



APHA 2018 Billion Steps Challenge FAQs

What devices can connect to Stridekick?

Stridekick supports most major fitness trackers, including:

- **Android Phones** - Android 4.1 or above through the Google Fit app.
- **Apple Watch**
- **Fitbit** - Zip, One, Flex, Charge, Charge HR, Surge, Alta, Blaze, MobileTracker app
- **Garmin** - vívofit, vívofit 2, vívosmart, vivosmart HR, vívoactive, vivokí, **
- **Google Fit (Android)**
- **IPhone 5s and above**
- **Jawbone** - UP, UP24, UP Move, UP2, UP3, UP4
- **Misfit** - Flash Cyclist, Flash, Link, Ray, Shine, Shine2, Speedo Shine, Swarovski Activity Crystal
- **Pebble** - Classic, Steel, Time Round, Time Steel, Time
- **Xiaomi** - Mi Band
- **Withings** - Pulse, Pulse O2, Activité Pop, Activité, Activité Steel

***Stridekick can usually connect with the Garmin Forerunner and Fenix devices, however we can only pull the accelerometer data (not the GPS recorded data).*



How does syncing work?

Stridekick grabs your data automatically after you sync your device to your device's app. We can't pull data directly from your device so you have to sync it throughout the Challenge! **Participants must sync at least once every three days.**

To sync, simply open up your device app on your phone (e.g. Fitbit app, iPhone Health app). We recommend syncing several times a day to ensure your steps are counted for the challenge. There is a slight delay, so it may take up to 10 minutes for your data to reach Stridekick.

**If you do not see your activity after several sync attempts, contact Stridekick using the blue chat icon in the bottom right hand corner of the Stridekick website or [email Stridekick](#).*

Pedometer and manual entry

Don't have a tracker or smartphone to connect? No problem! Use Stridekick's manual entry option to compete in the challenge. You can edit the past 14 days of data. You must enter each day's data individually. Do not add in sums of step or distance data over a period of time or for multiple members. Manually inputting team member's collective steps into one account will mess up team challenge averages and give an unfair advantage. Grace period rules always apply. Once a challenge moves to the completed tab, your manually added steps will not be pulled into the challenge. Read this article for more [information on manual entry](#).

How do I communicate with my team members?

You can communicate with your fellow challenge participants by using the message feed in the Challenge. Follow these instructions:

1. Log into your Stridekick account
2. Click on the "Challenges" button in the top right hand corner of the page.
3. Select "View Challenge"
4. Post on your page via the text box provided on the top right hand side. All participants can view this feed. You can also include photos by clicking on the blue camera button under the text box.

How can team captains monitor team member progress throughout the challenge?

Stridekick's team challenge is run in a leaderboard format based on averages. For those of you in the challenge you know that all you'll get to view is averages for the challenge as of that point in time. For those team captains who want to go above and beyond to view weekly progress by individuals or even total steps you can take one step further to get this data on your team members!

For team captains looking to view weekly progress by individuals or even total steps, we recommend setting up a side streak challenge to run either weekly or monthly - depending on the challenge and stats you're looking for! You'll then invite all your team members to this challenge and monitor it alongside the Team challenge. You will be limited to the free user limit of 10 participants per challenge. Therefore, if you have more than ten you'll have to set up multiple challenges to monitor. From the streak challenge you'll be able to see total steps, % of streak met and more data on the individual progress. This allows you to reward your team, whether it's with physical prizes or verbal encouragement! So team captains, start your engines.