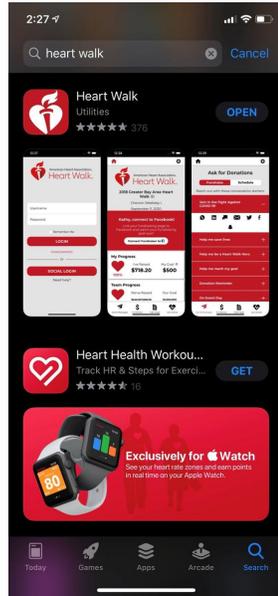


# Heart Walk Activity Tracker

**NEW!** The Heart Walk app now has the ability to track your steps right from your phone during this year's Heart Walk Steps Challenge!

## Downloading the Application

If you DO NOT already have the Heart Walk App: Navigate to your Apple or Google App Store and search for "Heart Walk"



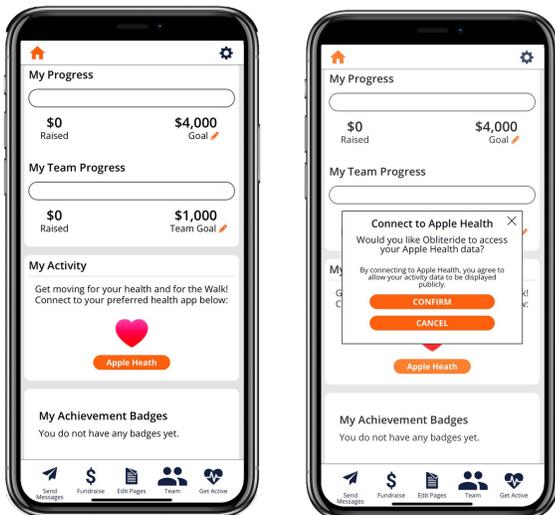
If you DO already have the Heart Walk App: Navigate to your account to update current apps and Click "Update"



## Connecting Apple or Android Device with Apple Health or Google Fit

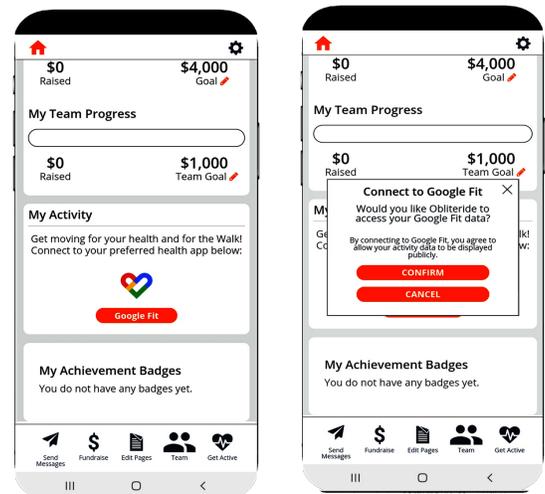
**Apple**

Click on Apple Health



**Google**

Click on Google Health



*Android users may be required to download Google Fit.*

## Heart Walk Activity Tracker

**Authorizing Boundless Motion to retrieve your activity data in the HW App.  
Navigate to Settings and turn on ALL categories**

### Tracking Your Activity!

#### You DO have an Activity Tracking Device

If your current tracking device, such as an Apple Watch or Garmin, is connected to either Apple Health or Google Fit, your historic activity data will automatically be retrieved in the HW app.

#### You DO NOT have an Activity Tracking Device

You can record your activity from within the HW app by clicking the green "Start" button. When you are done with your activity, you can press the red "Stop" button to save your workout. If you forget to track an activity with a device, you can manually add your activity by clicking the "plus" button next to activities.

### Technical Support

If you are having any technical issues within the app or the Activity Tracker our Vendor Boundless is here to help directly through the app. Navigate to the upper right hand corner and click on the gear shift button. Scroll down and click on "Need App Support" and then you can then click on "New Support Ticket" to submit to Boundless.

