

S T E P T E M B E R . U S



STEPTEMBER

**MOVE
TOGETHER** **FOR**
1-30 SEPTEMBER **CEREBRAL
PALSY**

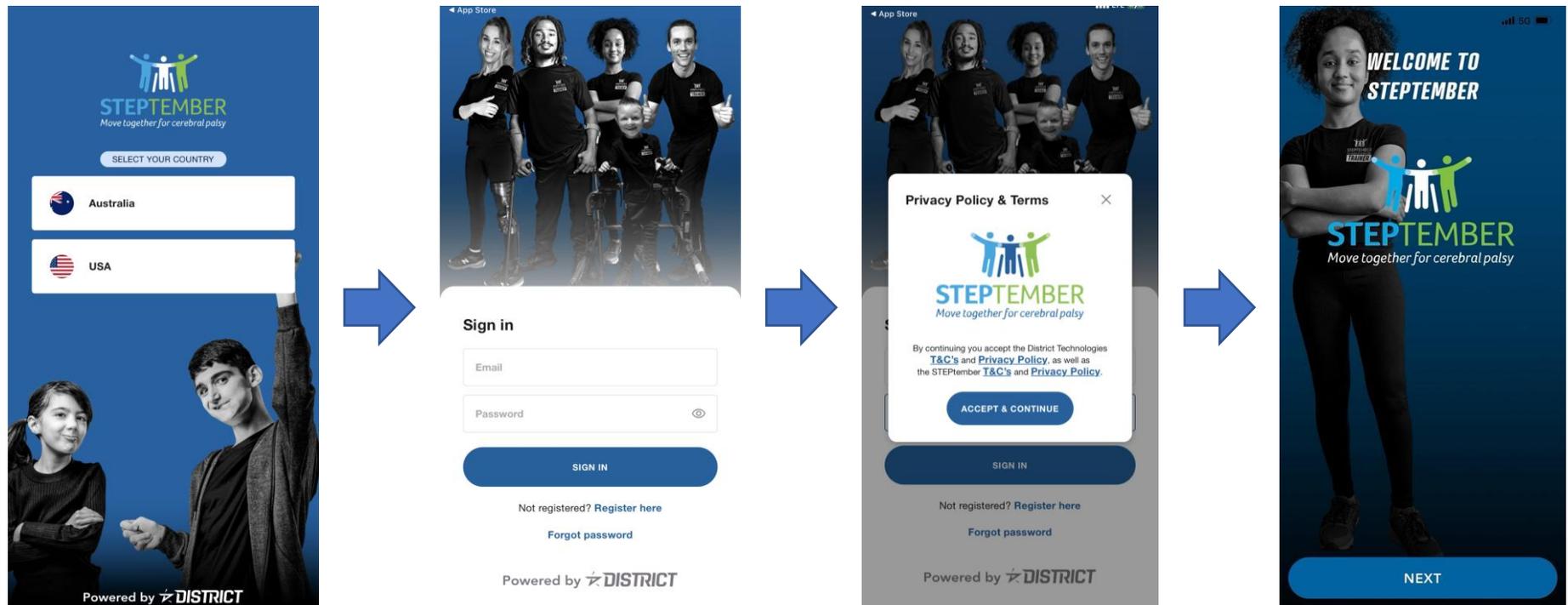
**YOUR USER GUIDE TO THE
STEPTEMBER MOBILE APP**

LOGGING IN TO THE APP

You must be registered for STEPTember to connect to the APP.

If you are not registered – please [click here to get started!](#)

After downloading, select the STEPTember country that you are registered for (USA) and log in using your email and password. You'll be asked to agree to our Terms and Conditions and Privacy Policy before continuing.

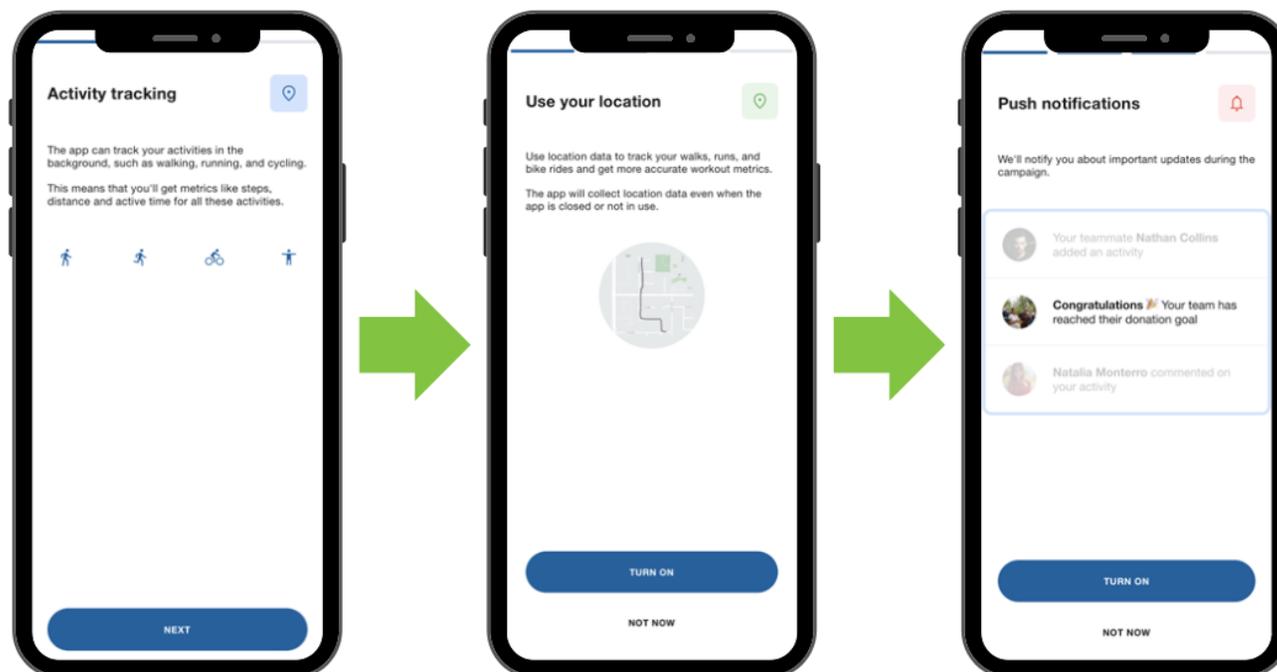


SETTING UP THE APP

After logging in and connecting to your STEPtember profile, the app will seek your permission to send notifications, access your location from your smartphone and, access your motion and activity data.

All of these are required so that the STEPtember will function, as it's been designed to ensure you have the best STEPtember experience.

- Allowing notifications will ensure you are kept up to date with STEPtember news and challenges, and that you receive messages from your team members and achievement of key milestones.
- Providing permission for the App to access your location and motion activity will ensure the built-in GPS can track and map your activity.

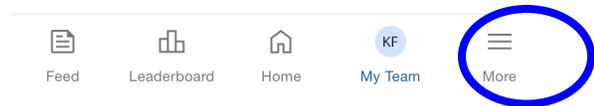


CONNECTING YOUR FITNESS TRACKER

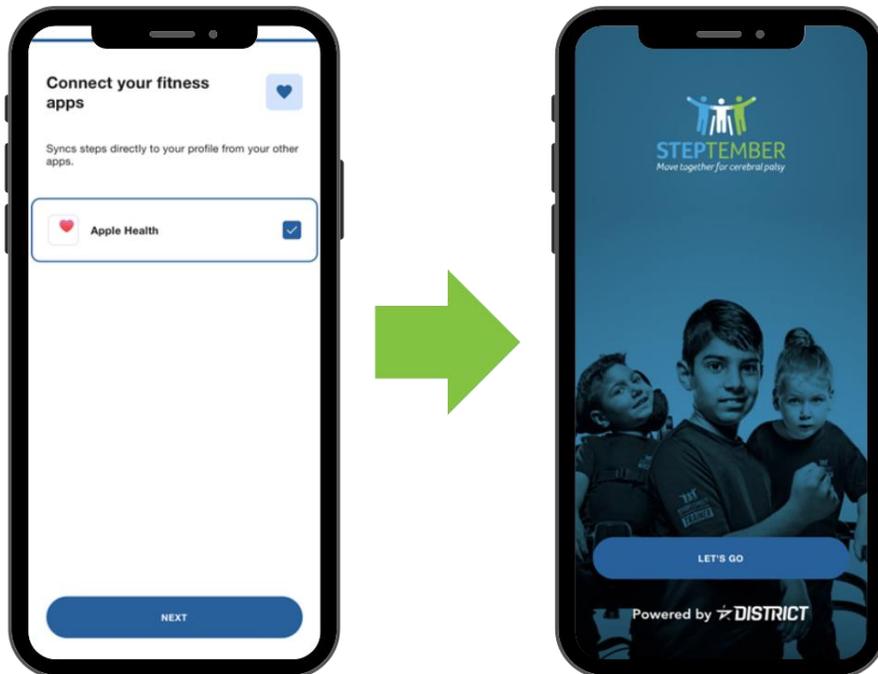
The STEPtember APP will connect to health kits that are built in Apple and Android smartphones – including

- Apple Health
- Google Health

You can connect your tracker from the set-up screen or from the more tab (bottom right corner of your screen)



If you use a fitness wearable like a Fitbit, or an Apple Watch, simply connect this to your phone's health app and use that to sync your steps across to the STEPtember app.

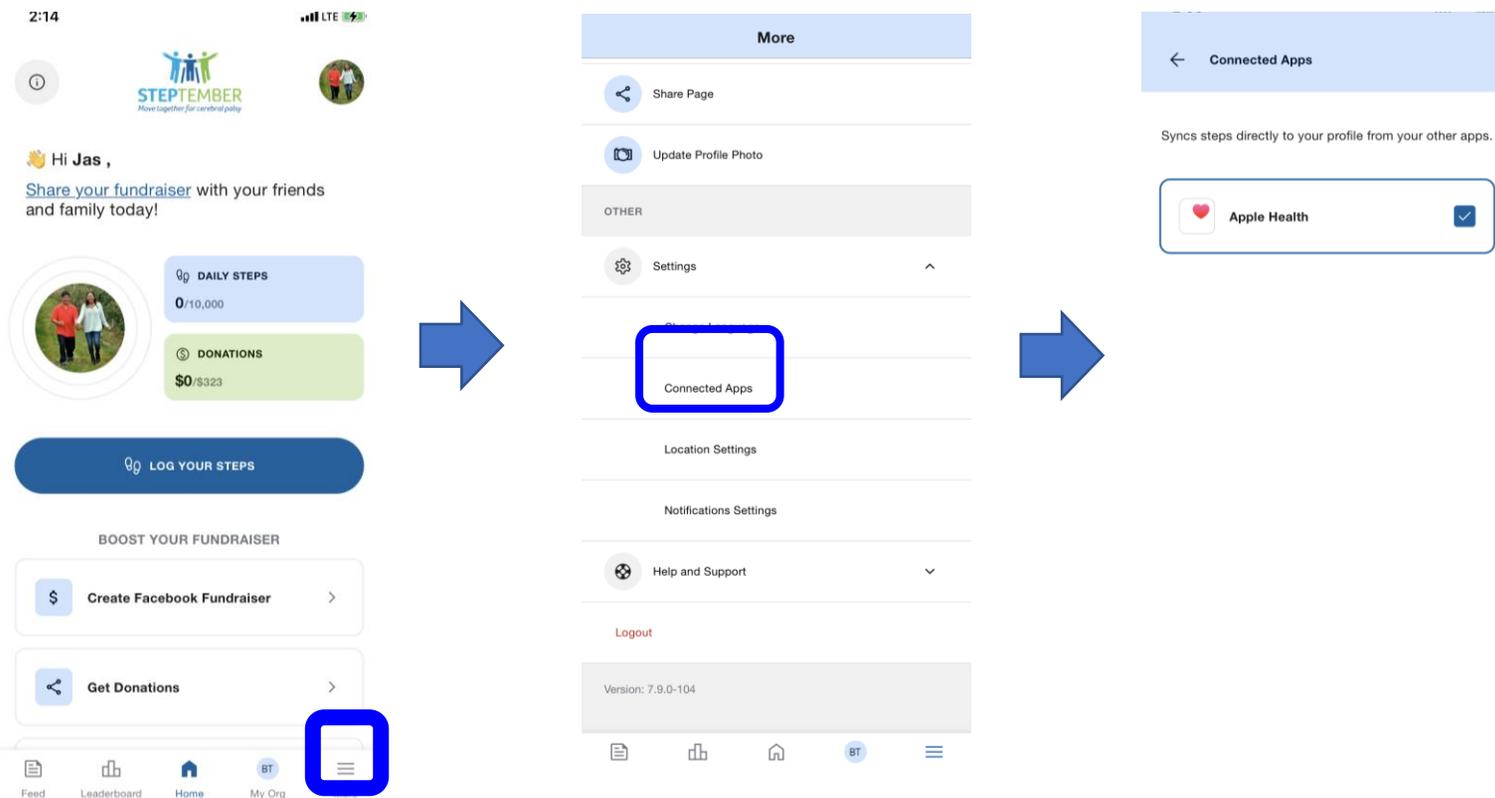


FOLLOW THE ON SCREEN PROMPTS

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

From the screen, select which option you want to connect to track your activity and steps and follow the on-screen prompts, providing permission for the STEPTember APP to read the data from your smartphone.

When your health app is successfully connected – the option you chose will feature a blue checkmark.

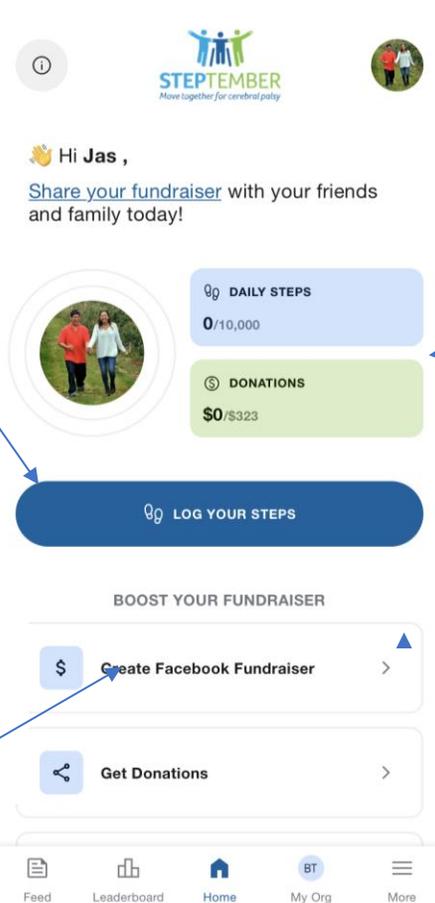


HOME PAGE

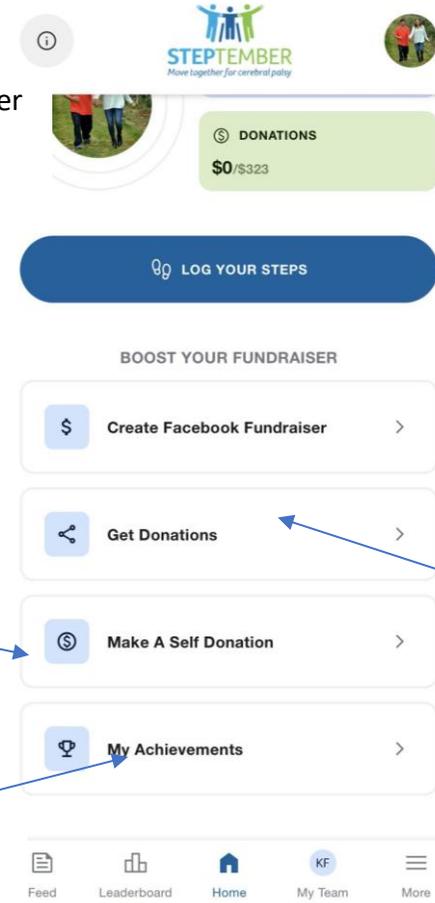


The STEPtember app's home page has everything you need to log your steps, share your challenge, and optimize your fundraising efforts! This is where you can link a Facebook fundraiser to your page, share your challenge with friends and family, make a donation, and view your achievements.

Click here to log your steps each day.



Go to your STEPtember fundraising page



Check your daily steps and your fundraising progress.

Kick-start your fundraising with a self donation.

Share your STEPtember fundraising page via social media, email, text message and messenger.

View your badges to see how many you've activated.

Create a Facebook fundraiser to increase your reach and get more donations!

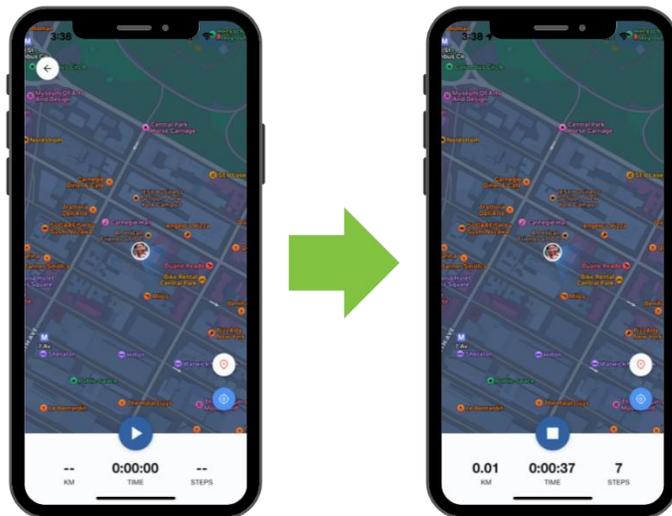
Explore the app to find leaderboards, live updates, and more

LOGGING YOUR STEPS AND ACTIVITY



To log your daily steps, check the steps data from your connected fitness tracker or manually add activity, such as yoga, Pilates, swimming, or gardening that you've completed – **click the blue button labeled 'LOG YOUR STEPS'**. A window will pop up with FITNESS TRACKER, LOG STEPS, LOG ACTIVITY and SYNC options.

ALL PARTICIPANTS MUST LOG THEIR STEPS – THE APP WILL NOT LOG STEPS AUTOMATICALLY

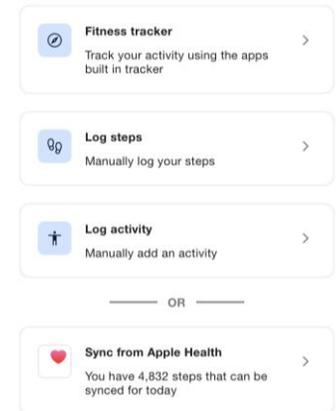
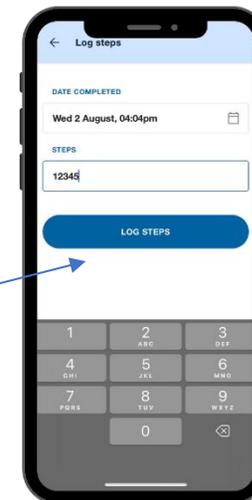


Press to start walk.

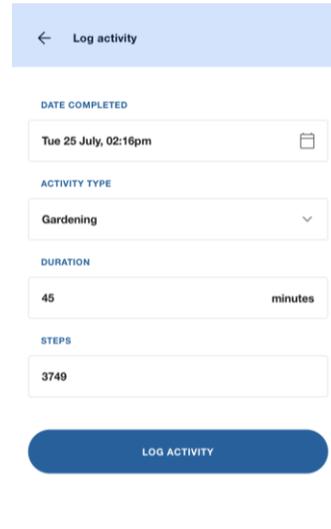
Press to end walk.

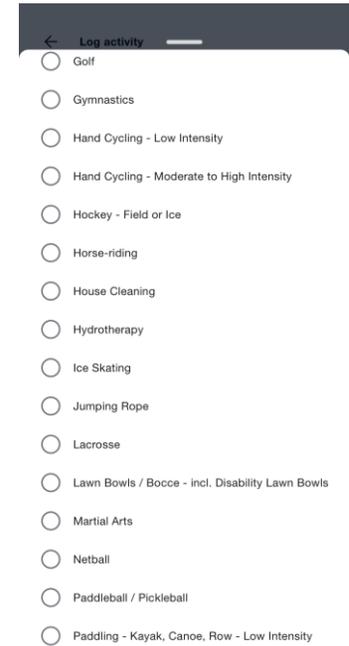
1. **Fitness Tracker** – Use our built-in fitness tracker to track your walk or run using GPS. Simply press the Play Button and start walking. When you're done press stop to log your steps.

2. **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 minimize user error, you can only enter a max of 50,000 steps at a time. Add a photo and post to your feed!



3. **Log Activity** – STEPtember is all about getting active in ways that work for you. That’s why we have over 80 different activities that you can convert to “steps” for the challenge. Whether that’s gardening, physical therapy, wheelchair sports, yoga, or your favorite sport, you can enter your activity and our STEPtember app will tell you how many “steps” you’ve gone.



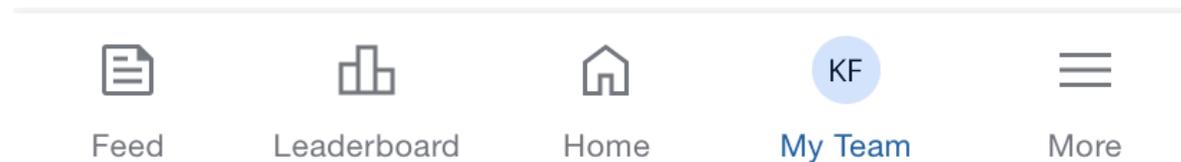
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4. **Sync from your health app** – If you’ve connected the STEPtember app to your Apple or Google health app, you can import steps directly by clicking on the sync button. Syncing from your health app will log all the steps you’ve taken so far that day. You can log once at the end of the day, or throughout the day.

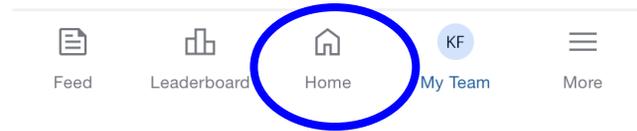
HOME PAGE TOOL BAR

The home page tool bar is always available across the bottom of the app screen – providing quick access to;

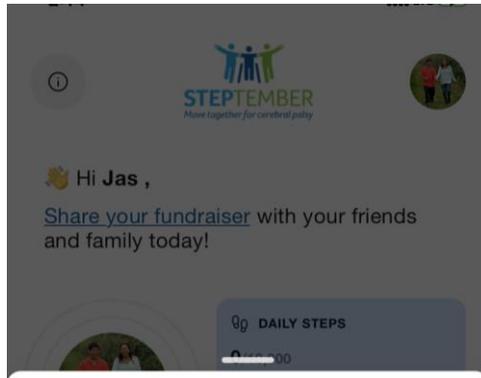
- Activity Feed – for yourself, your organization or group and everyone taking part in STEPtember US.
- Leaderboards – for Stepping and Fundraising across individuals, teams and organizations.
- Navigate back to the homepage.
- View your teams progress and all the members in your team.
- More tab with additional links and app settings.



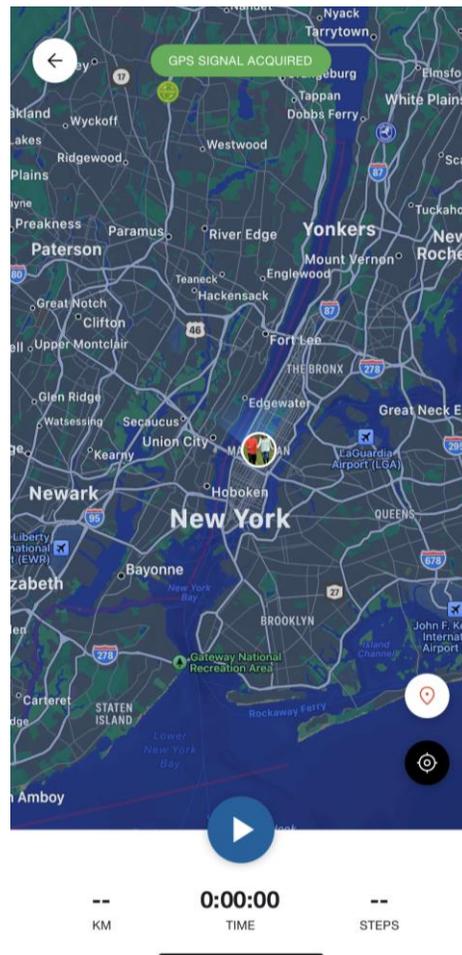
THE GPS ACTIVITY TRACKER



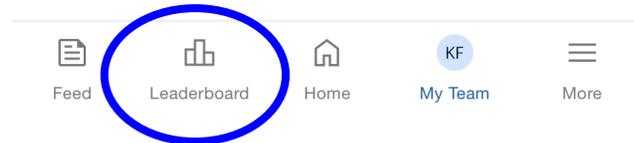
The STEPtember app has a built in GPS tracker that will map your walk, wheel, run, or ride and automatically log the steps taken. When you complete the activity, you have the option of posting your activity and map to the App's activity feed – similar to how you would post an update to Facebook or Instagram.



-  **Fitness tracker** >
Track your activity using the apps built in tracker
-  **Log steps** >
Manually log your steps
-  **Log activity** >
Manually add an activity
- OR
-  **Sync from Apple Health** >
You have 4,832 steps that can be synced for today



LEADERBOARDS



You can choose between Individuals, Teams, and Organizations – and view each of these for Total Steps and Total Donations. Your profile will appear at the top of the leaderboards so that you can easily view your current ranking within the challenge.

The following tables represent the data shown in each of the four screenshots, with the filter selected in each one circled in blue.

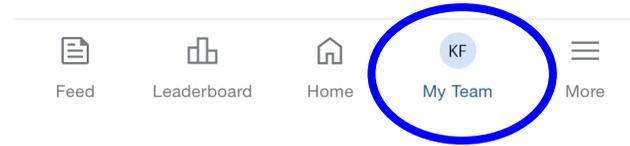
| Rank | Organization | Amount |
|-----------------------------|------------------------------|--------|
| BT Benny's Team \$20 | | |
| 1 | QBE Insurance | \$516 |
| 2 | CPARF | \$279 |
| 3 | SimPRO Software | \$277 |
| 4 | CP Research Network | \$104 |
| 5 | PricewaterhouseCoopers (PwC) | \$52 |
| 6 | Waymo | \$52 |
| 7 | Wolters Kluwer Health | \$52 |
| 8 | UBS | \$52 |

| Rank | Organization | Steps |
|-------------------------------|-----------------|--------|
| BT Benny's Team 83,498 | | |
| 1 | Benny's Team | 78,744 |
| 2 | CPARF | 37,148 |
| 3 | SimPRO Software | 6,745 |

| Rank | Team | Steps |
|-------------------------------|--------------------|--------|
| KF Kuya's Faves 83,478 | | |
| 1 | Kuya's Faves | 83,478 |
| 2 | Zigally Bop | 11,259 |
| 3 | US_Implementation | 6,745 |
| 4 | Bentley's Warriors | 5,040 |
| 5 | Benny's Bunnies | 20 |

| Rank | Individual | Steps |
|--------------------------|--------------------|---------|
| Jas Ferrer 83,478 | | |
| 1 | Robert Pocock | 361,081 |
| 2 | Jas Ferrer | 83,478 |
| 3 | Glen Deutscher | 54,706 |
| 4 | Michelle Wigginton | 37,000 |
| 5 | Emily Monroy | 11,259 |
| 6 | Gianna Miritello | 6,947 |
| 7 | Mitch Drake | 6,745 |
| 8 | Michelle Yocum | 5,638 |

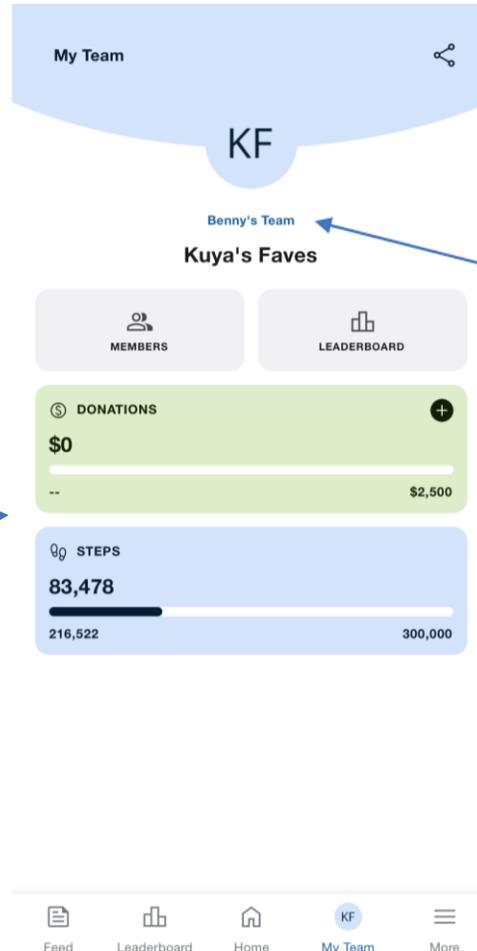
TEAM / ORGANIZATION TAB



If you are in a team and/or connected to an organization or group, you can view the progress for both via this tab.

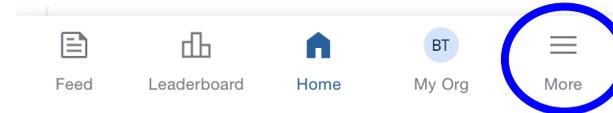
On the team page you can view the combined progress of all team members. Switch to the organization page by clicking on the name.

View the progress of total donations, and total steps. Choose leaderboard to see all team members by ranking.

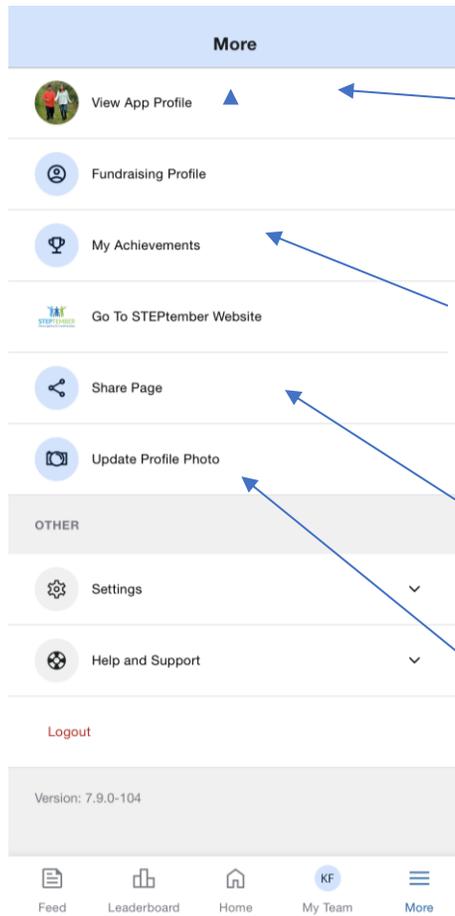


Click the blue text above your team name to see your organization page—you'll see a similar summary of all organization / group members.

MORE



The menu page allows you to quickly access a range of links to your STEPTember online page.

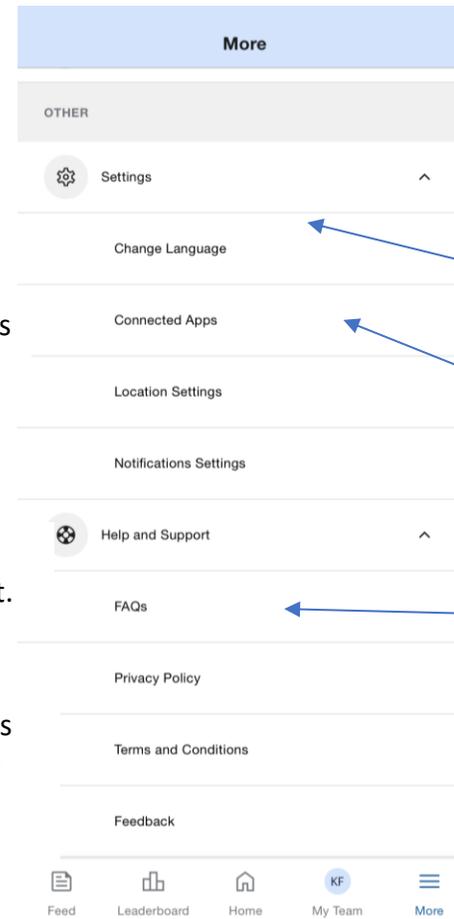


View your own progress summary.

View your STEPTember pages and progress badges.

Quickly share your page across social, email, or text.

Updating your profile pic is one of the easiest ways to increase your fundraising.

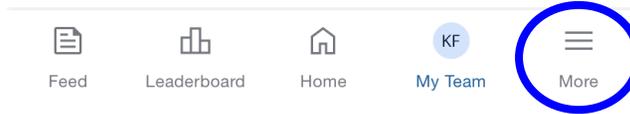


Change from English to Spanish

Link your fitness tracker.

Review any FAQs or contact us here!

YOUR PROFILE



At the top of the MORE page, you can access your profile to view a summary of your steps/activities and donations.

