



## Registering Your Tracking Device

**Step 1:** Register your tracking device if you are using one by clicking on the orange TRACKERS button. If you are manually entering your steps, you can skip the next two steps.

### CHALLENGERUNNER

Challenge Log Log Date: 5/8/2017

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Step into Fitness 2017 Trackers

From: 5/29/2017 To: 8/6/2017

Your challenge starts in 21 days Description Select Team

**Step 2:** Select your Fitness Tracking Device from the drop down

**IMPORTANT NOTE: YOU MUST KNOW YOUR USERNAME AND PASSWORD FOR THE FITNESS APP THAT YOU ARE USING (I.E. FITBIT, GARMIN, ETC.)** Click “Authorize” and log into your account and follow the prompts.

Once you have completed this step, you will get a confirmation that the authorization was successful.

#### User Profile x

If your challenge uses activity trackers such as Fitbits, Garmins, Jawbones, etc. to collect data, you must select your device below, click Authorize, and then log in to their service and allow data transfer to ChallengeRunner. You can only activate one activity tracker at a time. For more information about activity trackers or troubleshooting see:

<http://www.challengerunner.com/Support/Trackers>

<http://www.challengerunner.com/docs/ChallengeRunner-User-Quick-Start-Guide.pdf>

Fitness Tracking Device	Status	Notes
-- Select --		

**Step 3:** Get walking and check back beginning May 3<sup>rd</sup> to see how you are doing!

## Manually Entering Your Steps – for those not registering a tracking device

**Step 1:** Sign in to your ChallengeRunner account at <https://sif2020.challengerunner.com>

**Step 2:** In the LOG DATE field enter the date of the steps that you want to record.

**Step 3:** In the STEPS field enter your steps.