

ACTIVITY TRACKERS: A GUIDE FOR ATHLETES

Activity Trackers are devices you can wear on your wrist that track your movement and activity throughout the day. Some examples include Apple Watches, Fitbits, and Google Pixel Watches.



BENEFITS OF USING AN ACTIVITY TRACKER

- **Stay Motivated:** Activity trackers remind you to be active, which is important for your health.
- **Set Goals:** Knowing your step count and activity levels can help you set better goals.
- **Track Progress:** They help you see how much physical activity you're getting each day.
- **Celebrate Success:** Many trackers give you badges or other notifications when you've achieved physical activity goals.

WAYS TO USE YOUR ACTIVITY TRACKER

- **Set Step Goals:** Try to reach a certain number of steps each day. Start with a number that's not too hard and make it higher as you get better. For example, you can set a goal to get a minimum of 6,000 steps in each day.
- **Active Breaks:** Many activity trackers remind you to move if you've been sitting too long. When you get a reminder, stand up and move for a while.
- **Fun Challenges:** Some activity trackers have fun challenges like walking a certain distance or being active on holiday. Give them a try!
- **Record Workouts:** When you play sports or exercise, use your device to record your activity.
- **Share with Friends:** If your friends have activity trackers, you can share your progress and encourage each other to stay active.



DEVICE SET-UP AND FIT

GETTING STARTED: SETTING UP YOUR DEVICE

Before you can use your activity tracker, you need to set it up with your phone or tablet.

- **Follow the instructions** that came in the box with your device.
- **Look for set-up videos online:** Most companies have videos that show you how to set up your device step-by-step. Search for your device name and "setup" (like "Fitbit Charge 6 setup video").
- **Ask for help if you need it:** Setting up a new device can be tricky. Ask a family member, caregiver, or coach to help you if you get stuck.
- **Keep your login information safe:** Write down your username and password in a safe place so you don't forget them!

HOW TO WEAR YOUR DEVICE



✗ This activity tracker is too loose!



✓ This activity tracker is just right.

1. **Place it on Your Wrist:** Wear your device whichever wrist is most comfortable to you.
2. **Adjust the Fit:** The band should be snug enough to stay in place but loose enough that you can fit one finger between the band and your wrist.
3. **Check for Comfort:** You should be able to wear it all day without discomfort. If it feels too tight or loose, adjust the band. If your band is uncomfortable, many devices have replaceable bands. You might be able to find a cloth band or a larger size that works better for you.

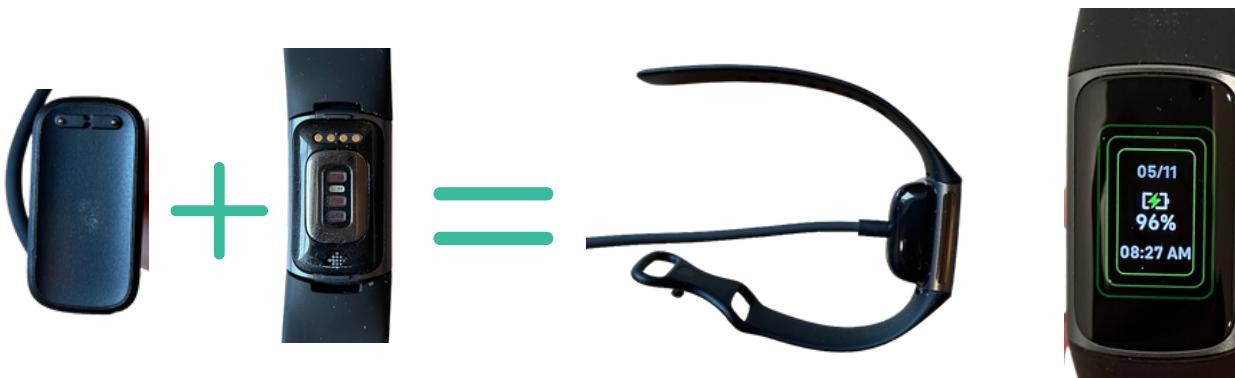
WHEN TO REMOVE YOUR DEVICE

- **Take it off when you shower or bathe** unless your device is waterproof.
- **Check your instruction manual** to see if you can wear your device while swimming or in water.
- **Remove it if your wrist gets red, itchy, or sore** and give your wrist a break.
- Some sports don't allow activity trackers during training sessions or competition. **Talk to your coach before wearing your device during sports activities.**

CHARGING YOUR DEVICE

Your activity tracker needs to be charged regularly to keep working.

- **Find the Charging Cable:** Look for the cord that came with the device.
- **Connect the Charger to your Device:** Look for a small slot on your device where you can plug in a charging cable or a magnetic connection point.
- **Connect It!** Plug the charger into a power source, like a computer or a wall socket.
- **Check the Screen:** Your activity tracker will usually show a battery icon or a charging symbol when it's charging.
- **Charge Fully:** Your activity tracker may need to charge up 2 hours.



THE SO FITNESS APP

CONNECT YOUR ACTIVTY TRACKER TO THE SPECIAL OLYMPICS FITNESS APP

Once your device is set up, connect it to the Special Olympics Fitness App to track your fitness progress! **Download the App:** it's free!

Apple iPhone Users:

[Download the app from the Apple store.](#)

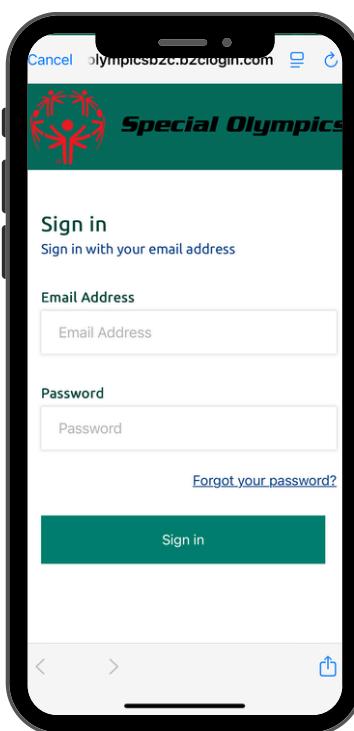


Android Users:

[Download the app from the Google Play store.](#)



Create an Account:

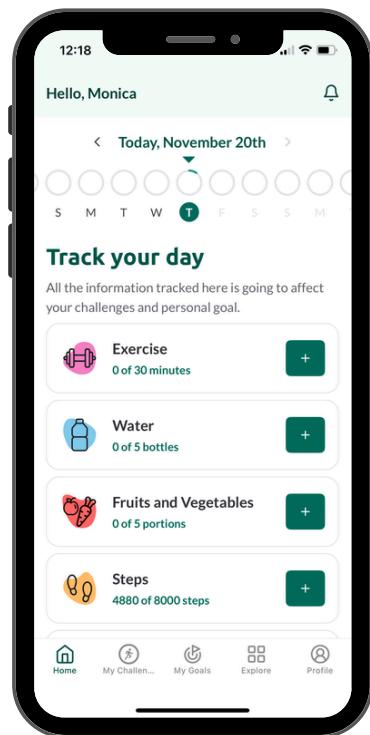


Open the SO Fitness App.

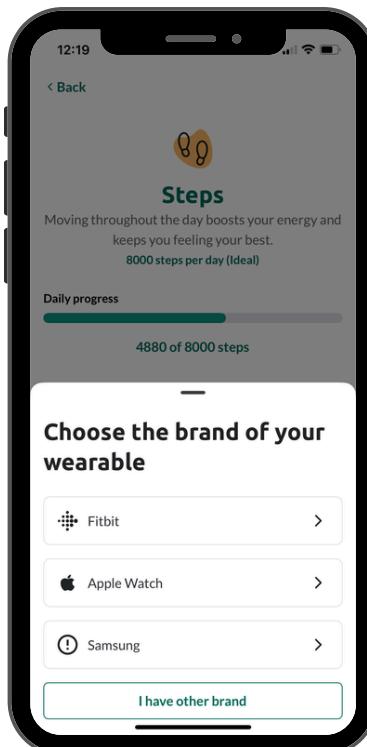
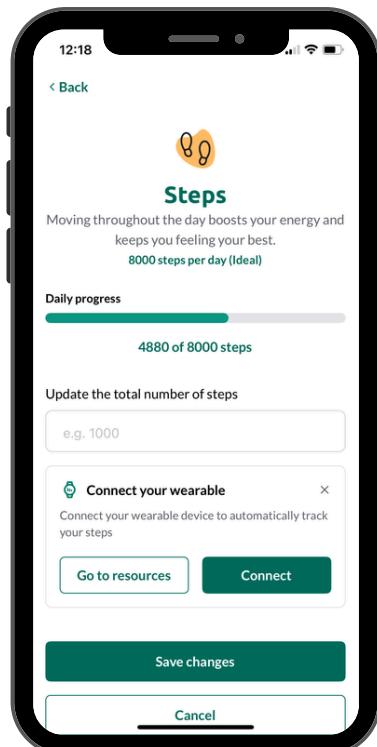
- **Log in or create an account if you don't have one yet.**

THE SO FITNESS APP

Connect your Tracker:



Click the “Home” page and
press the plus sign (+)
next to “Steps.”



**Select the type of activity
tracker you have from the
list.**

THE SO FITNESS APP

Connect your Tracker:

Click "Connect" or "Turn on All" when asked.

Your device will now automatically sync to the app!

Visit the "explore" tab in the Special Olympics Fitness App for more information.

Activity trackers are great tools to help you stay healthy and active. By wearing them the right way, understanding why they're important, and using them for fun activities, you can make staying active part of your everyday life. **So, put on your tracker, charge it up, and get moving!**