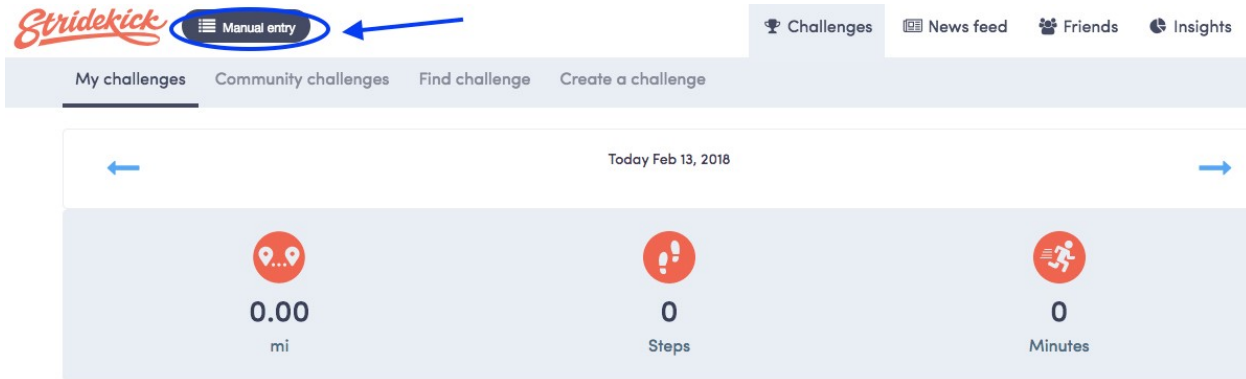


## How to manually enter steps in Stridekick

### Option 1: Entering steps on the Stridekick website

1. In the top left corner of the page select manual entry



2. Click the edit button that corresponds to the date, information will be inputted for

### Edit or manually enter your activity



Date	Steps	Distance (mi)	Active Minutes	
Feb 13, 2018	0	0.00	0	<a href="#">Edit</a>
Feb 12, 2018	0	0.00	0	<a href="#">Edit</a>
Feb 11, 2018	0	0.00	0	<a href="#">Edit</a>
Feb 10, 2018	0	0.00	0	<a href="#">Edit</a>
Feb 9, 2018	0	0.00	0	<a href="#">Edit</a>
Feb 8, 2018	839	0.27	0	<a href="#">Edit</a>
Feb 7, 2018	7,322	2.67	0	<a href="#">Edit</a>
Feb 6, 2018	2,426	0.88	0	<a href="#">Edit</a>
Feb 5, 2018	3,711	1.39	0	<a href="#">Edit</a>
Feb 4, 2018	2,260	0.88	0	<a href="#">Edit</a>

3. Enter steps according to your device (1 mile is equivalent to 2,000 steps), then click save.

## Manual entry for Feb 13, 2018

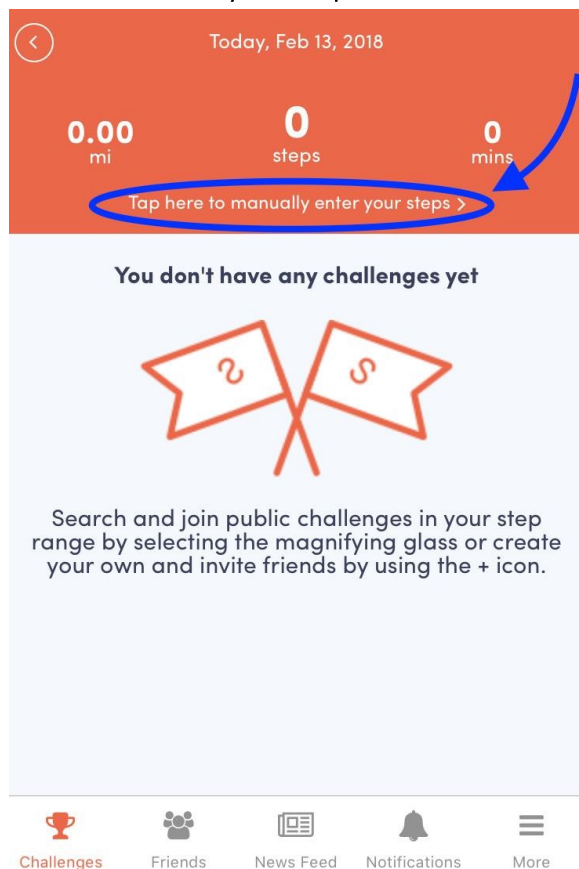
Edit or manually enter your activity

Steps	0
Distance (mi)	0
Active Minutes	0

 Save  Cancel

### Option 2: Entering steps in the Stridekick app









1. Tap the text underneath your step count








2. Use the [+] or [-] buttons to view the day you want to input data for

< Back Manual entry ↻

You can modify your last 14 days of data based on grace period rules.

Steps	Distance	Minutes	Date	
0	0.00	0	Feb 13, 2018	
<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>		<input type="button" value="Save"/>
0	0.00	0	Feb 12, 2018	
0	0.00	0	Feb 11, 2018	
0	0.00	0	Feb 10, 2018	
0	0.00	0	Feb 9, 2018	
839	0.27	0	Feb 8, 2018	
7,322	2.67	0	Feb 7, 2018	
2,426	0.88	0	Feb 6, 2018	

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3. Enter your steps and active minutes data, then press save.

< Back Manual entry ↻

You can modify your last 14 days of data based on grace period rules.

Steps	Distance	Minutes	Date	
0	0.00	0	Feb 13, 2018	[-]
<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>		<input type="button" value="Save"/>
0	0.00	0	Feb 12, 2018	[+]
0	0.00	0	Feb 11, 2018	[+]
0	0.00	0	Feb 10, 2018	[+]
0	0.00	0	Feb 9, 2018	[+]
839	0.27	0	Feb 8, 2018	[+]
7,322	2.67	0	Feb 7, 2018	[+]
2,426	0.88	0	Feb 6, 2018	[+]

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