

# Use your smartphone as your activity tracker

Install the most recent Walkingspree Mobile App from Walkingspree in the Apple App Store.

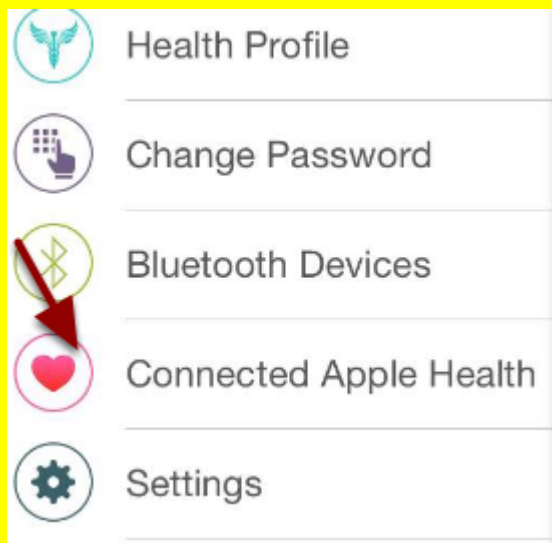
Now you can choose to either use Apple HealthKit on your mobile phone as your activity tracker or if you are using another Apple HealthKit compatible activity tracker, your data can transfer to Walkingspree .

Any iOS iPhone 4S or later model will connect with Apple HealthKit

To determine what iOS version is running on your iPhone, go to Settings > General > About > Version.

Next to Version it will tell you what iOS version your iPhone is running on. This version will change with each update or upgrade that you install.

Apple HealthKit is found in the App store.



**From the Walkingspree App connect to Apple Healthkit**

Install the new Walkingspree Mobile App from Walkingspree in Google Play ( minimum Walkingspree app version of 2.0.19)

Now you can choose to either use Google Fit on your mobile phone as your activity tracker or if you are using another Google Fit compatible activity tracker, your data can transfer to Walkingspree .

Any Android phone running on a 4.3 (jelly bean) operating system or later will connect with Google Fit.

To determine what version is running on your device, select Apps > Settings > About phone. Your software version will be listed under System Version in this menu. This version will change with each update or upgrade that you install.

Google Fit is found in the Google Play store.

To check any third party activity tracker connection, please refer to your Activity Tracker Mobile App Settings.

**From the Walkingspree App connect to Google Fit**

