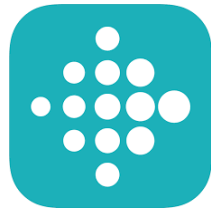


HUNTLEY STEP-TEMBER CHALLENGE

How to Track/Check Number of Steps

Fitbit Wearable Tracker

1. While wearing tracker, tap the screen/push the button
2. Continue tapping/pushing until you see 2 footprints along with the number of steps for that day
 - o NOTE- this is the current number of steps



Fitbit App

1. Open the Fitbit app
 - o NOTE- You do NOT need a fitbit to use the app
 - i. If this is true, select “No Fitbit Yet?” at bottom
 - o User will need to create an account, update personal info
2. Tap the circle in the center that says “Steps” to view current or past steps log

