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# How to Convert Your Activities on WalkerTracker



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

# Step 1: On your “stats” page

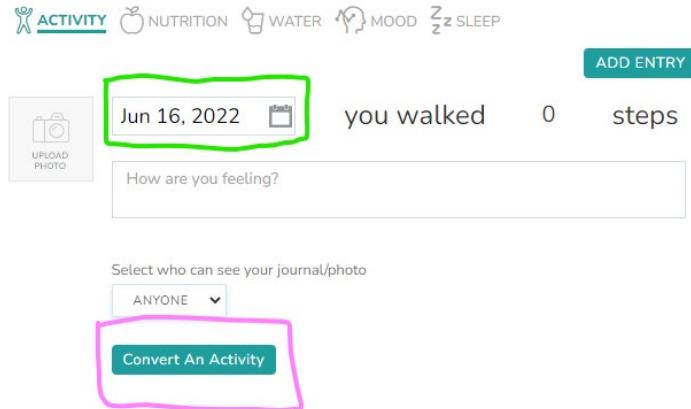
Please look for the purple icon that says “+ add entry”. Click on the purple icon. You will then be taken to the next page.

The screenshot shows a fitness tracking application interface. At the top, there is a navigation bar with tabs: YOUR STATS, NEWS FEED, FRIENDS, TEAMS, CHALLENGES, YOUR DEPARTMENTS, and ADMIN. Below the navigation bar, there is a banner image of a sunset over a landscape. The main content area is titled "Your Stats". A purple button labeled "+ ADD AN ENTRY" is highlighted with a green rectangular border. Below this button, there is a progress bar showing "0 steps" towards a "goal 12,000". To the right of the progress bar, there are statistics: Points 1,423, Best Day 20,109, Lowest 0, Average 6,162. To the right of the stats, there is a sidebar with user information: Amelia Perez, WellPATH Program Manager, Last Login: May 31 @ 3:50pm, Walker Since: Jul 2 2020 @ 2:38pm, 344 ENTRIES, 2,078k STEPS, 2,120k STEPS + ACTIVITIES, 41,190 STEPS IN CONVERTED ACTIVITIES, and 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.

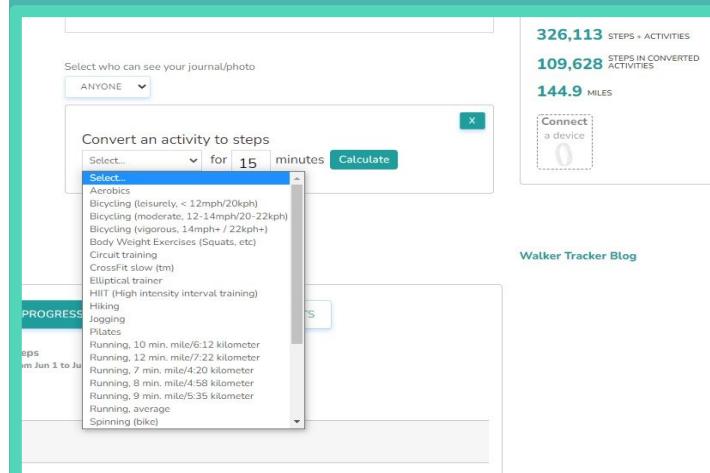
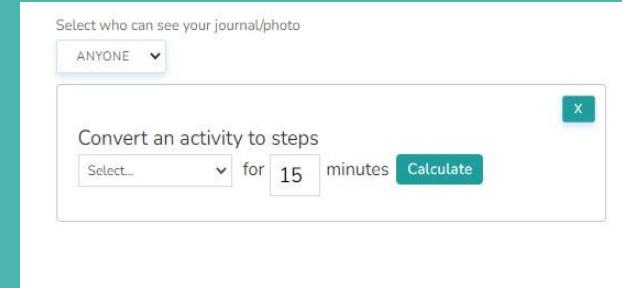
**Second-** You will want to click on "Convert An Activity" button (circled in pink)



# 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.



# 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)

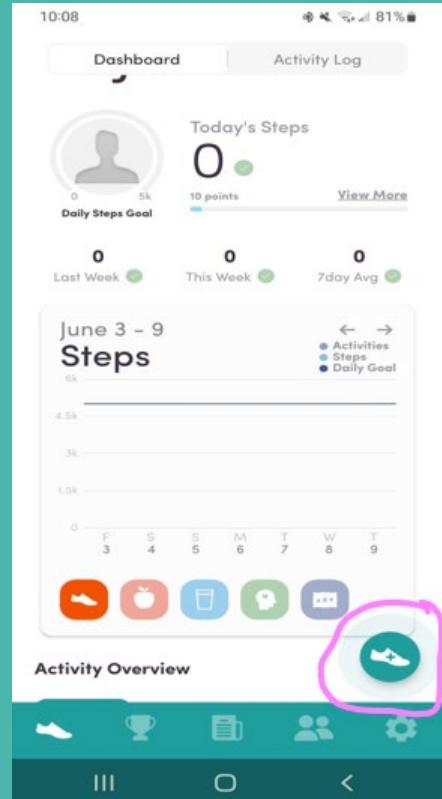
**DON'T forget to click on "Record Activity." (circled in green)**

The screenshot shows the WalkerTracker app interface. At the top, there are tabs for ACTIVITY, NUTRITION, WATER, MOOD, and SLEEP, with ACTIVITY being the active tab. Below the tabs, a journal entry is displayed for June 16, 2022, showing the user walked 0 steps. There is a section to enter feelings and a privacy dropdown set to ANYONE. A prominent feature is a conversion dialog box titled 'Convert an activity to steps'. It shows 'Aerobics' selected for 15 minutes, resulting in 1875 converted steps. The 'Record Activity' button at the bottom right of this dialog is circled in green. A note at the bottom of the dialog states: '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:**

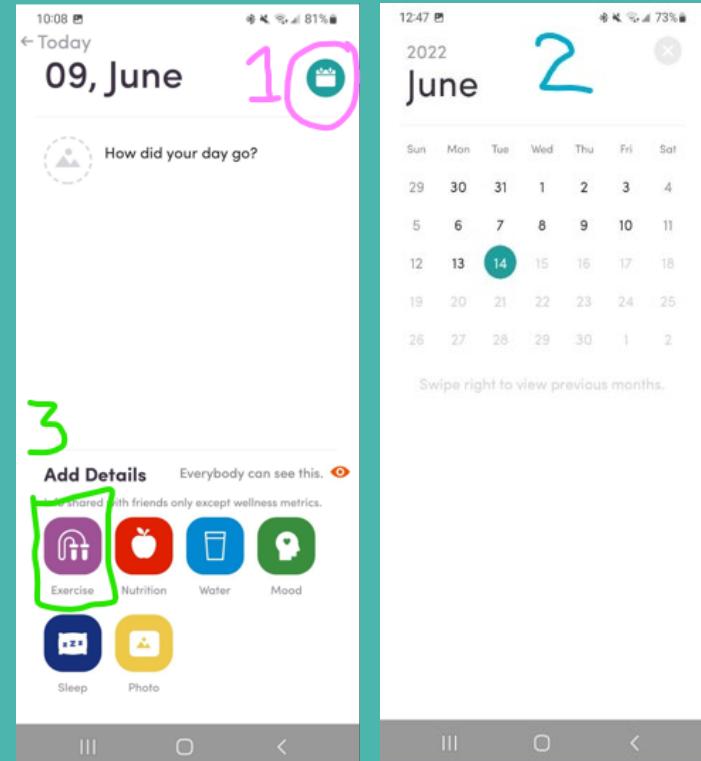
# Step 1: On your “Dashboard”

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



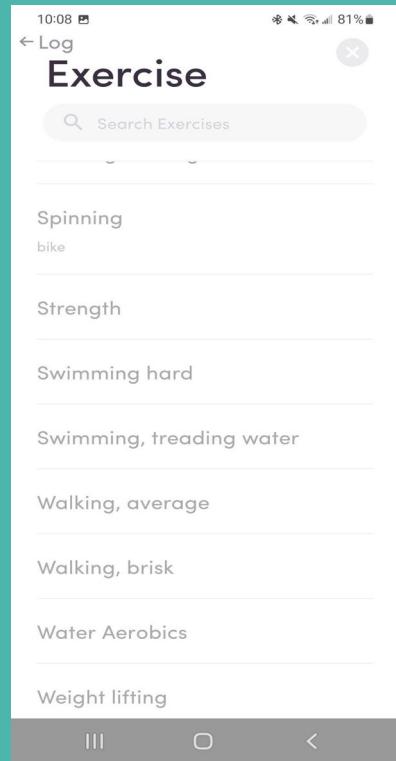
## Step 2: Choosing the date and entering activity →

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.



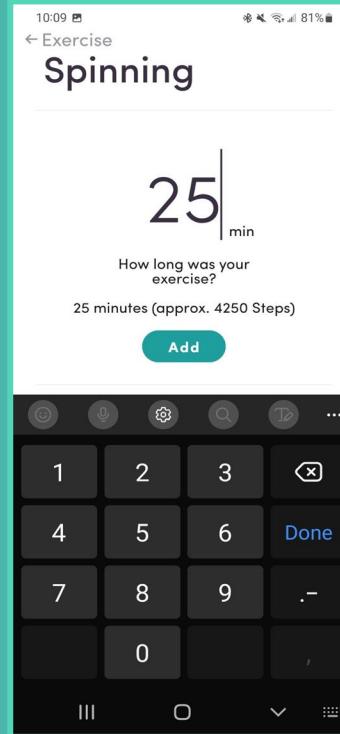
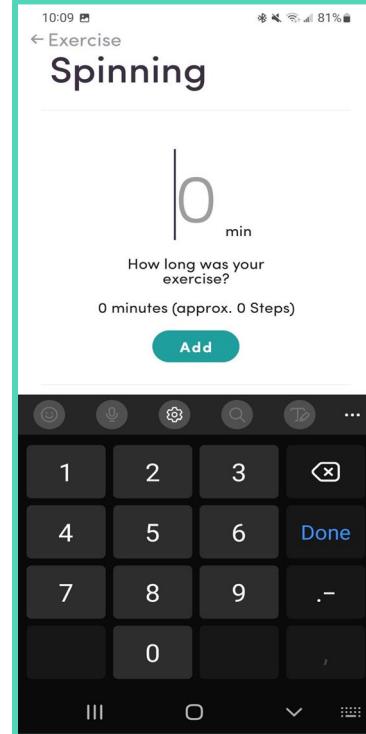
# Step 3: You will be taken to the Exercise List

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 your daily  
activities, please reach out to Deziree  
at fusd@pinnacletrainingsystems.com  
or call her at (559)917-8137.**