



Come BACK

Coaching and Exercise for
Better Walking

**Devices and apps to track your
physical activity**

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Devices to track your physical activity

Fitbit

You can find out what Fitbits are currently available by clicking on the *Products* tab at

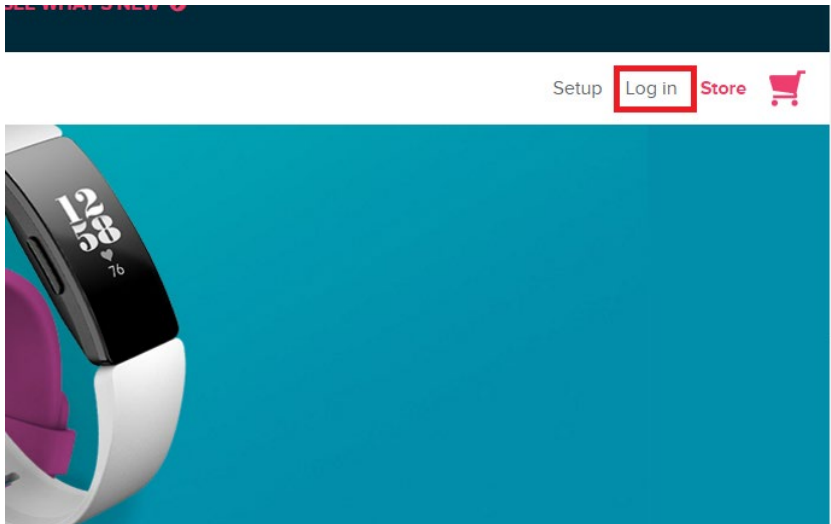
<https://www.fitbit.com/au>

Please note, if you walk slower than 0.8m/s, the Fitbit is more accurate at counting steps if it is worn on your ankle.

Create a Fitbit account


Go to <https://www.fitbit.com/au>


Click on *Log In* at the top right of the screen.



Click on *Sign Up* and fill out the information. When finished, click *Join Fitbit*.

Welcome Back

 Continue with Facebook

 Continue with Google

EMAIL

PASSWORD

Keep me logged in [Forgot password?](#)

Login

Want to try out Fitbit [Sign up](#)

Installing Fitbit on your computer

Go to <https://www.fitbit.com/au>

Click on *Setup* at the top right of the screen.



Scroll to the bottom and click on the type of computer you have. And then click on the pink download button to download the software on to your computer.

Don't have a mobile device available?

DOWNLOAD FOR WINDOWS

2.0.2.7066 / 2018-07-25



Mac



Mac 10.5



Windows 10



PC



Windows XP

Want to try out Fitbit.com before getting a device? Sign up for a free account [here](#).

Once you have downloaded the software file, open it to install the software onto your computer.

To pair your Fitbit device with the online Fitbit account

Plug the dongle into the USB port of your computer.

Go to the start menu of your computer, then *all programs* → *Fitbit connect* folder → *Fitbit connect* program.

Select *set up new Fitbit device*, and then go to *existing user*. Enter your details and ensure you have selected the correct time zone. Follow the subsequent instructions.

Syncing your device

Plug the dongle into the USB port of your computer.

Go to the start menu of your computer, then *all programs* → *Fitbit connect* folder → *Fitbit connect* program.

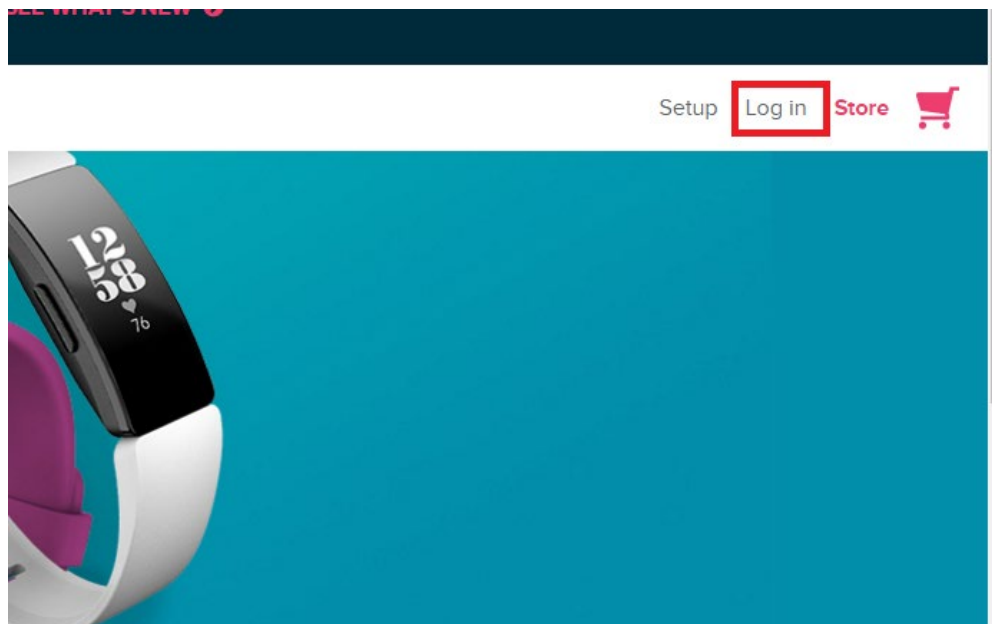
Once you have the program open select *Sync now* and follow the subsequent instructions.

After the device has synced, it will ask whether you want to be taken to the website.

Accessing your information

Go to <https://www.fitbit.com/au>

Click on *Log In* at the top right of the screen.



Once you have logged in, you will see the dashboard has a summary of your daily physical activity.

The Log is where you may record information about other activities you have done during the day such as swimming or cycling.

If you're interested in tracking your food consumption or other health outcomes, you may record these in *The Log* section.

Fitbit app

You can download the Fitbit app for free from iTunes or Google Play.

Garmin

You can find out what Garmin products are currently available by clicking on the *products* tab → *Sports & Fitness* → *Fitness tracking* at <https://www.garmin.com/en-AU/>.

Installing Garmin Express on your computer

Go to <https://connect.garmin.com/start/>

Scroll to the bottom and select *Get Garmin Express*



Don't have a smartphone?

Set up your device on your computer with Garmin Express.

[Get Garmin Express](#)

Download either for *Windows* or *Mac*, depending on what computer you have.

Once downloaded, open the application to install it on to your computer.

Installing Garmin Connect on your phone

You can download Garmin connect from iTunes or Google Play.

Create a Garmin account

Go to <https://connect.garmin.com/signin/> and click on *Create One*. Fill out the required information.

A screenshot of the 'Garmin Account Sign In' page. It features a title 'Garmin Account Sign In', an 'Email' input field, a 'Password (Forgot?)' input field, a blue 'Sign In' button, a 'Remember Me' checkbox, and a link 'Create One' which is highlighted with a red box. The text 'Don't have an account?' is positioned to the left of the 'Create One' link.

Accessing your information

Go to <https://connect.garmin.com/signin/> and log in to your account.

The dashboard has a summary of your daily physical activity.

You can track your progress, store your activities, analyse your data, share your activities and manage your settings.

Apps to track your physical activity



Runkeeper – GPS Running Tracker

Runkeeper is an app that uses the GPS of your phone to calculate your running pace, cycling speed, route distance, elevation and the number of calories you have burned. You can also use it to track your walking activity.

Download Runkeeper onto your phone

Download Runkeeper onto your phone from iTunes or Google Play.

Using Runkeeper for an outdoor walk

- Select *walking* as activity type
- Select *start activity*
- The person starts walking but you can pause the activity at any time
- Select *stop* when you have finished walking

The app will provide you with feedback every 5 minutes regarding time and distance walked, and average pace. Once you have selected *stop*, the app will move to a summary page which provides a map of the walk, distance walked, duration, average speed, and calories burnt. There is also a notes section where you can add a note e.g. how many times you stopped for a rest, if you walked with someone else, or if you walked a different track.

- Select *save activity* and the app will then give you a verbal summary of the results

There are also instructions online to help you [set up your Runkeeper app and account](#), and to learn how to [record your first workout](#).



Outwalk

Outwalk uses your phone's GPS to track your steps and distance. It allows you to see how much you walk on a daily, weekly, monthly and yearly basis.

Downloading Outwalk onto your phone

You can find Outwalk on iTunes and Google Play.

Using Outwalk on your phone

Outwalk will collect the number of steps you do.

- To see the number of steps you have done today, click on *timeline* which has a clock symbol at the bottom of the screen
- To see the number of steps you have done for the week, click on *activity* which has a graph symbol at the bottom of the screen
 - You can also see the number of steps you have done in previous weeks by using the left and right arrow keys above the graph
 - Here you can also view your data on a monthly and yearly basis



Runtastic Steps – Step Counter

Runtastic Steps tracks your daily steps, walking distance, calories burned and the number of minutes you are active. You can track your progress by viewing your weekly, monthly and yearly activity data. You can also set daily step goals in the app.

Downloading Runtastic Steps – Step Counter onto your phone

You can find Runtastic Steps – Step Counter on iTunes and Google Play.

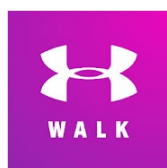
Using Runtastic Steps – Step Counter on your phone

Selecting the type of activity you want to record:

- Go to *Activity* at the bottom of the screen with a lightning bolt symbol
- Click on the gear symbol next to the green *start* button
- Click on *Sport Type*
- Select the activity you wish to record
- Click *done* at the top right of the screen
- Click the green *start* button when ready to record your activity

To see your progress go to *Progress* at the bottom of the screen with the graph symbol. You can also manually add activities you have done in the *Progress* section.

If you need help with Runtastic Steps, [click here](#). Select *mobile* and then the type of phone you have. The Runtastic Steps app is found under *Daily Habits*.



Map My Walk – Under Armour

Map My Walk tracks your walk by recording your number of steps, distance, pace, calorie burn and elevation. You can also use it with other devices such as a Garmin or Apple Watch.

Downloading Map My Walk onto your phone

You can find Map My Walk on iTunes and Google Play.

Using Map My Walk on your phone

Selecting the type of activity you want to record:

- Click on the stopwatch symbol at the bottom of the screen
- At the top, walk will be selected as the default
- Click on the gear symbol to select a different activity
- Select one of the activities displayed or click on *see more activities*
- Click *done* at the top right of the screen
- Click the green *start workout* button when ready to record your activity

To see your progress click on the clipboard symbol at the bottom of the screen.

If you need help with the Map My Walk app, [click here if you are using an iPhone](#), or [here if you are using an Android phone](#).

HF Walking



HF Walking is a free app by the Heart Foundation that tracks your daily steps and encourages you to be more active. You can connect the app to Apple Health, Google Fit, Garmin or Fitbit to track your steps.

[Downloading HF Walking onto your phone](#)

You can find HF Walking on iTunes and Google Play.

[Using HF Walking on your phone](#)

To see your steps, click on *Steps* at the bottom of the screen. This will show you your steps for that day. It also displays your steps for the day before and your best day for you to compare.

If you click on *Profile* at the bottom of the screen, it still show you your statistics for that day, the week, and the month for your steps highest step records and minutes spent being active. It will also show your all time statistics for steps, active minutes and kilometres walked.