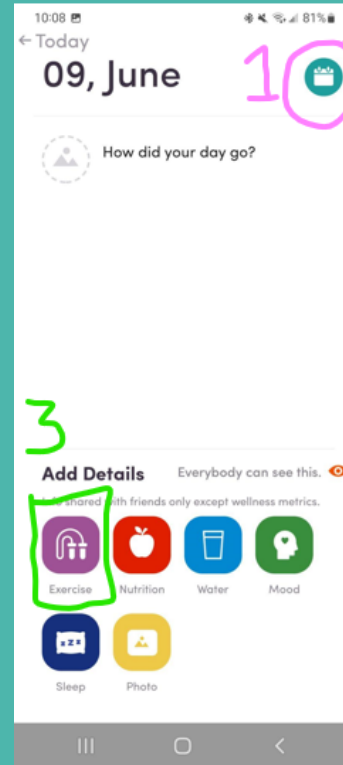
Step 1: On your “Dashboard”

Please click on the
blue shoe icon
located in the bottom
right corner.



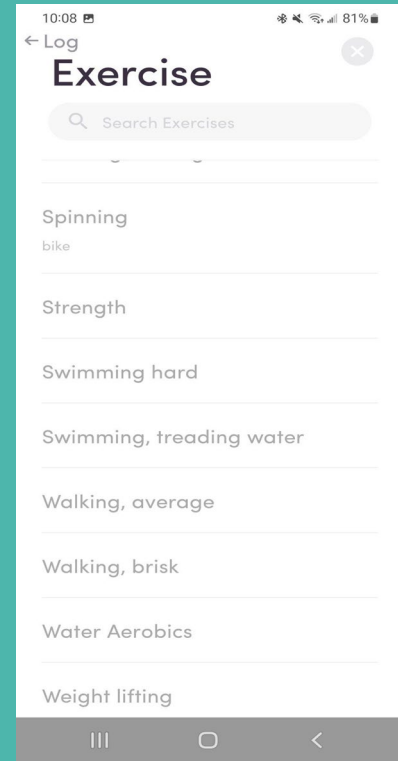
Step 2: Choosing the date and entering activity →

1. Select the calendar icon on the top right if you need to retro-enter an activity for a previous date. If you are entering an activity for the same day, you can skip this as the app defaults to the current day. (Go directly to step 3 if you are entering for same day)
2. From there, you can select the date the activity was performed on.
3. Find the purple jump rope icon labeled "exercise" underneath. This will take you to a new page labeled "exercise" at the top.



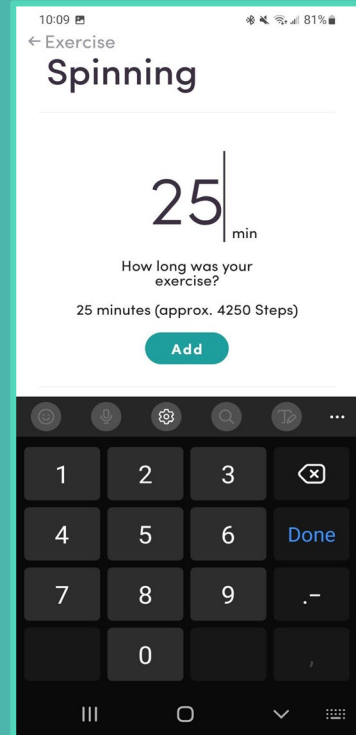
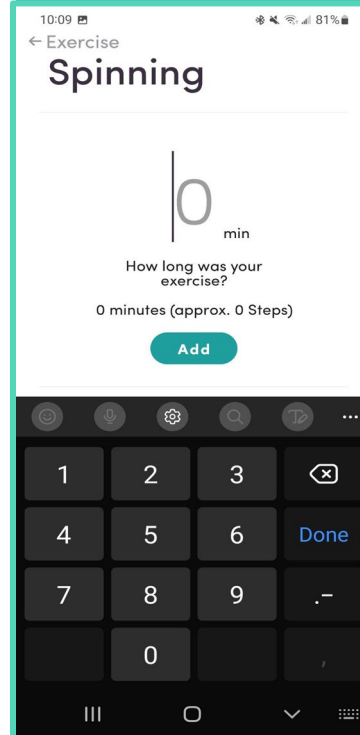
Step 3: You will be taken to the Exercise List

Please select the type of activity you have just completed from the list.



Step 4: Inputting your time

- ❖ Once you have selected the type of activity you have just completed, you will be asked to input how long you performed that activity for.
- ❖ For example: if you did 25 minutes of spinning, you will put that in the app.
- ❖ **DON'T FORGET TO SELECT "ADD" to ensure your activity gets added to your daily steps!**



**For any questions or concerns,
regarding how to convert you daily
activities, please reach out to Deziree
at fusd@pinnacletrainingsystems.com
or call her at (559)917-8137.**