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.

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)

🏃 ACTIVITY   🍎 NUTRITION   🥤 WATER   🧠 MOOD   💤 SLEEP

ADD ENTRY

UPLOAD PHOTO

Jun 16, 2022   you walked   0   steps

How are you feeling?

Select who can see your journal/photo

ANYONE ▾

Convert An Activity
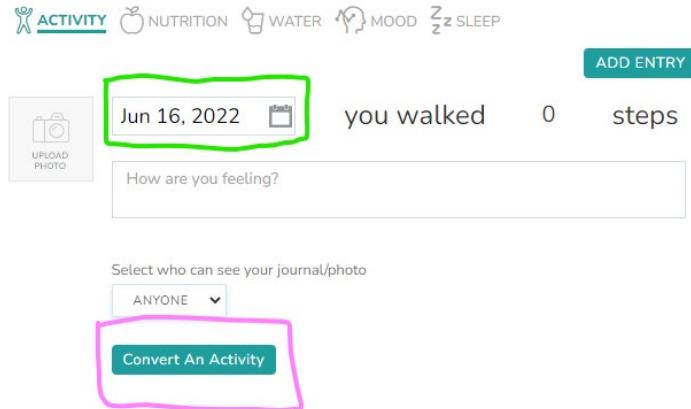
Step 3 + 4: Converting an activity to steps

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.
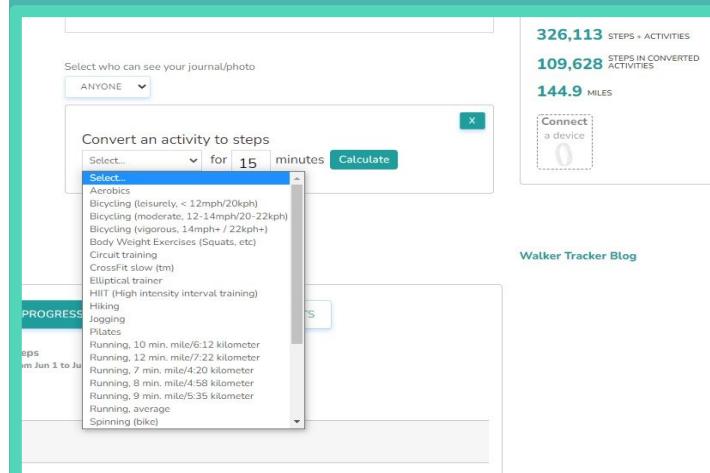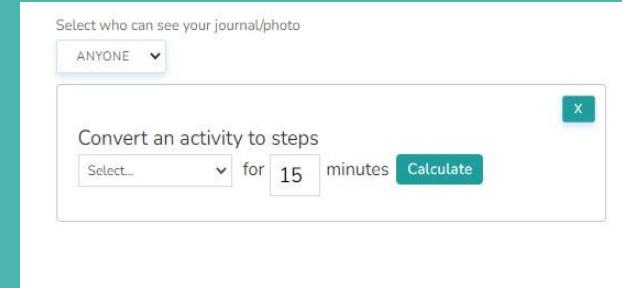
Step 5: Calculate Activities

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)

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.
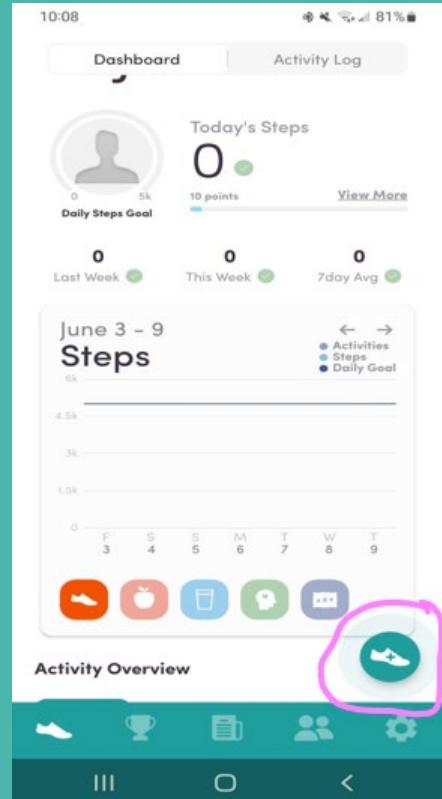
Step 2: Choosing the date and entering activity →

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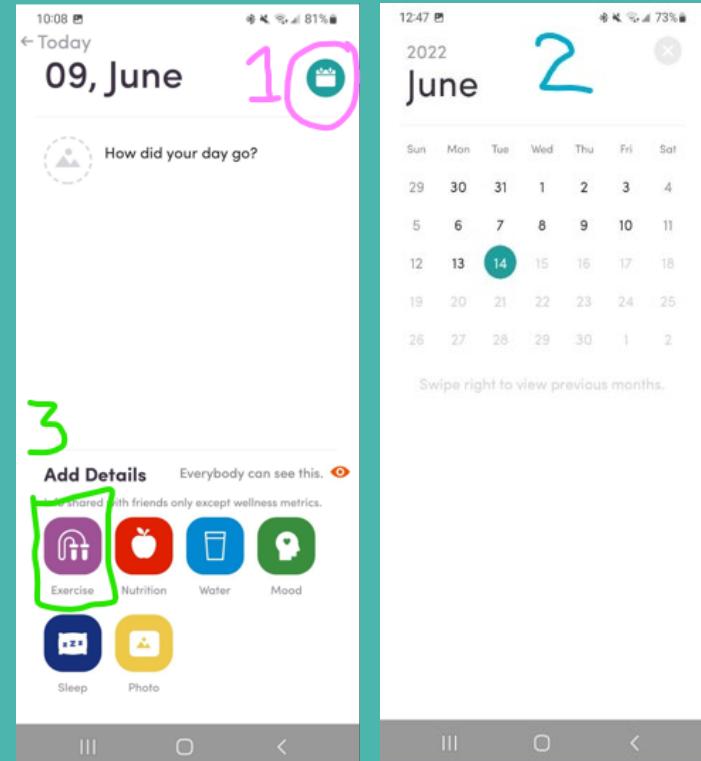
Step 3: You will be taken to the Exercise List

Please select the type of activity you have just completed from the list.
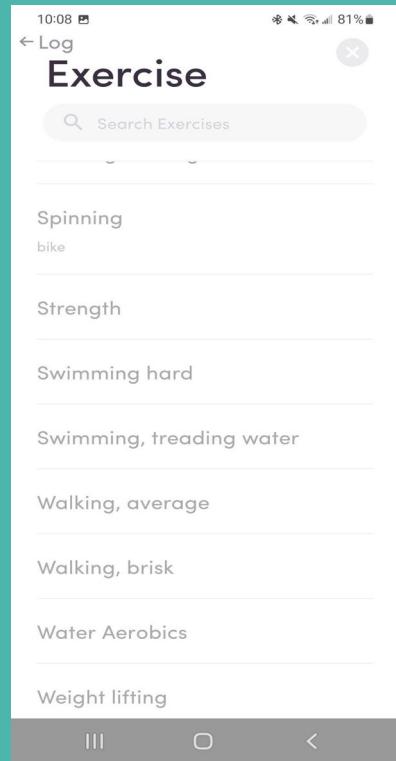
Step 4: Inputting your time

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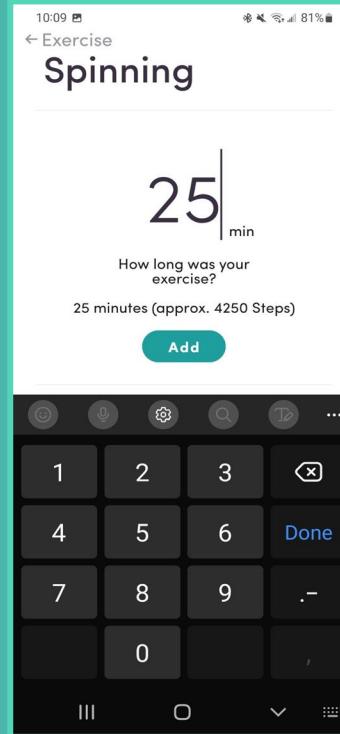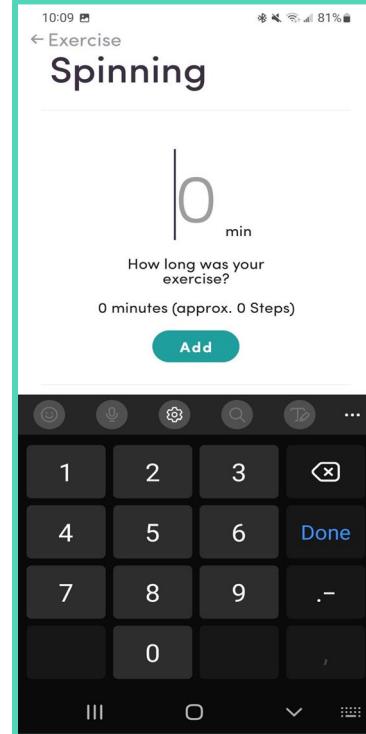
For any questions or concerns, regarding how to convert you daily activities, please reach out to Deziree at **fusd@pinnacletrainingsystems.com** or call her at (559)917-8137.