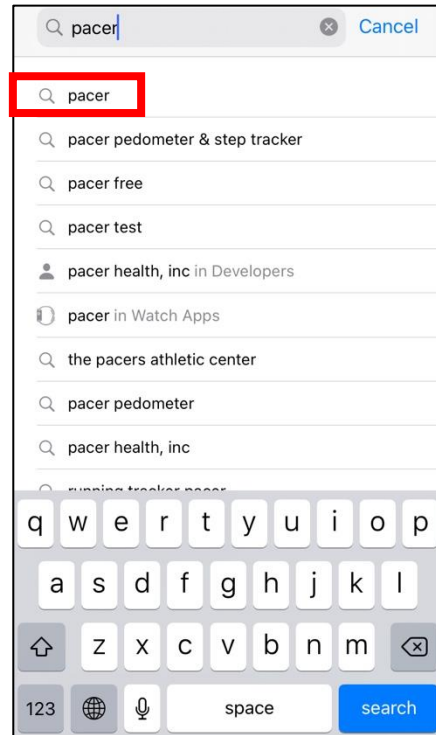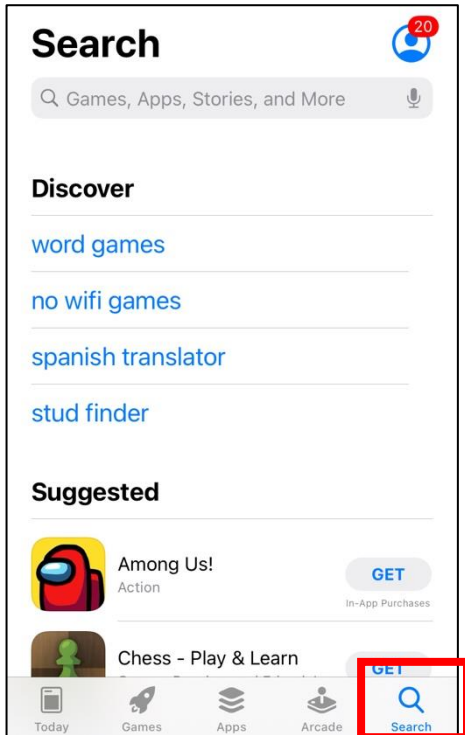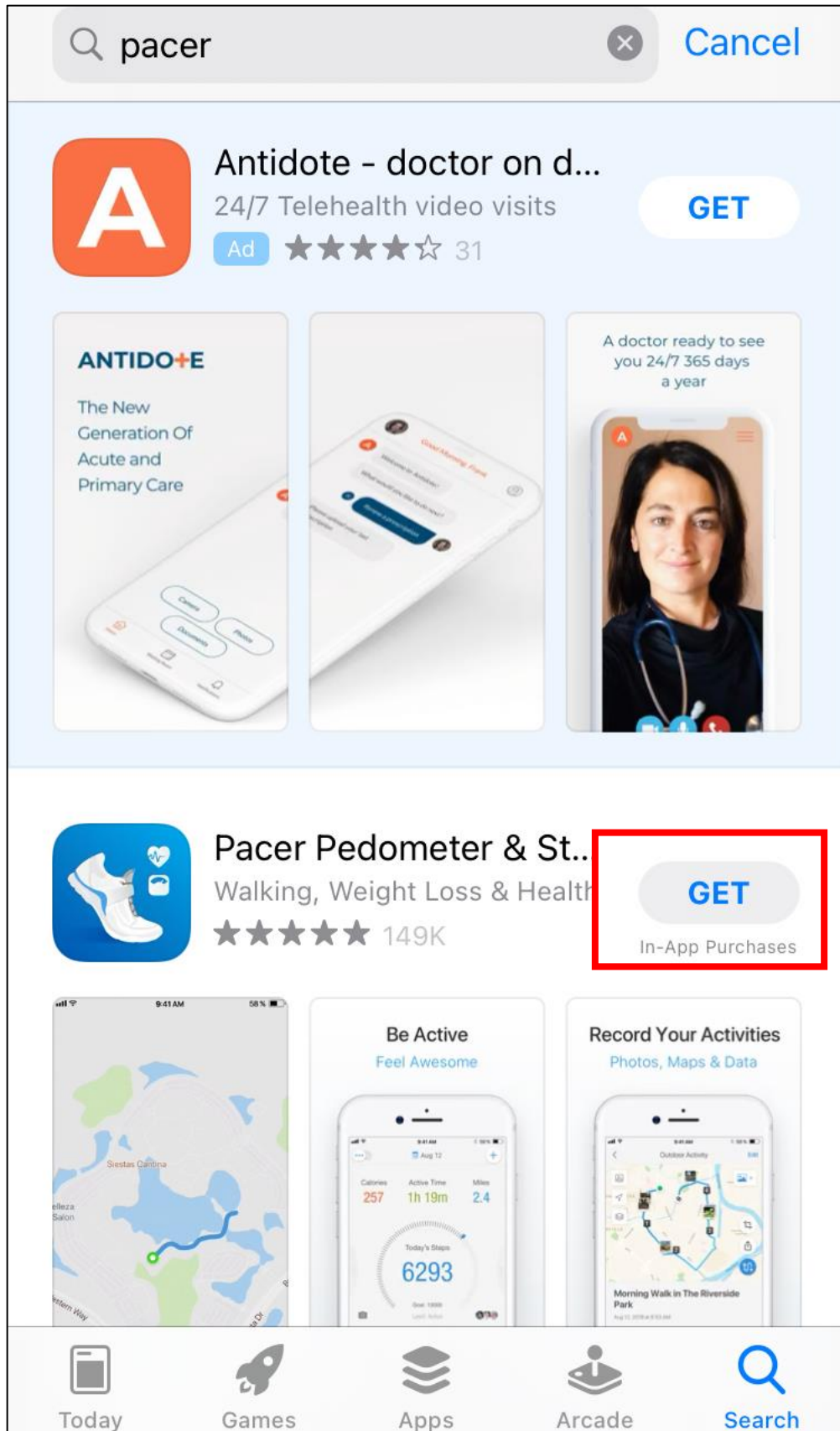## iPhone Step Tracking App ("Pacer") – How to Install and Use
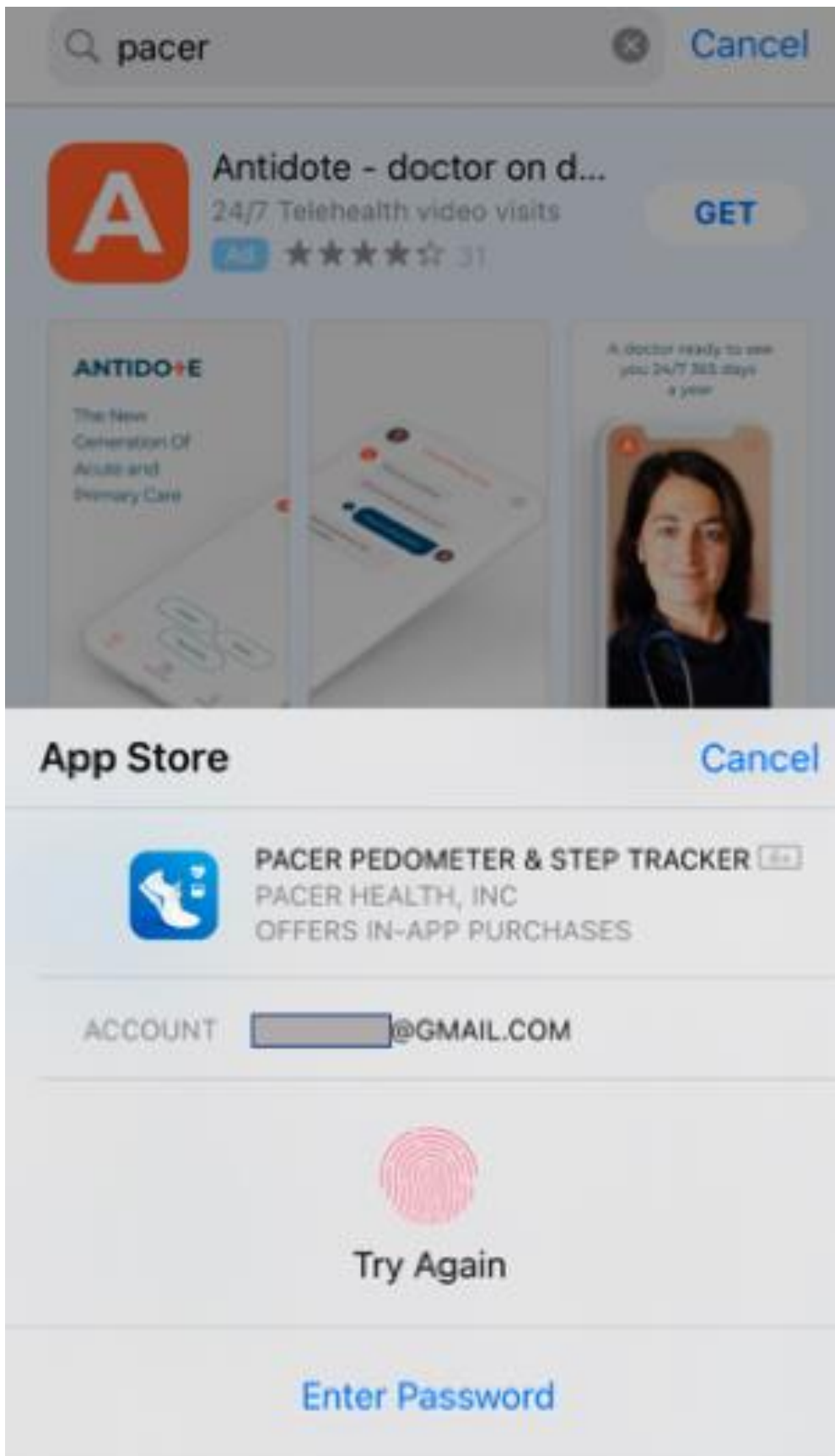
1. Open "Appstore" and select the "search" icon on bottom right side. Type "Pacer" in the search box and click on the first option that appears. It will search "Pacer" app in the Appstore.
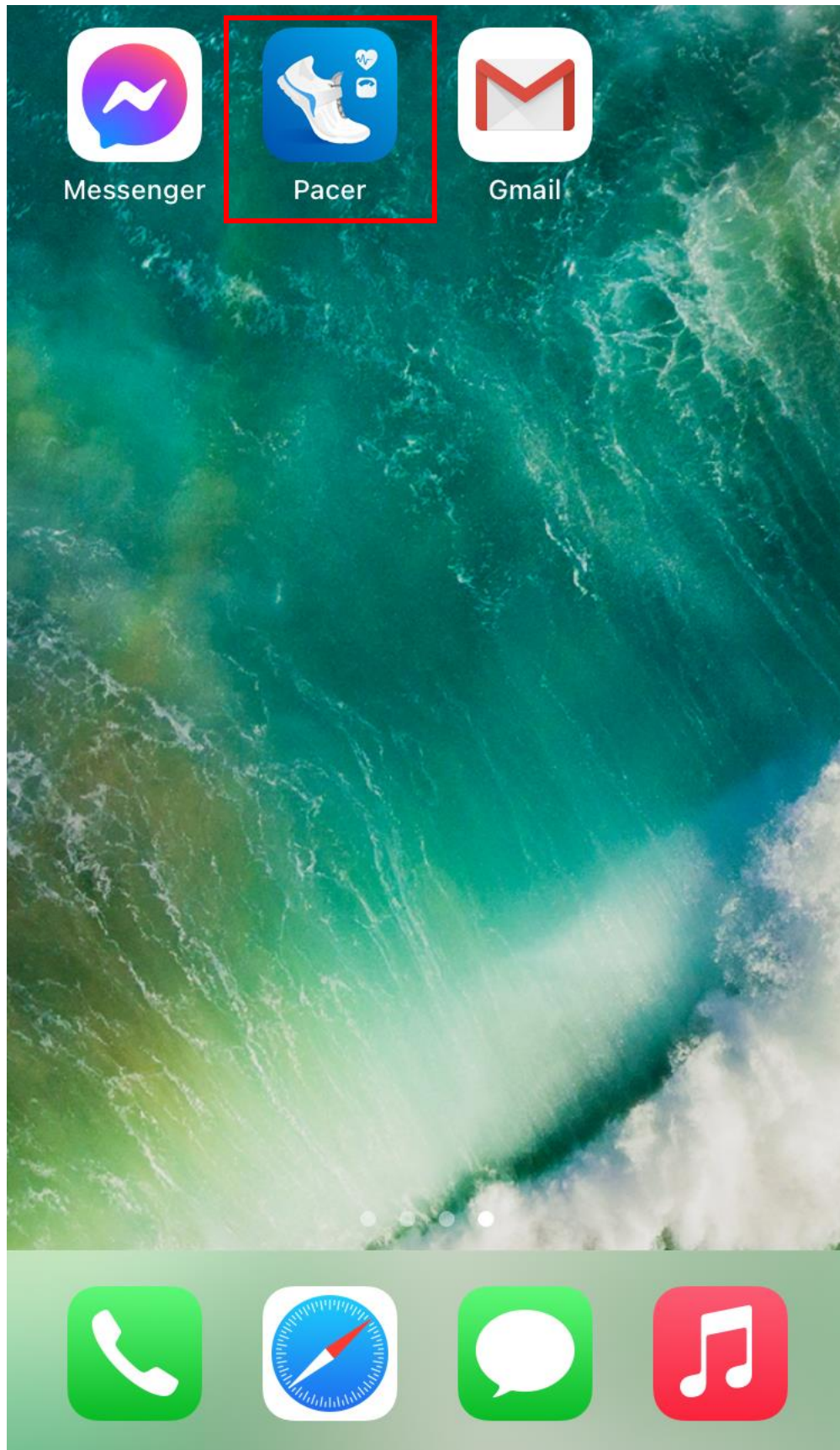
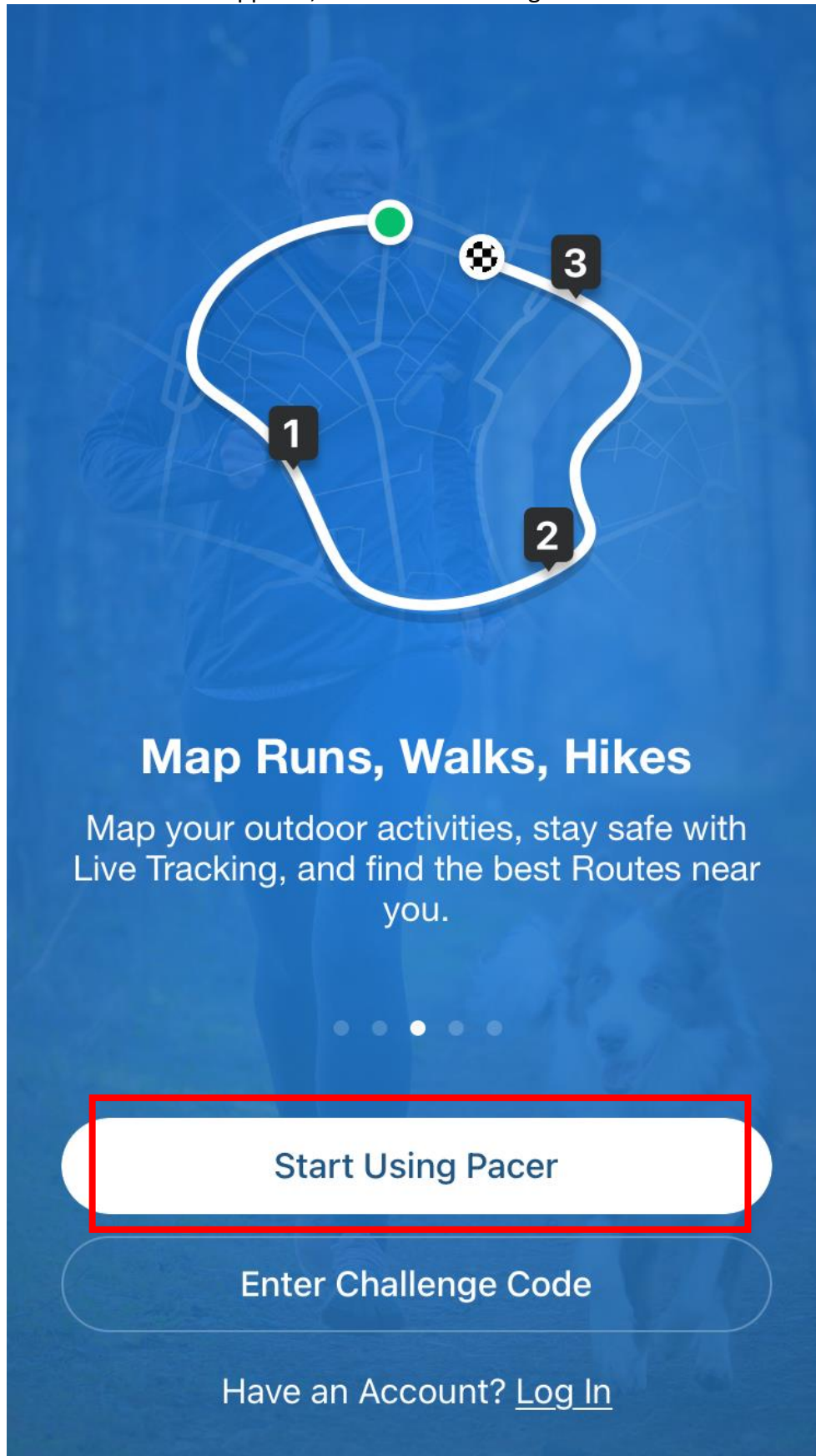2. After finding the app, click on "Get".

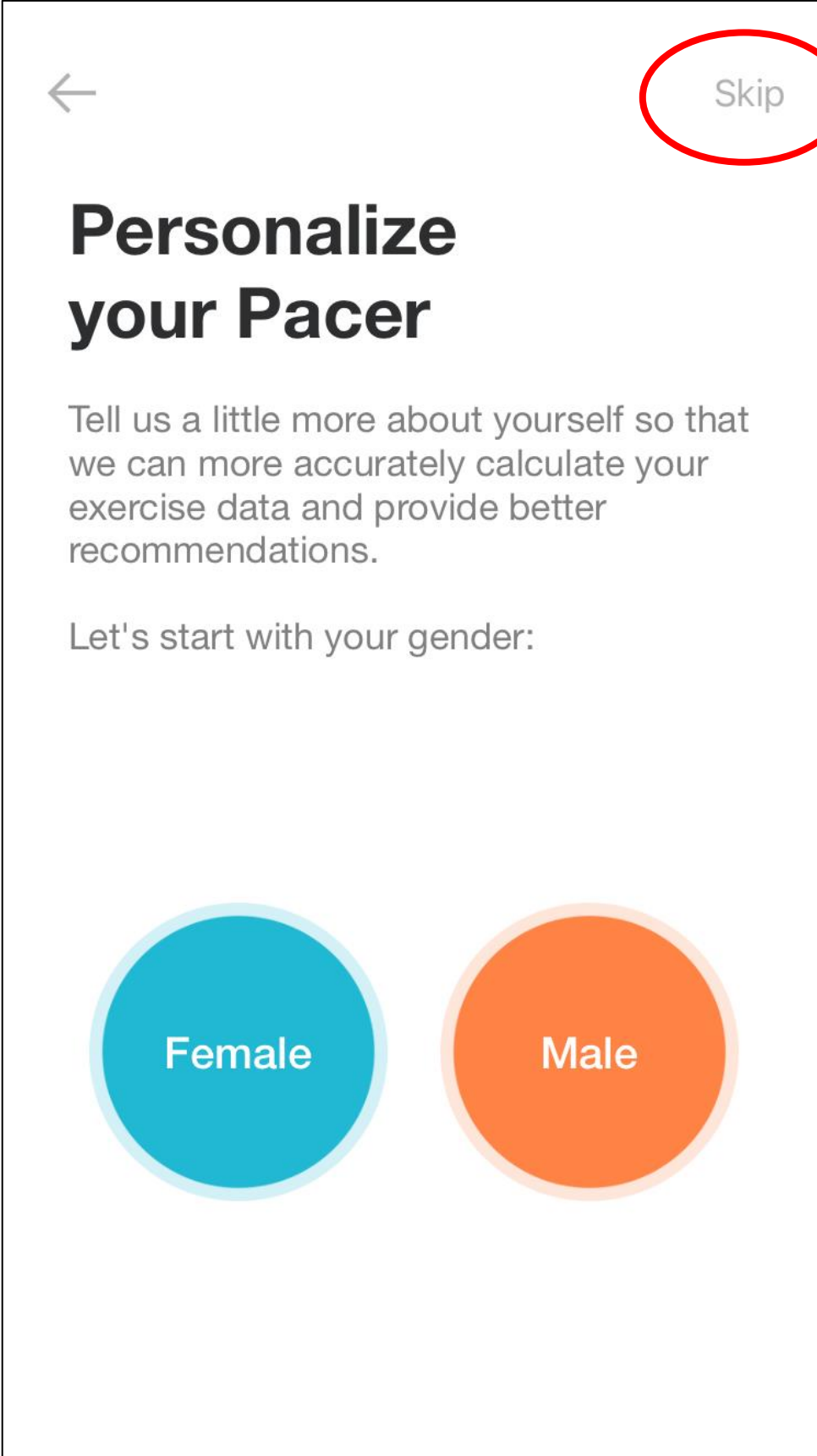3. Download the app with "Touch ID" or "password" (whichever option it gives you).

4. Once it's downloaded, find the app from your phone and click to open it.

5. When the screen appears, click on "Start Using Pacer."

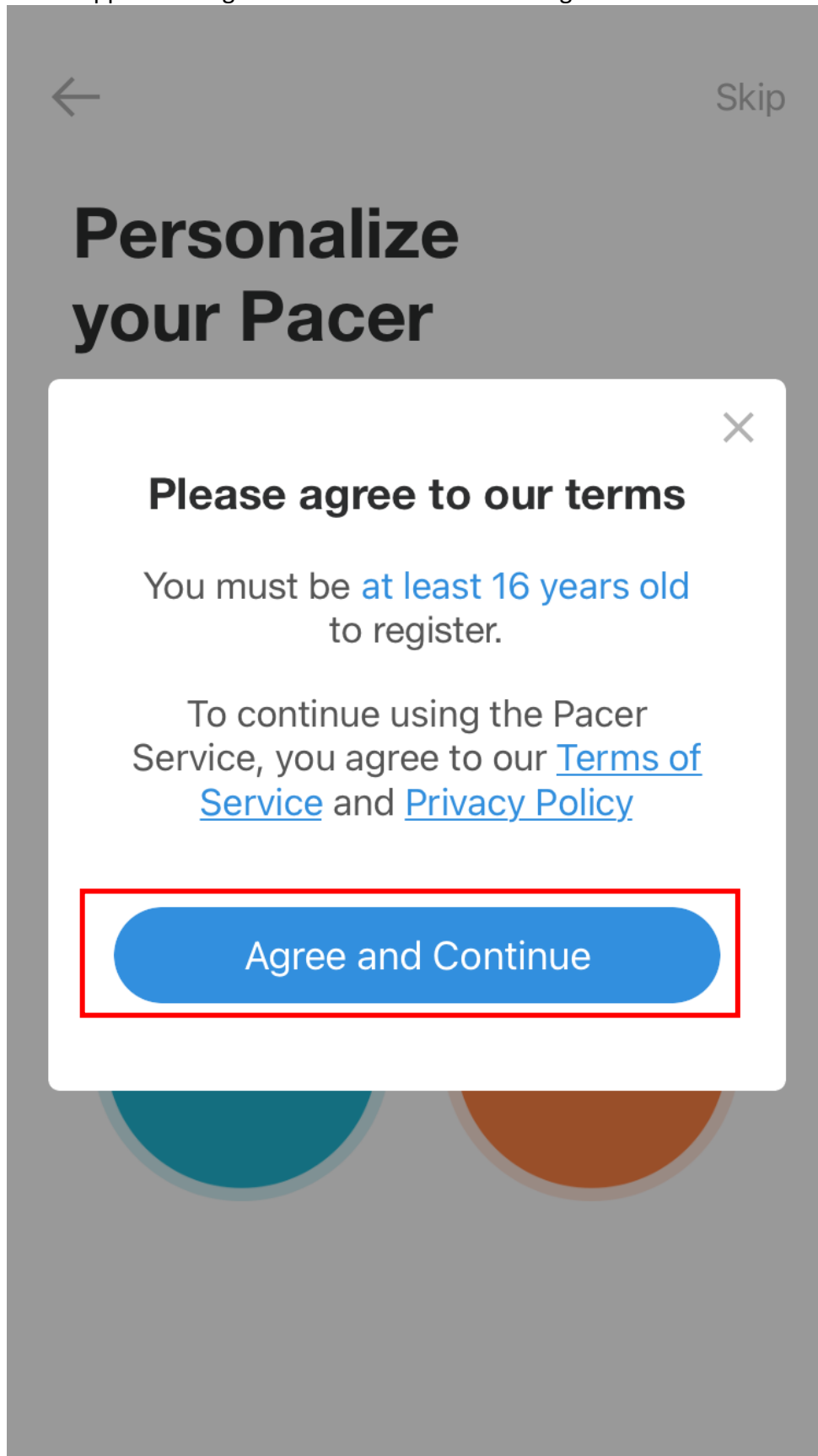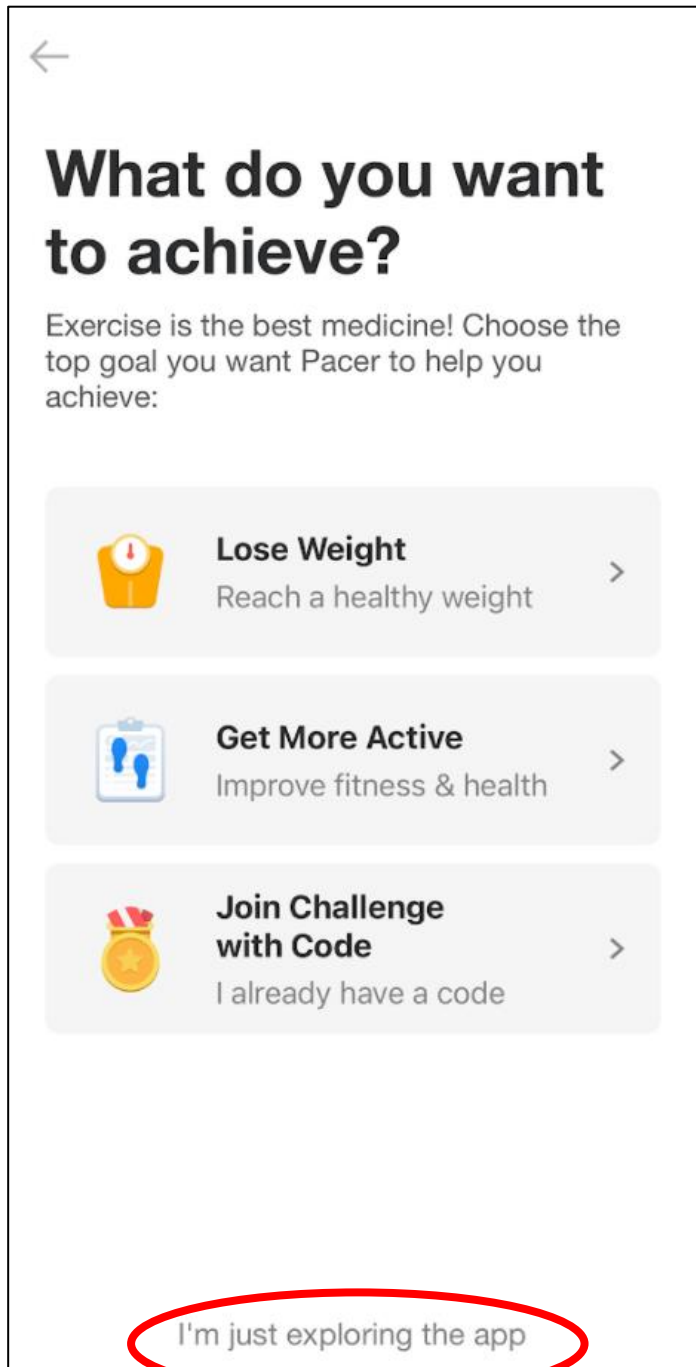6. You do not need to provide personalized information. Instead, click on "Skip" in the top right corner.

7. The app asks to agree to their terms. Click on "Agree and Continue".

8. You can choose a goal or not. If not, on the bottom of the screen, select "I'm just exploring the app."

9. You can select any level for daily step goals. For example, to select "Low" level of step goal, just click on "Low". Though it shows a specific "steps per day" for each level you select, you can increase/decrease this by clicking on plus/minus symbol. For example, you can set at "5500" steps by clicking "Minus (-)" symbol. Each click on these symbols changes the goal by 500 steps.

Click "Next" once you have set your goal.
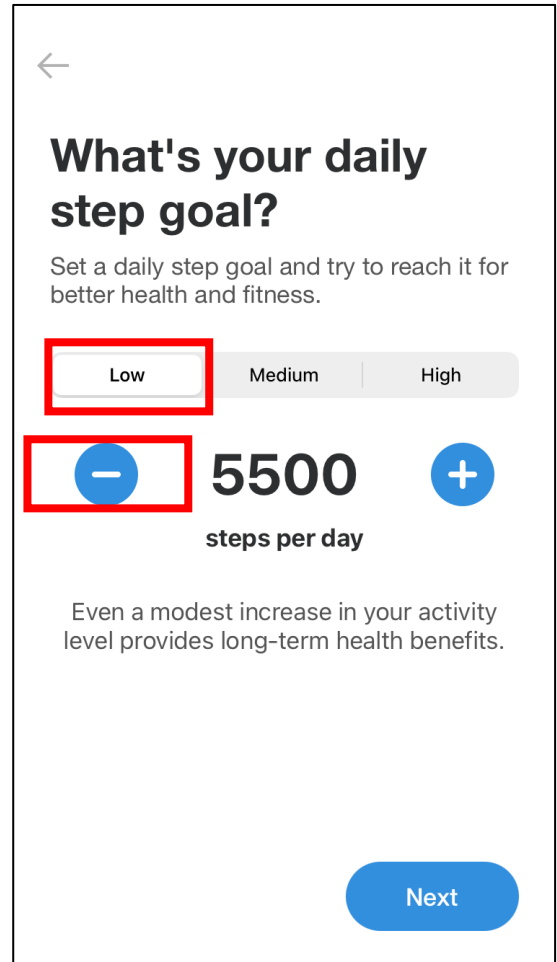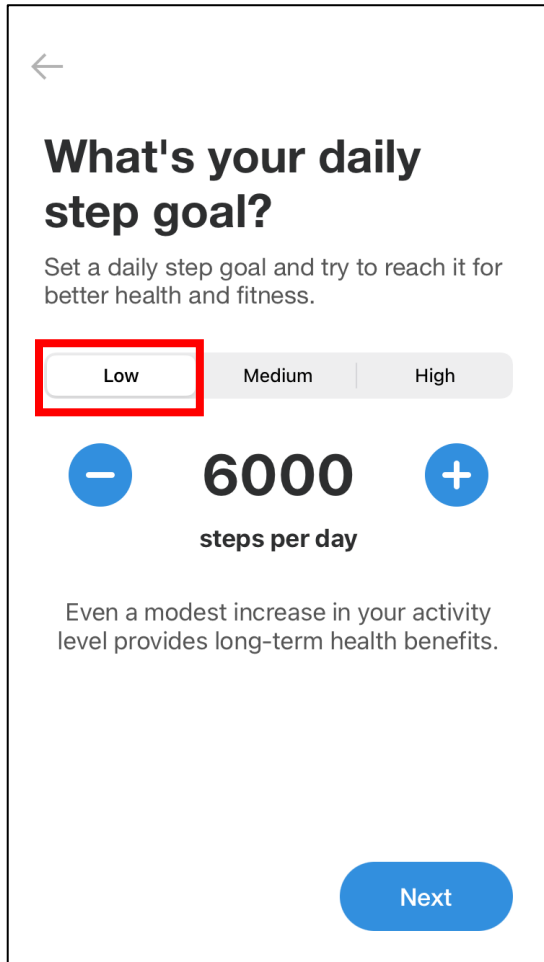
10. Then you can create your account using any of the following options: Apple ID, Facebook, Google, or Email. Or, you can select "Skip for now" at the bottom of the screen.
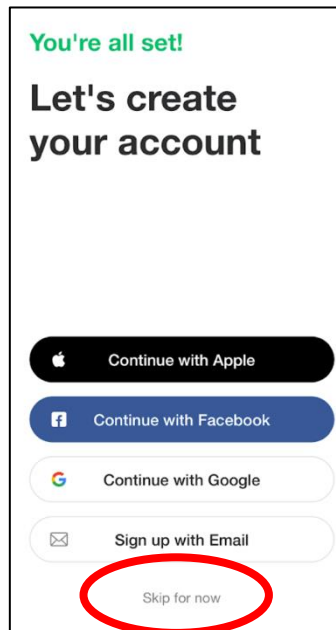
11. The app gives the option to select Free or Premium. You can skip this page by tapping "Skip" on the top right corner. You do not need a "Premium" version for this study.
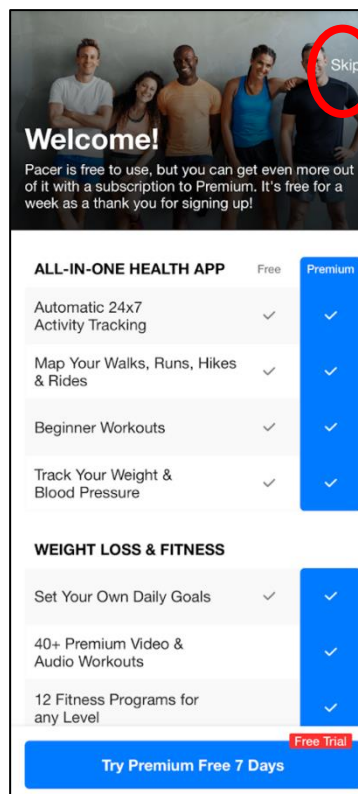
12. Click "continue" to enable "Motion & Fitness" & Notifications on this screen.

Enable "Motion & Fitness" & Notifications

"Pacer" Would Like to Access Your "Motion & Fitness" & Notifications

Let us track your activity and notify you when you reach your goals

Don't Allow   OK

Continue

13. Then, "Pacer" would like to access your motion & fitness activity. Click "OK".
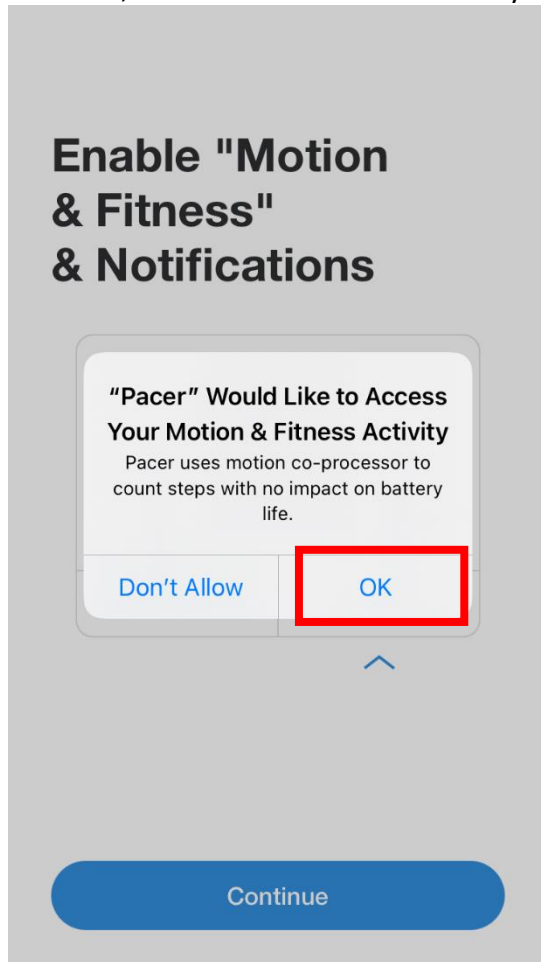
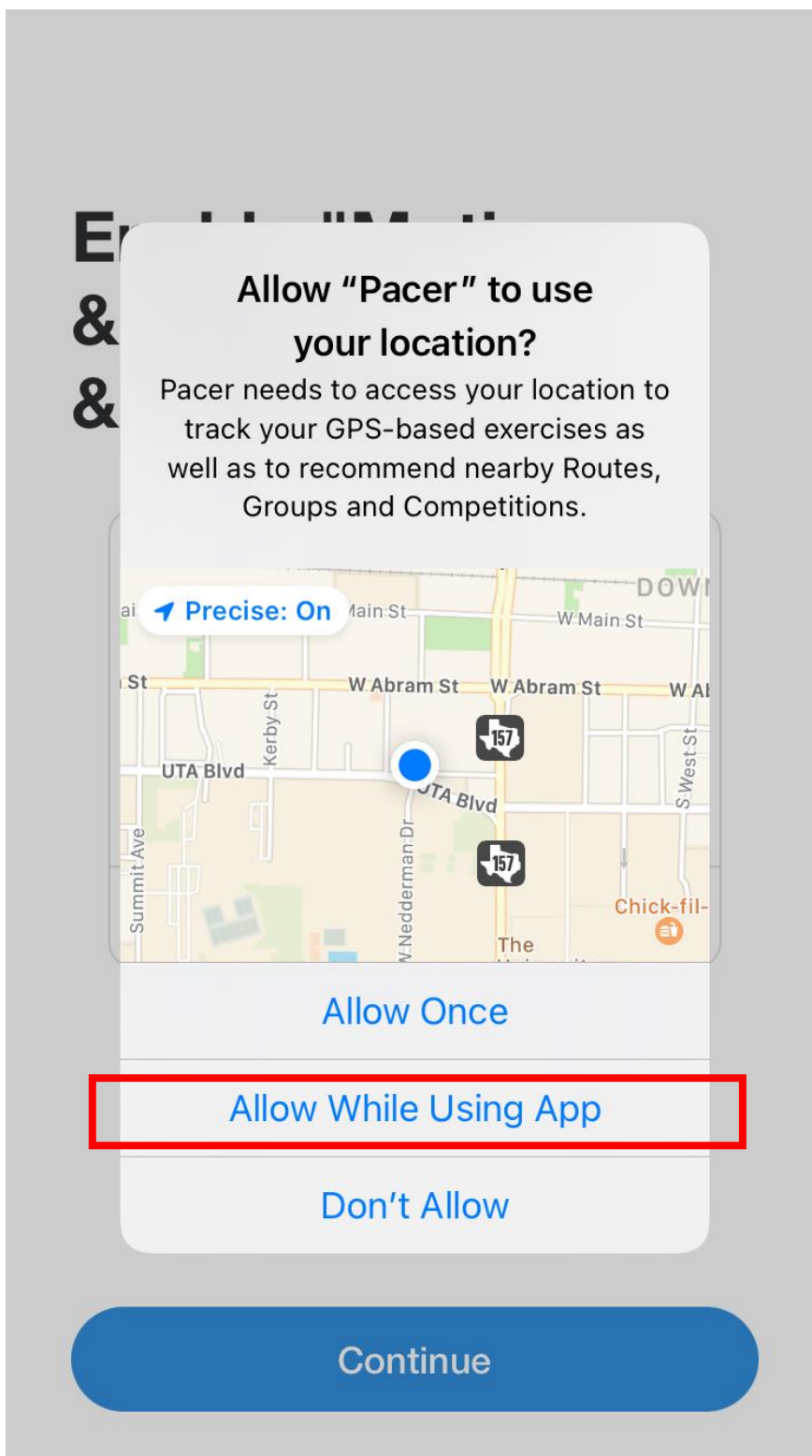14. Allow "pacer" to use your location.

15. You may select the option of allowing notification from the app.

Enable "Motion & Fitness" & Notifications

"Pacer" Would Like to Send You Notifications

Notifications may include alerts, sounds, and icon badges. These can be configured in Settings.

Don't Allow | Allow

Continue

16. The app will be free to you if you select "Continue".

Pacer wants to stay free for you

Pacer needs to show ads to support our business. To provide a better ads experience, we are asking your permission to use your app and website activity to show you personalized ads.

If you do not give permission, you will still see ads but they will not be personalized.

Note: As our Privacy Policy describes, we will never use your health or fitness data to show you ads. And you can change permissions at any time.

Continue

17. You can select "Ask app not to Track".
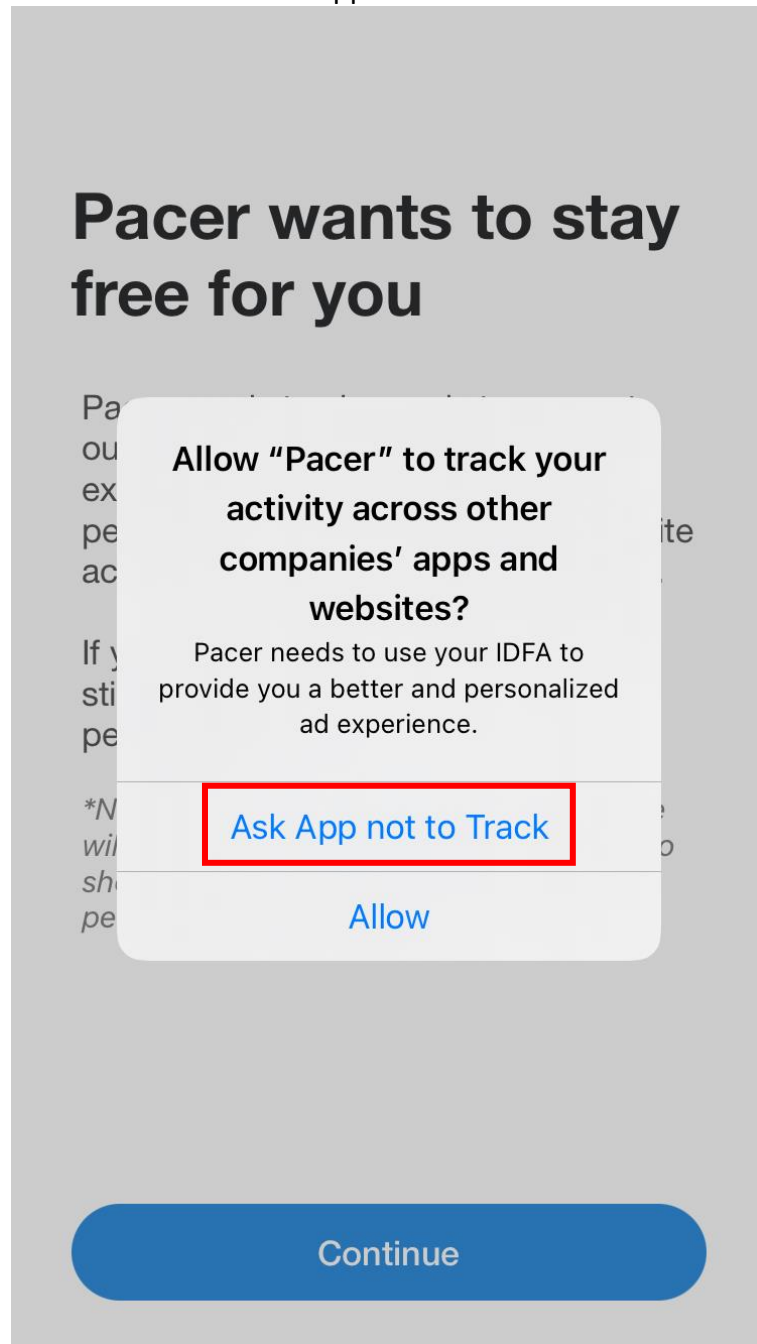
18. If it shows you following screen, you can click "OK" to allow personalized ads.
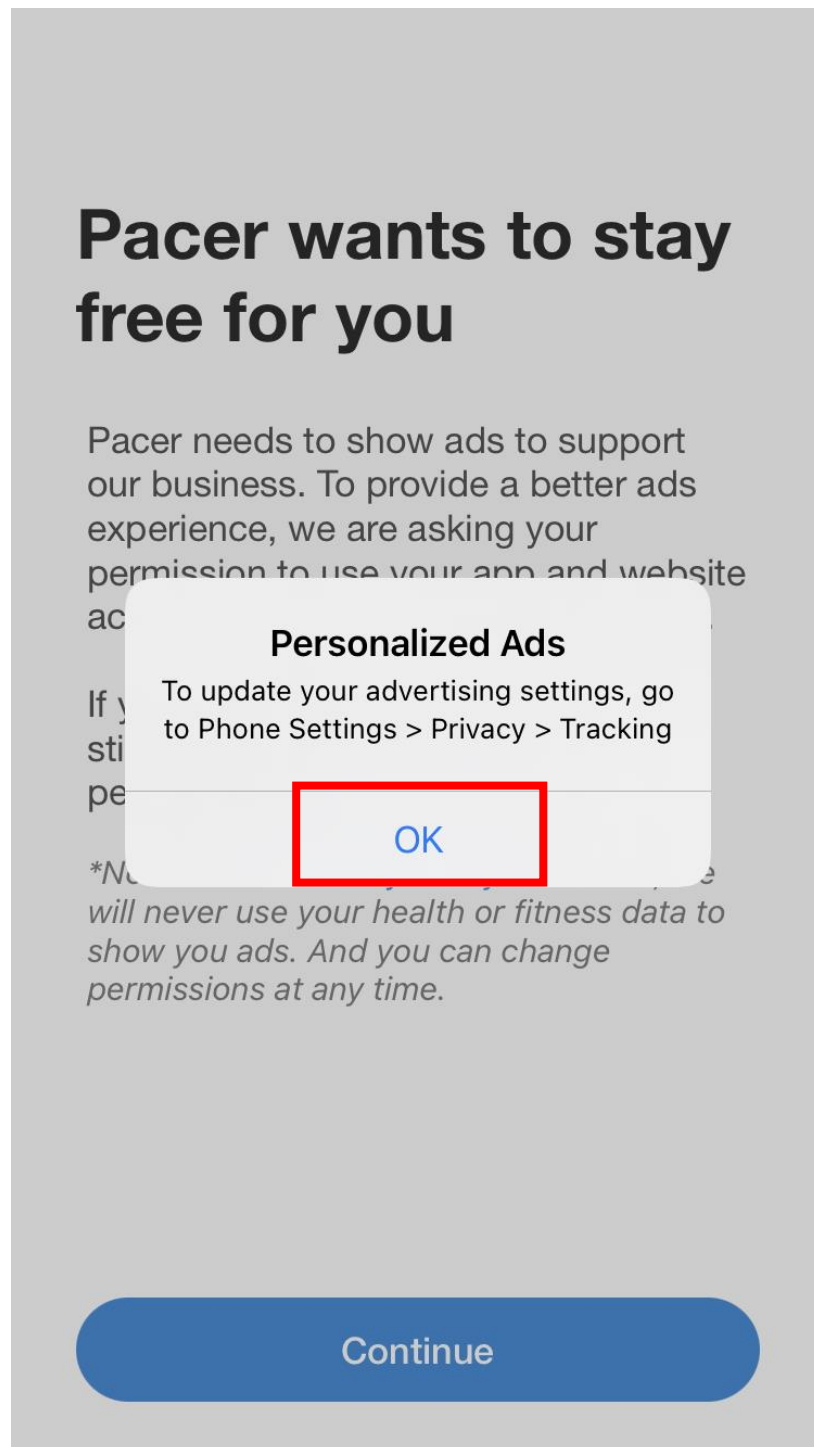
19. If it shows you following screen, follow the instruction below.

The app requires "Background App Refresh" setting to be enabled so that it can count your steps accurately. If this message appears, it means it's disabled now. You can enable by following the next steps:

(Please note: It's okay if your phone doesn't give you this option. It means the setting is already enabled; you don't need to do anything.)
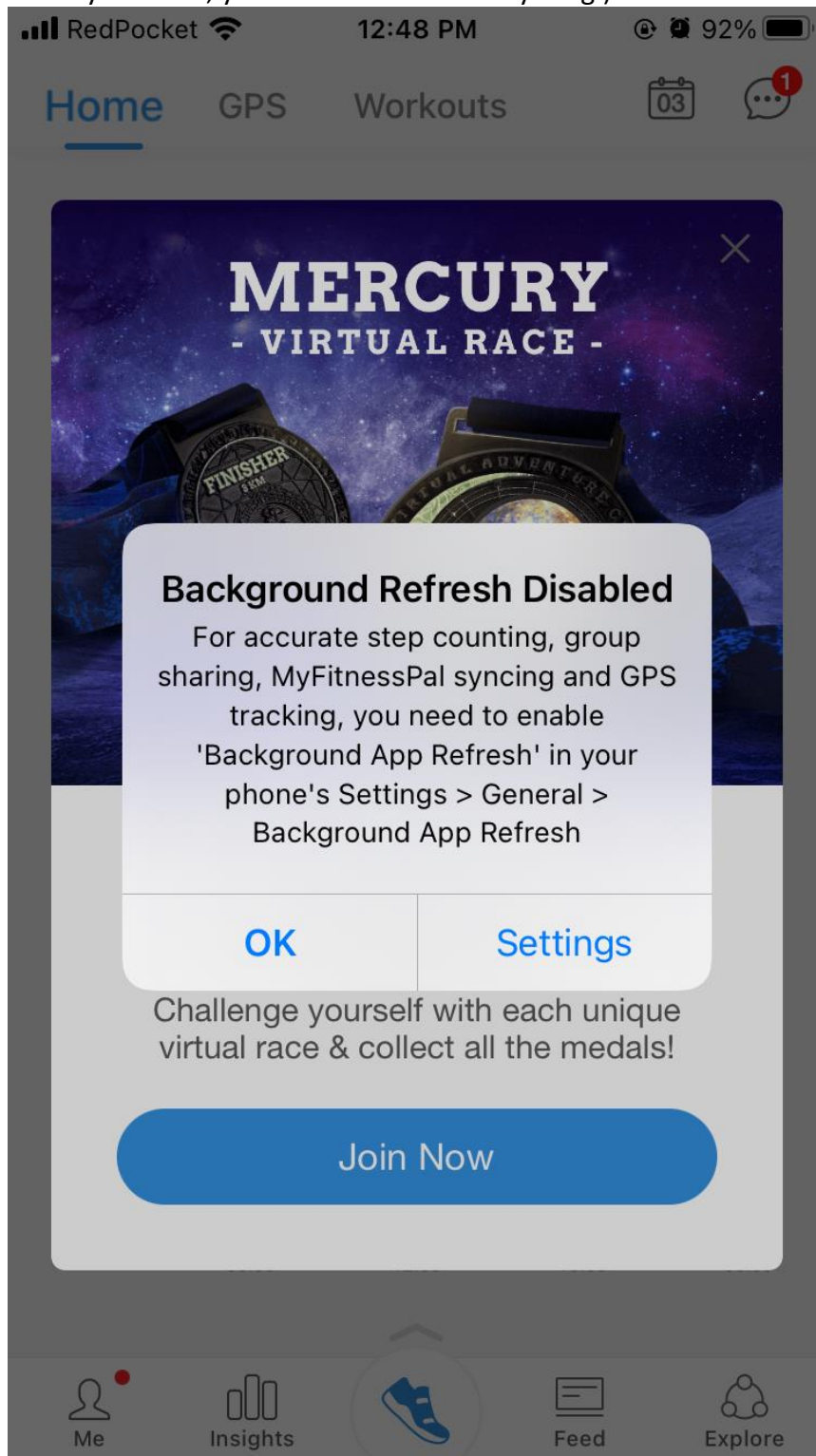
Instructions to Enable "Background App Refresh"

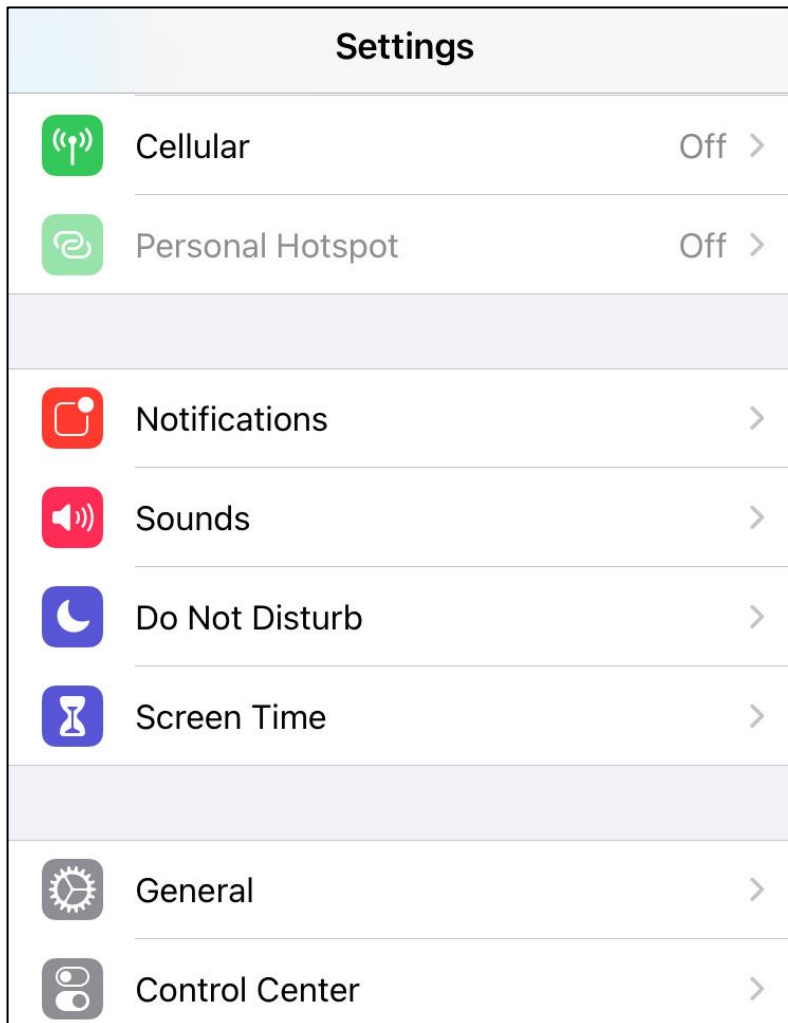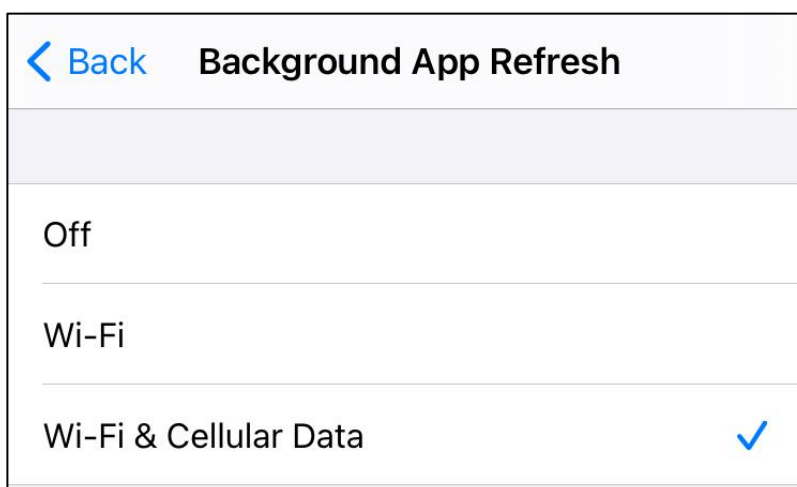   a) Return to the phone's home screen and select the "Settings" icon. Under it, you'll find "General".

    b) Under "General," scroll down until you see "Background App Refresh" and click. Select either "Wi-Fi" or "Wi-Fi & Cellular Data."

20. a) You're ready to start using the app. Click on the app. The "Home" screen will look like this. Whenever you want to walk, click on the icon marked in red below.
(if you have "Apple Health" installed, you may NOT need to follow the next steps to track your walking, rather all the data from Apple Health will be pulled here automatically)
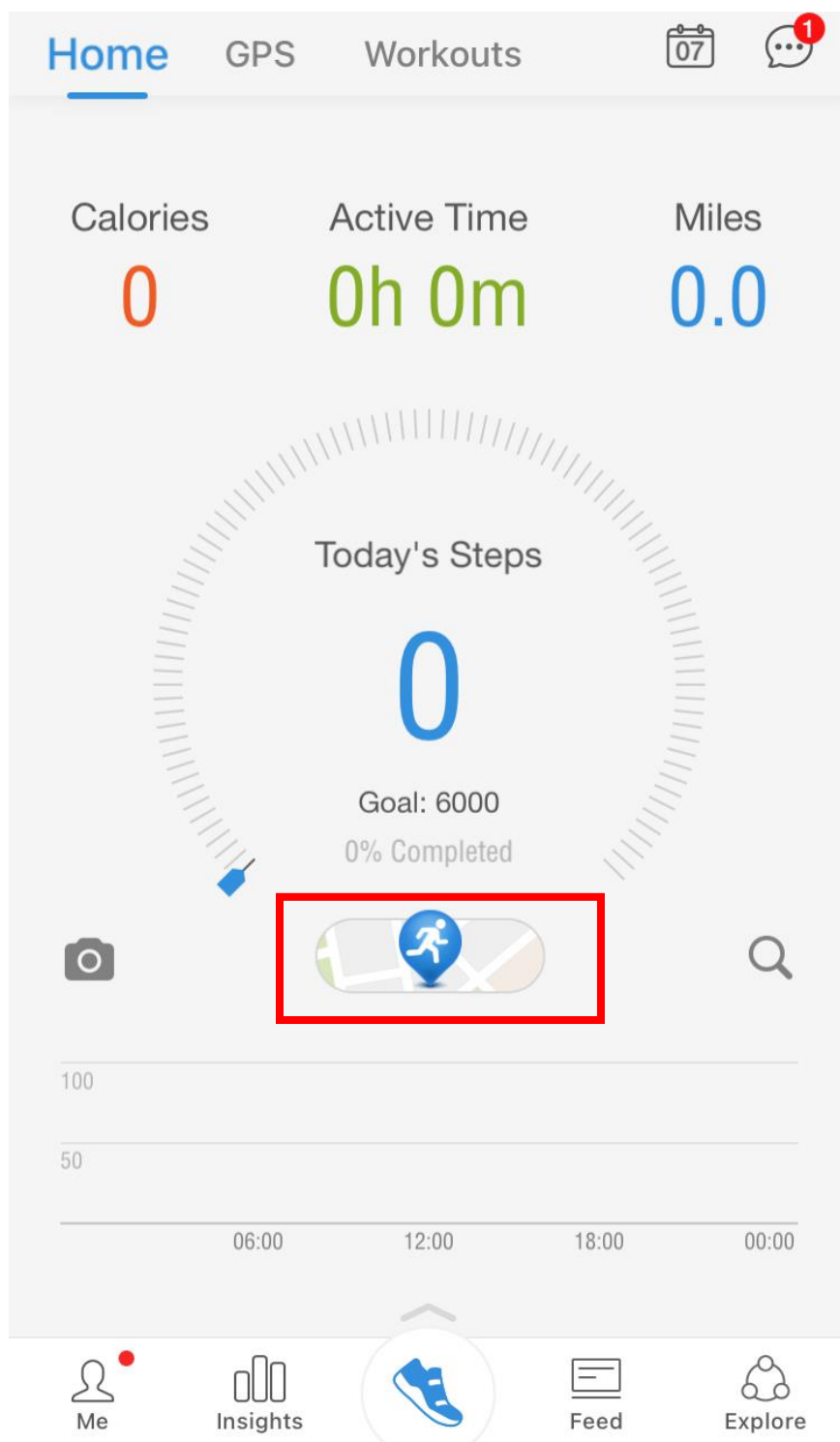
b) The app will take you to the following screen. Once you click on "Start" button, the app starts tracking your walk.
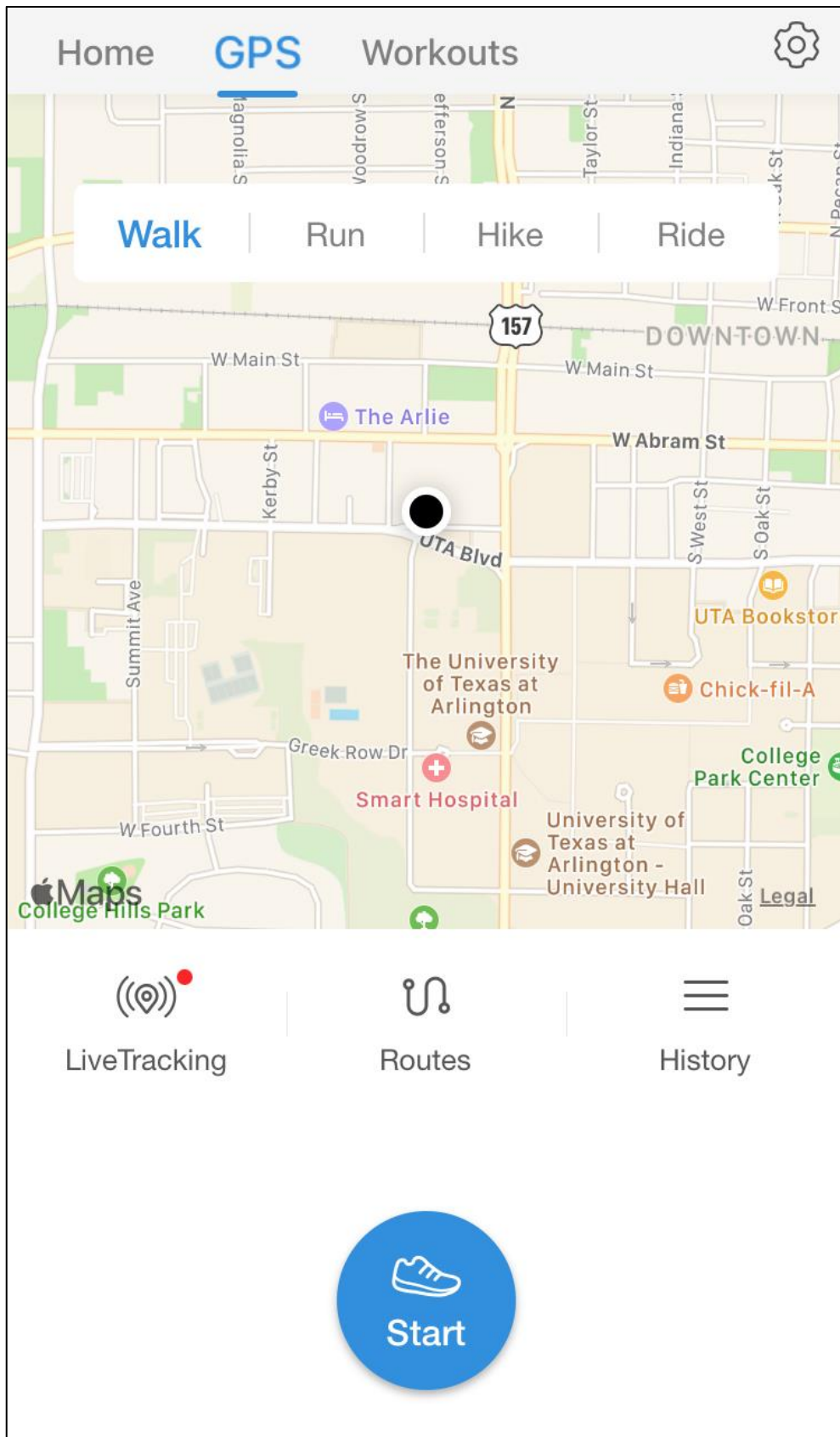
c) It will record your steps, time, miles walked etc. information.
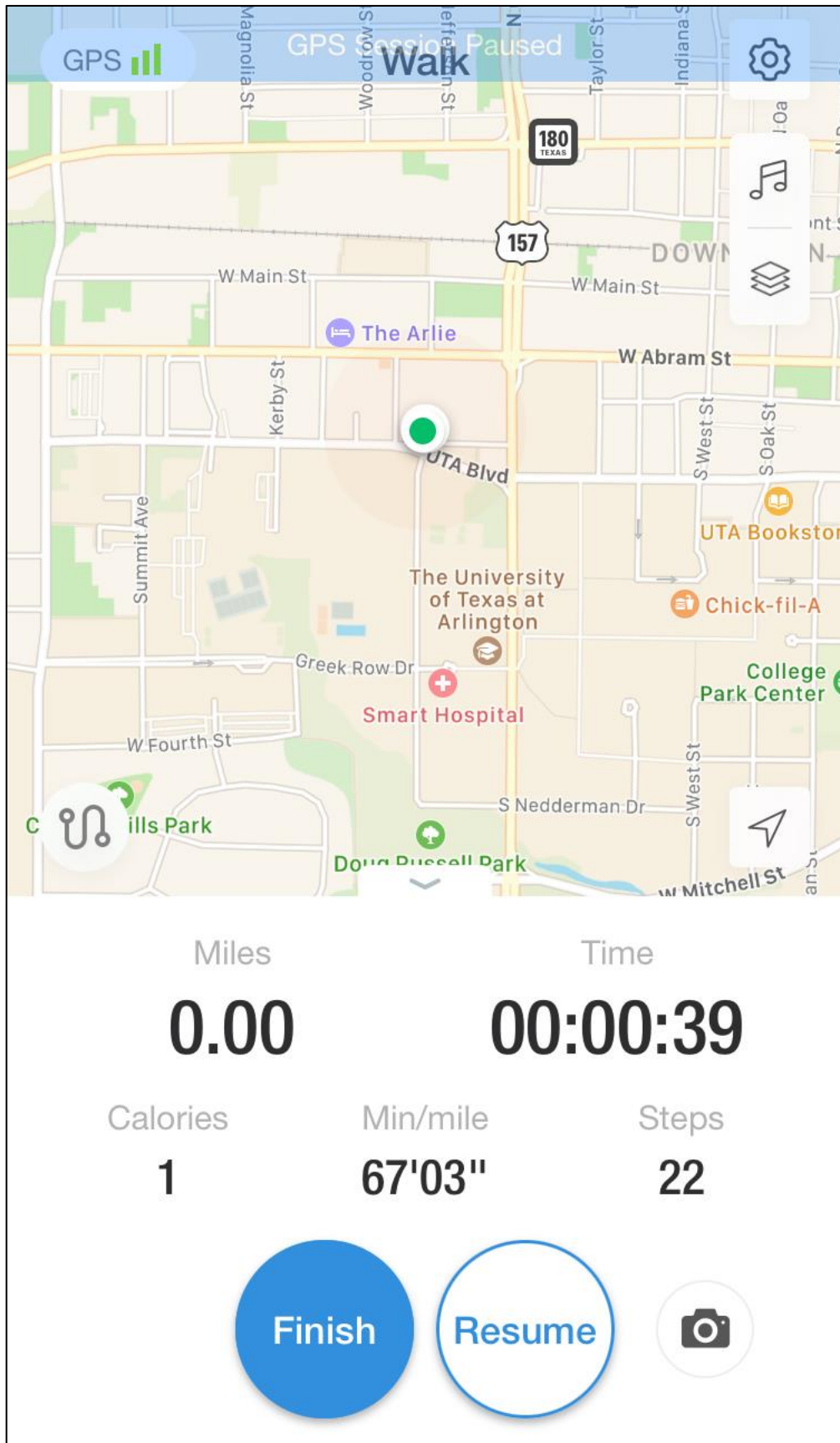
d) You may click "finish" whenever you've finished walking.

If you want to take a break within one activity, you may click on "resume". It'll save your overall walk as one activity.

If you click "finish", and start walking again after a short break, please record your walk again (by clicking start from the previous page) so that the app could save all your walks. You could select either way to record your walk.
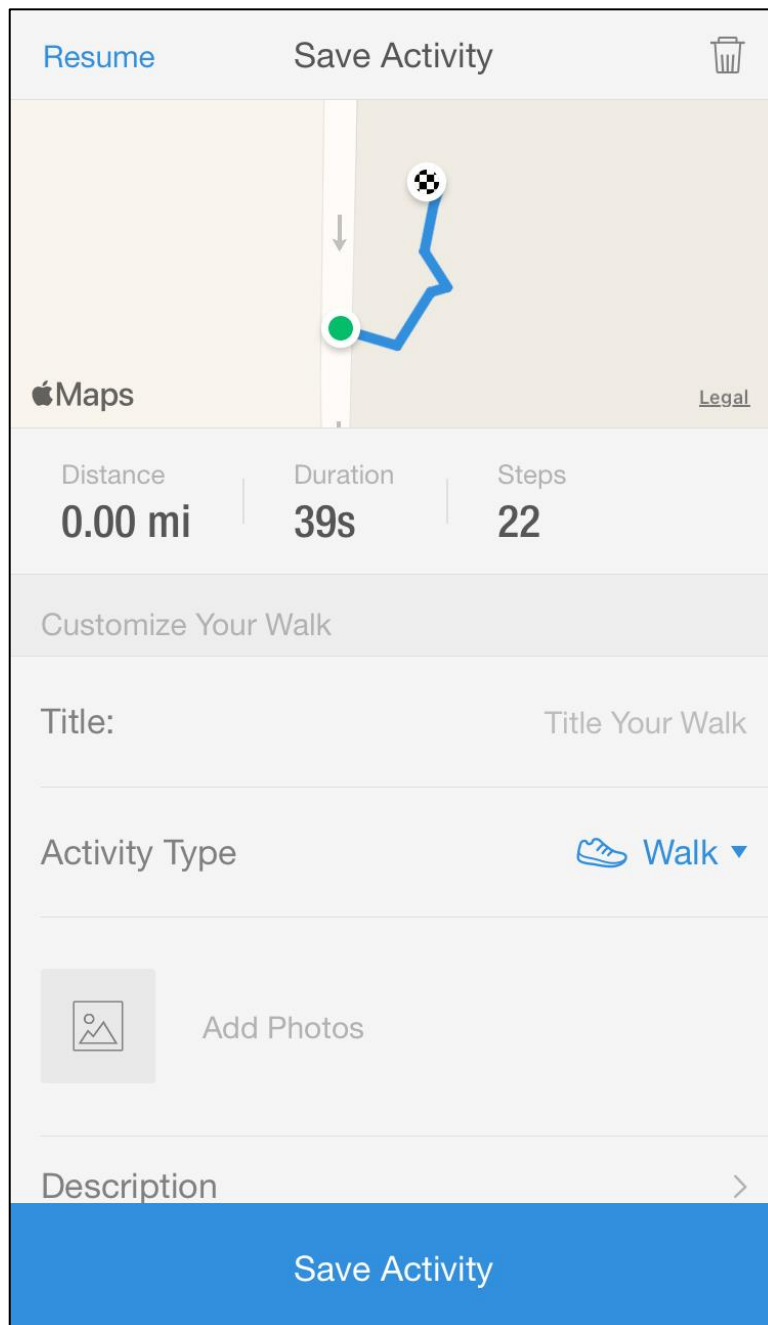
21. Find Distance, Duration and Steps information and fill in your activity logs. To find the information,

i)   Click on "insight" from bottom tabs after opening the app. Then select "Steps" tab from the top. You'll see the option "All data" under the bar chart. Click here.

ii)   This "All Data" option will show list of all days. To get steps, distance, duration (active time), click on any date and record in your activity log.

All Data	
Steps	
36	Sep 29, 2021 >
2,251	Sep 28, 2021 >
2,843	Sep 27, 2021 >
2,318	Sep 26, 2021 >
541	Sep 25, 2021 >
1,497	Sep 24, 2021 >
2,005	Sep 23, 2021 >
0	Sep 22, 2021 >
0	Sep 21, 2021 >
0	Sep 20, 2021 >
41	Sep 19, 2021 >
7,346	Sep 18, 2021 >

Sep 28, 2021	
Source	Phone
Steps	2,251
Distance	0.92 mi
Active Time	0h 25m
Calories	61

Have a problem with your data? Re-Sync