

***Having a smart phone will make this easier, but you only have to have a computer to participate!***

- 1. Go to the website: [healthykingsport.walkertracker.com](http://healthykingsport.walkertracker.com) and click on the button that says “register now”.**
- 2. Fill in your personal info and create a user name/password**
- 3. Select your organization from the dropdown-St. Dominic Church**
- 4. If you are the captain, create a team name; if you are a team member, select your team name from the list.**
- 5. Complete the other information on the page and you will be taken to a page to link your device (Fitbit, apple watch, apple health, etc) to the “Walker Tracker” ap. You will have to download the Walker Tracker Ap (orange square with white tennis shoe) to your device in order to do this. If you are asked for a URL during this process, put in [healthykingsport.walkertracker.com](http://healthykingsport.walkertracker.com). Don’t hesitate to contact your parish nurse with any questions!**
- 6. You will be in the system at that point and your steps counted for the million-mile challenge.**

**Tip:**

**You can sync your device to the WalkerTracker and just let it count steps when you are wearing the device, but you can also add activities that aren’t being tracked on your device. Go to the WalkerTracker Ap. On your activity page with the bar graph, tap the plus sign in the upper right-hand corner. Then, tap the running figure in the lower left-hand corner. You will see “add an activity”—tap that. When you tap that, you will see lots of activities to choose from to add to your steps. Scroll to see the activities (they are alphabetical) and choose what you need. Type in the time or distance and then “done” in the upper right hand corner. You can also go back and add activity to other days by swiping left to right on the bar graph page to reveal individual days. It’s simple!**