Kidney Walk 2020 App Fitness Tracker User Guide

In 2020, NKF introduced a new feature to our Kidney Walk app: an activity tracker! Now, in addition to emailing donors, and managing your team, you can track your steps from the Kidney Walk app!

We’ll walk through all the new features together – first step: Download the App (Apple or Android) and Log in!

Go to the App Store and search for “Kidney Walk 2020”
Where to find the Activity Tracker

Tap **Get Active** on the Bottom Bar

- The bottom bar is displayed on every page you are on, so you can always jump over to your activity tracker.
Steps to set up your Activity Tracker

The first time you log in to your tracker, you will be prompted to connect with your Apple Health or Google Fit app (based on what kind of device you are on). Tap the icon to start.

1. Get Active
   - My Activity
   - Get moving for your health and for the Walk Connect to your preferred health app below:
   - Connect to Apple Health
   - By connecting to Apple Health, you agree to share your Activity data.
   - Confirm
   - Cancel

2. On the next screen, tap Confirm.

3. Next, you will be moved to the Apple Health or Google Fit App.
   - For the Get Active Tracker to work, you must allow the app to access all health data categories listed.
   - Tap “Turn All Categories On” and all four of the switches will turn to green.
   - Then tap Allow at the top and you’ll be all set!

**If you don’t Turn All Categories On, your tracker will not work. Here’s how to make it work:**
   - Go into your Apple Health or Google Fit app, find your settings and select Apps.
   - On the next screen, choose your Kidney Walk app.
   - Then tap “Turn All Categories On”
   - Go back to your Kidney Walk app and refresh. You should be connected now.
Get Active Pages

✅ My Activity

- This page shows your individual progress.
- From here you can Start logging steps with your tracker, manually add steps, and see where you rank across all walkers for your local Kidney Walk.
Get Active Pages

Team Activity

- This page only shows up for Team Captains.
- From here you can view all of your team members who have set up their Get Active trackers and monitor their progress.
- You can also email all team members – or one at a time – to share progress or congratulate them for earning a new badge.

These are Get Active badges. They will turn “on” when you accomplish one of six activity Challenges. Go to the next page to learn more.
Get Active Pages

✅ My Challenges

- This page shows the six activity challenges that we’ve set for all 2020 Kidney Walkers.
- As you track your steps, you will accomplish these challenges and earn new badges!
- These can give you different goals to work toward as you prepare for Walk Day and keep you LacingUp after too!
How to log activity – In App

Tap Start.

Get moving.

Click OK.

Tap the red stop button when you are done. Tap Confirm.

Your new entry will show up on your My Activity Tab, and the steps will be added to your total.
How to log activity – Manually

Enter the date of your activity, how long you walked for, and the number of steps you took. Click Add.

Tap the (+) button next to Activities.

Your new entry will show up on your My Activity Tab, and the steps will be added to your total.
Get Active – On the Home Screen

Home Screen

- Anytime you log in, you can see your activity and your team's activity progress on your home screen. It shows how many steps you’ve taken and where you are at in relation to your goal.
- You can edit your step goal and your team's step goal from here by clicking the little pencil next to the word “Goal.”
- You can also see Activity Totals for all walkers, teams and steps tracked for your entire local Walk.