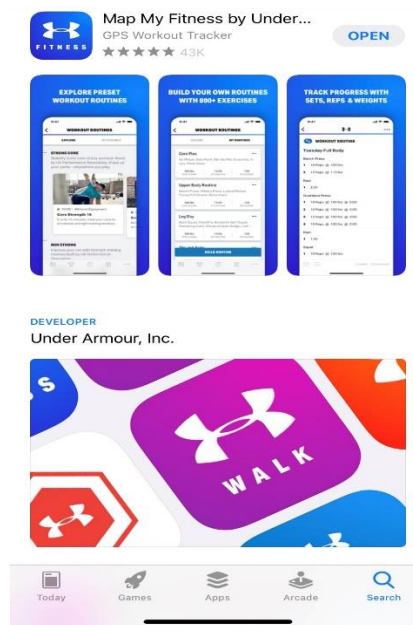## How to Access and use your Map My Fitness App
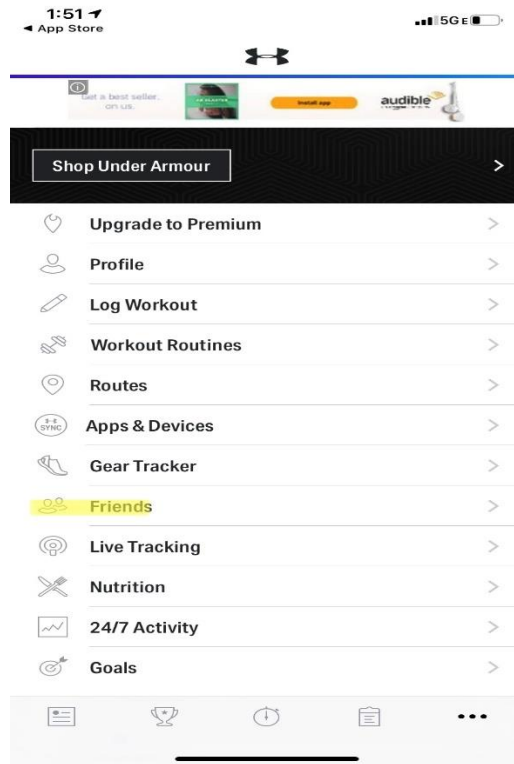
Getting Started

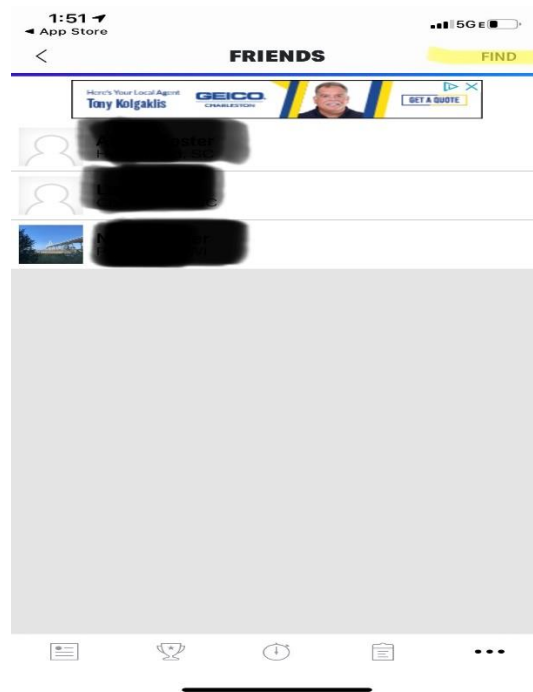1. To download, please visit your smartphone's app store to get the free Map My Fitness application

2. Once the app is downloaded go ahead and set up a profile.

3. After your profile is set up please search for us under "Friends". To get to the "Friends" tab, click on the three dots on the bottom right hand side of your screen and then chose "Friends."

4. On the next screen, click "Find"

5. Search for Charleston County Parks and Recreation Commission under the name "CCPRC Challenge." Please see profile photo below.
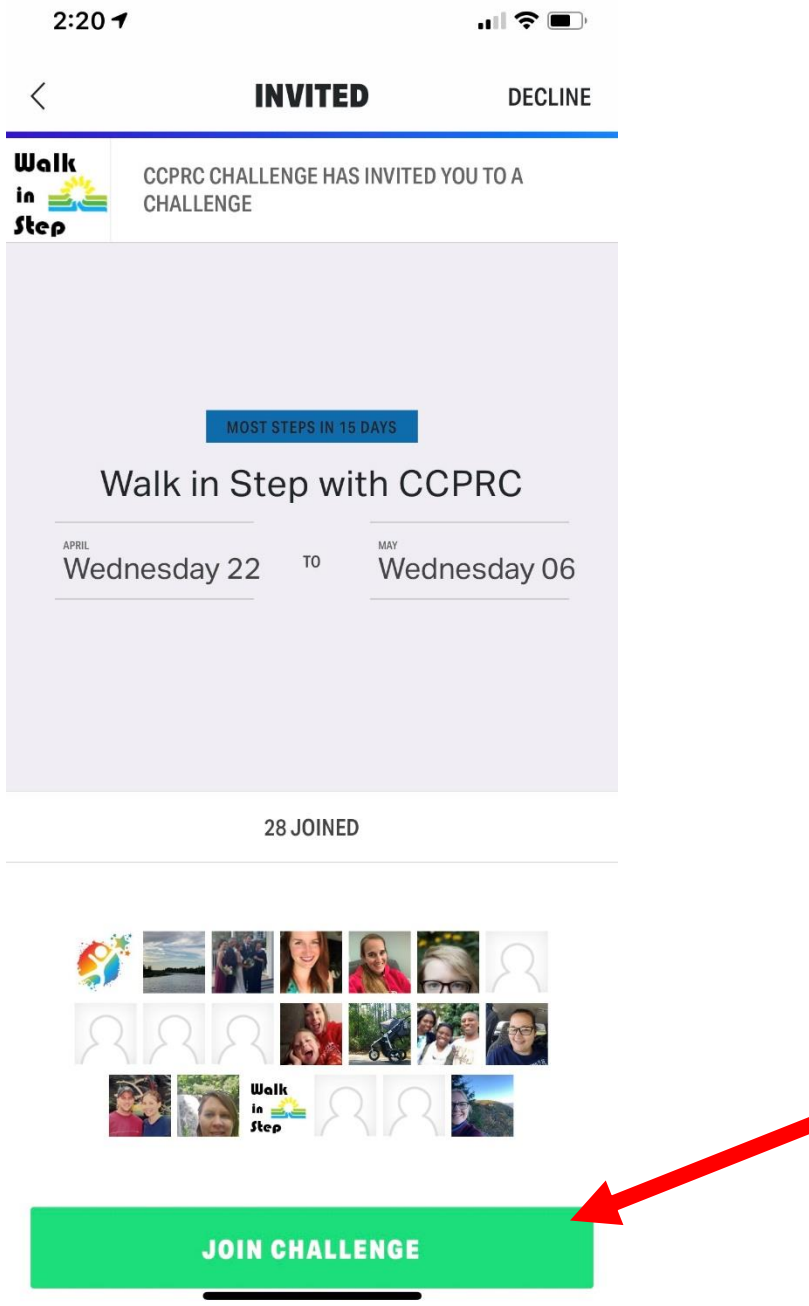

6. Once we have accepted your friend request we will send you an invite to the challenge.

7. Accept the invite to the challenge by clicking the trophy button at the bottom of the screen and choosing "New Challenges."
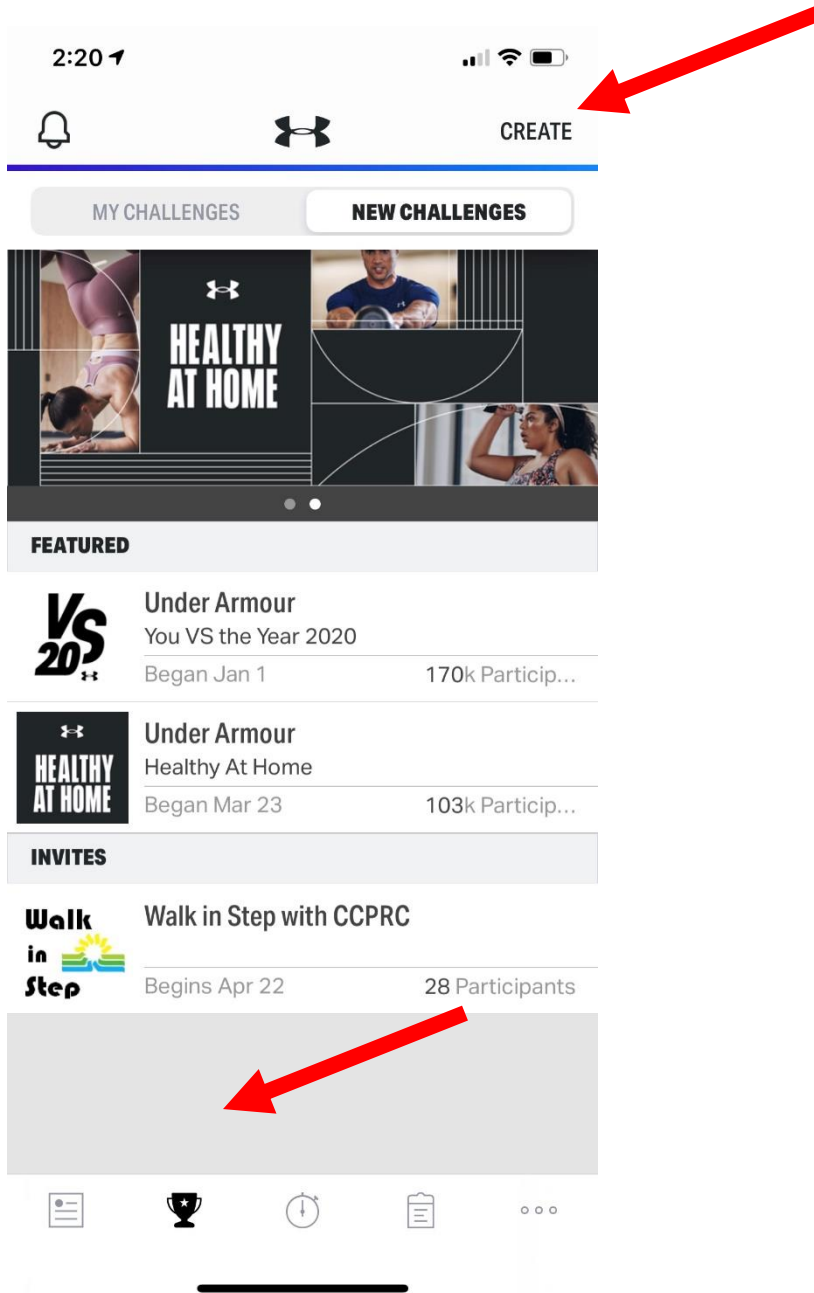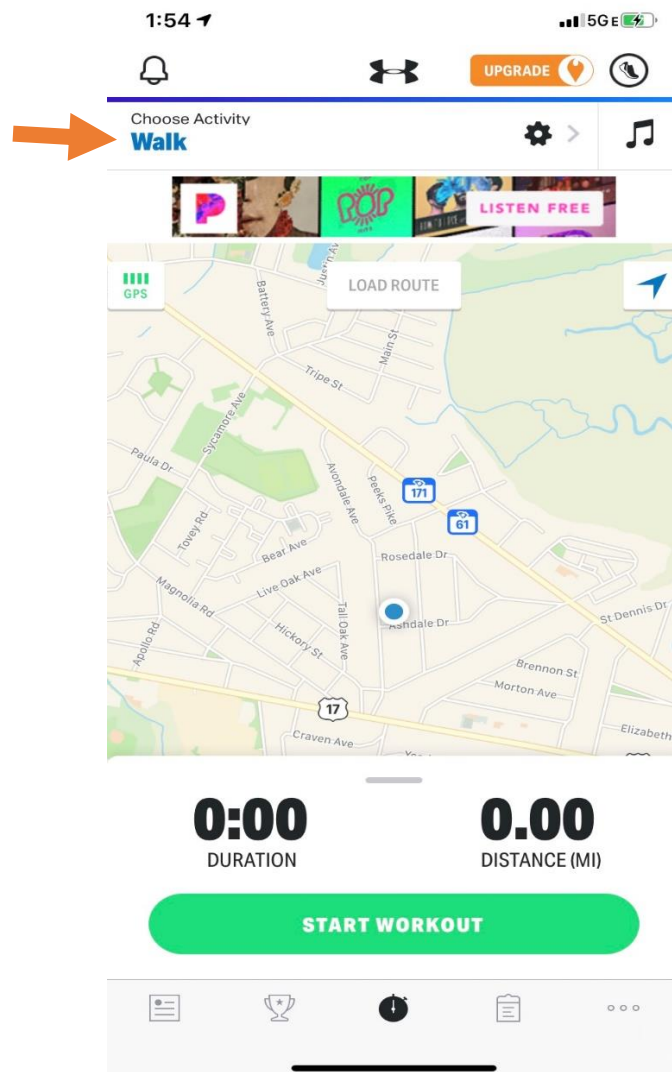
8. Click "Join Challenge" at the bottom of the screen to begin participating.
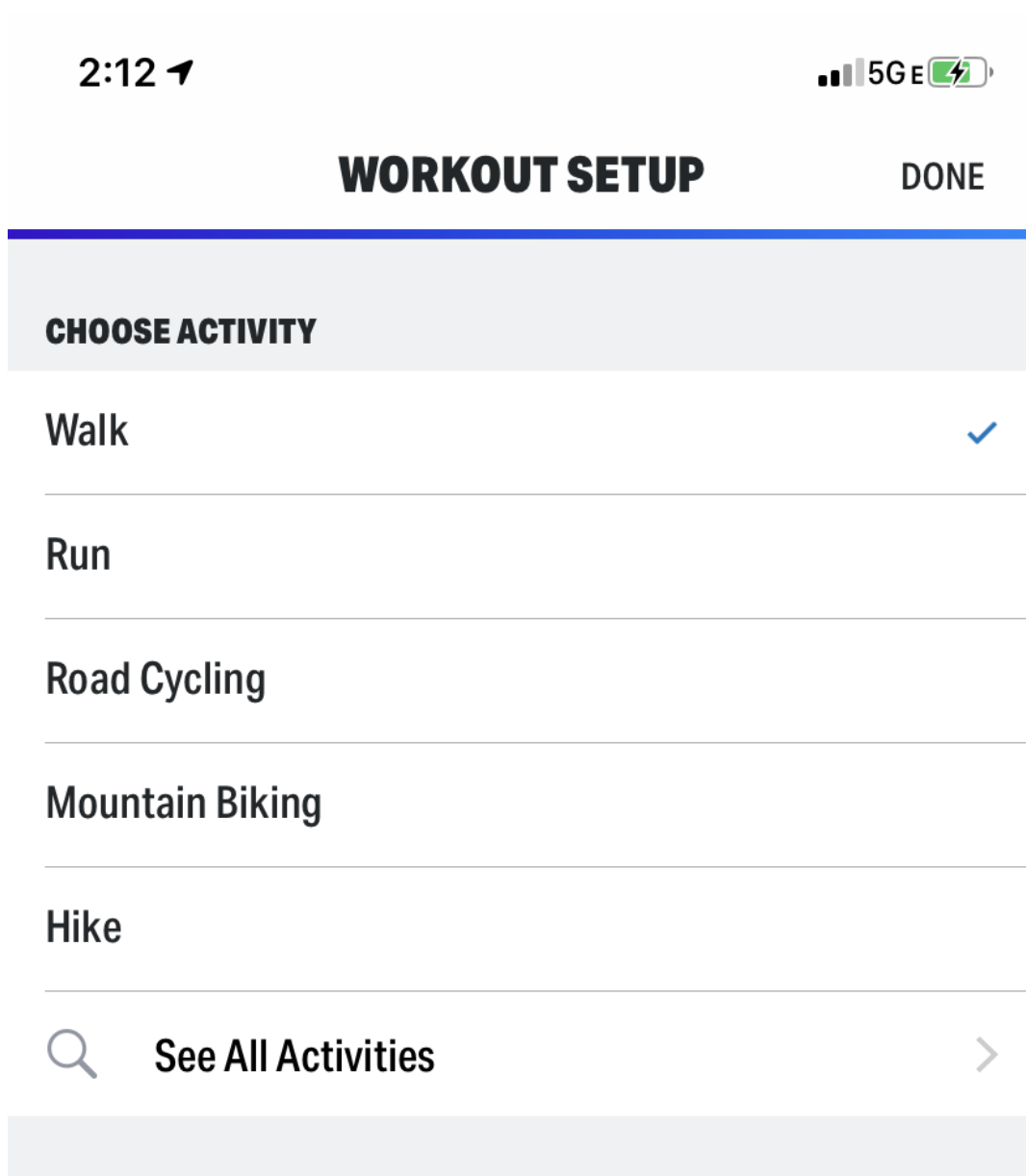
How to Track your Workouts on your Smartphone

The app's home page is the "Track Workout" screen. If you find yourself needing to return to this page but don't know how, tap the stopwatch icon in the middle of the navigation menu along the bottom of the screen.

1. Once you have been accepted to a challenge and you are able to view your profile on the leaderboard you can start logging in workouts to count towards the challenge.

2. Begin by heading to the "Track Workout" screen by clicking the stopwatch icon at the bottom of your screen.

3. Set your activity to "walk" by selecting the "choose activity" button on the top left corner of the screen.

4. Scroll through the different activities to choose the "walk" option

2:12 🧭 📶 5G E 🔋

WORKOUT SETUP   DONE

CHOOSE ACTIVITY

Walk ✓

Run

Road Cycling

Mountain Biking

Hike

🔍 **See All Activities** ›

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5. PLEASE NOTE !!! - The Map my Fitness Walk in Step Challenge will ONLY record your workout and count it as part of the challenge if you choose the "Walk" activity. This means that your steps do not actually count unless you have your phone or watch set to record a walking activity. If you typically count your steps automatically while grocery shopping, doing household chores, etc. through your smart watch these steps will NOT count toward the challenge. **Your activity MUST be set to Walk in order to be counted in the challenge.**
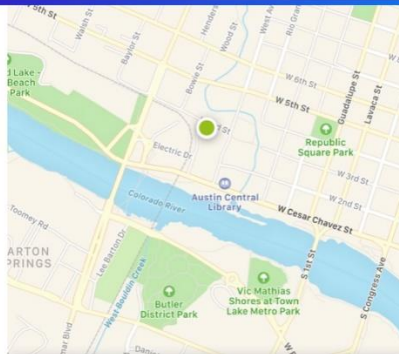
6. Once your workout settings are correct, tap "Done" to return to the Track Workout screen. Then tap the green "Start Workout" button to begin recording workout.

7. After you start recording a workout, the app will track your route and display your workout statistics, including distance, duration, pace and calorie burn.
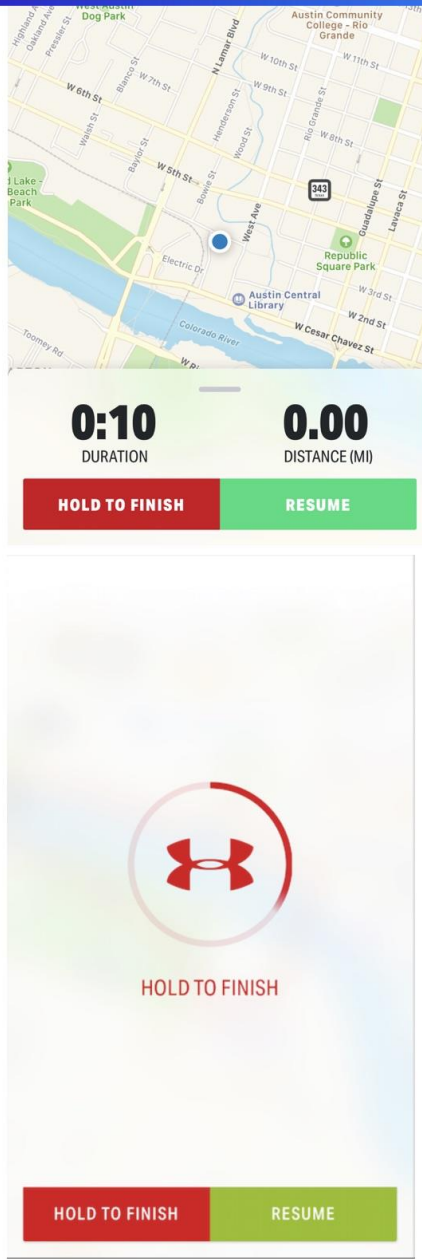
8. To pause your workout, tap the "Pause Workout" button. Once paused, you can either resume your workout or end your workout. To end your workout, hold down the "HOLD TO FINISH" button.

9. Your step count results will automatically be added to your individual stats on Walk in Step Challenge leaderboard.

How to Track Workouts using your Smartwatch

*Please note that we advise using your smartphone ONLY to track workouts. If you decide to track workouts using your smartwatch please note that we will not be able to assist with any technical difficulties you might encounter.

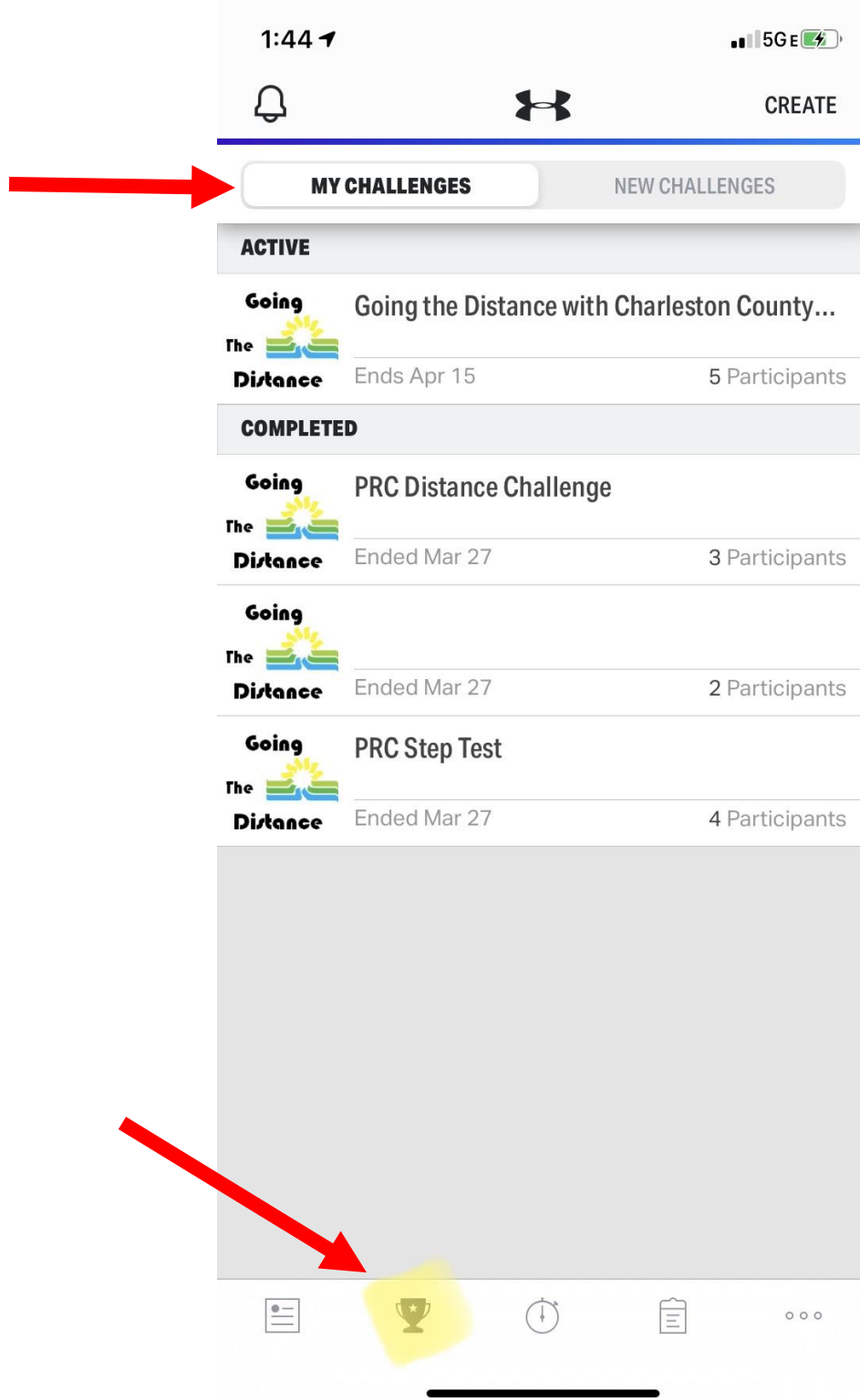1. Click on the three dots at the bottom right of the screen to access and choose "Apps and Devi
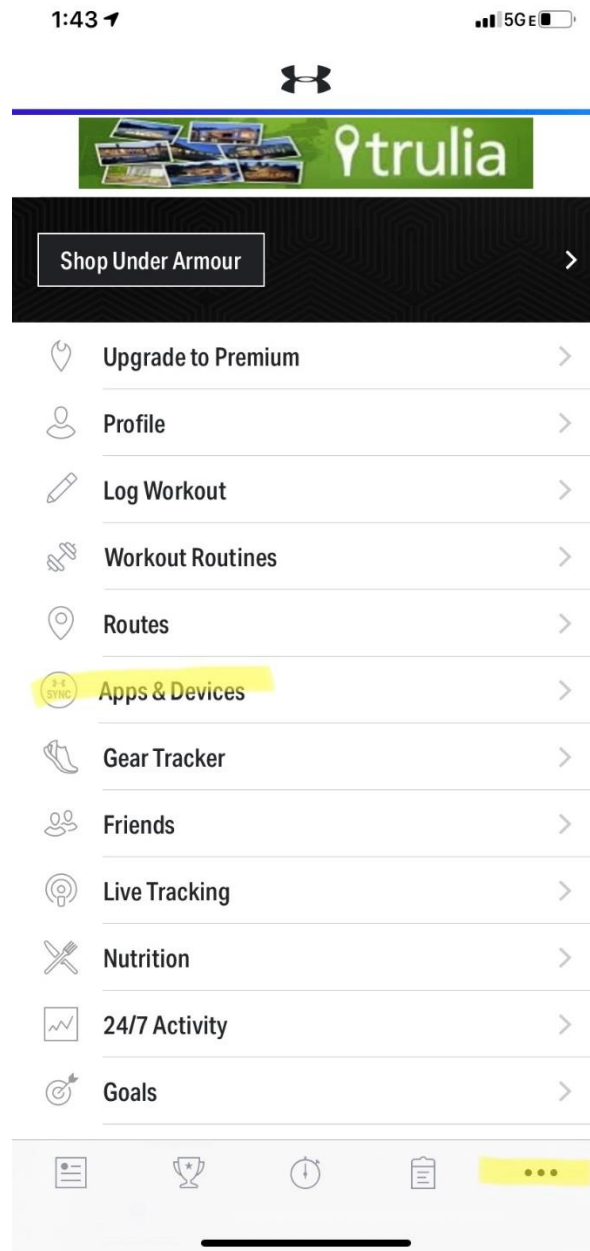
2. Choose from the list of smartwatch devices below and pair your watch with the Map My Fitness App. **Please note that depending on your smartwatch you will most likely need to log your workout as a Walk in order for it to load your stats to the challenge**
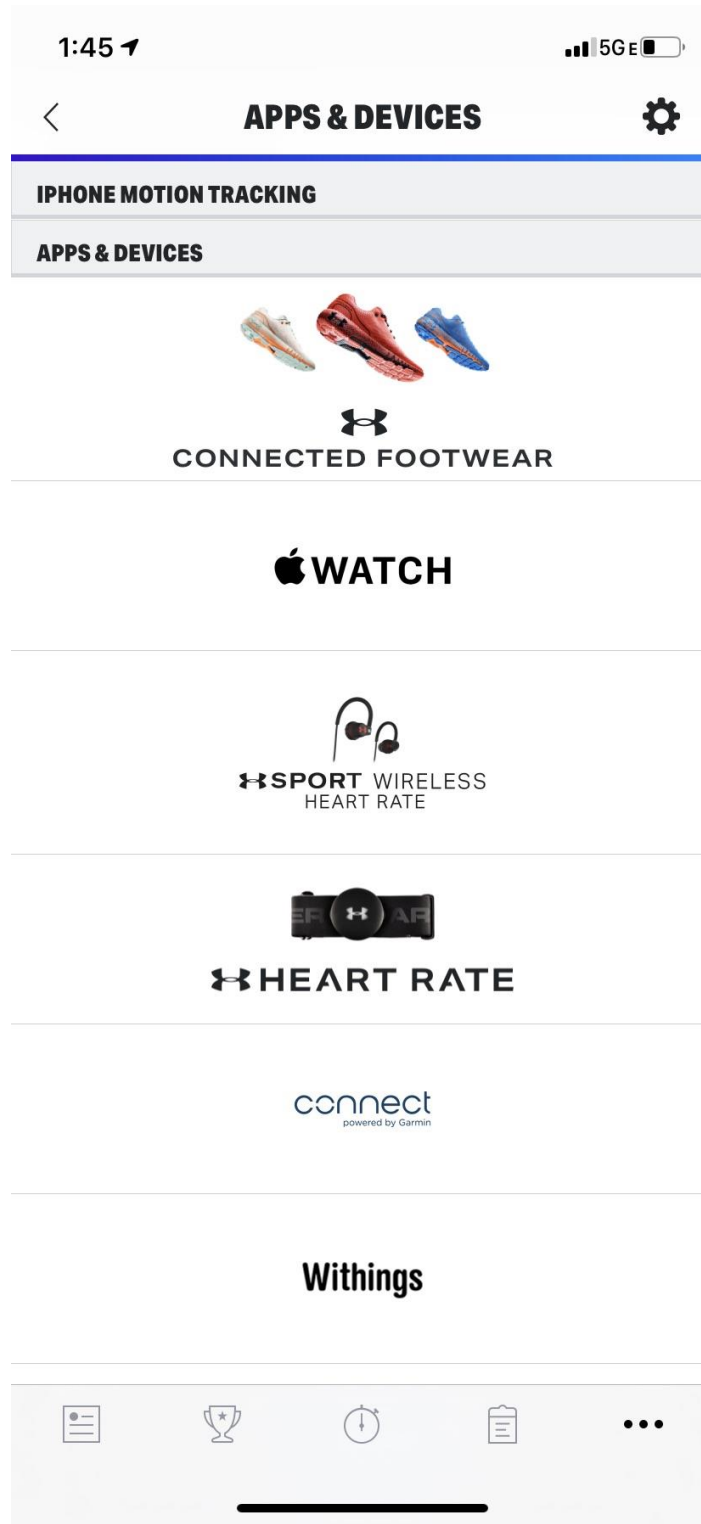
Tracking your Results in the Challenge

1. Click on the trophy icon at the bottom of the screen and select "My Challenges"

2. Choose the "Walk in Step Challenge" to access the leaderboard

3. Results will be automatically logged and updated as each participant finishes an activity. The results will be listed in order from the person with the most amount of steps in first place to the the least amount of steps in last place.

4. Once the challenge is complete you can log in again to check the status and view your results.