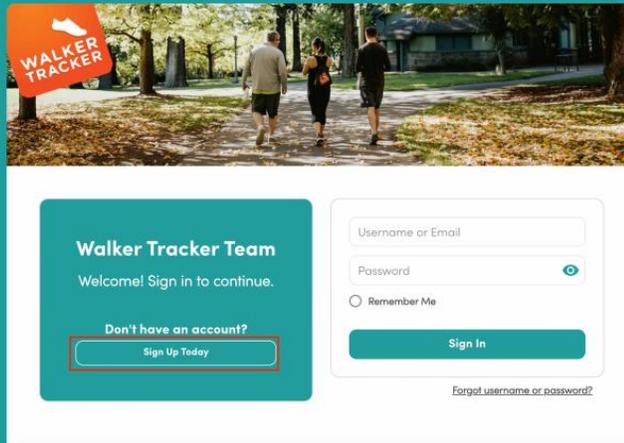


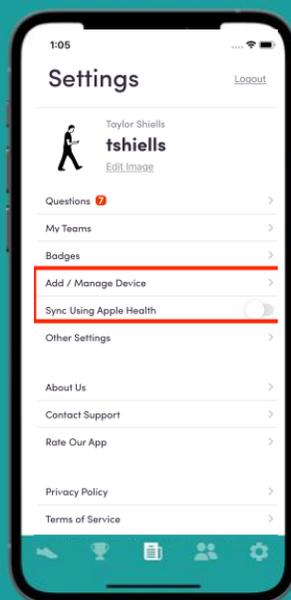


1 Register an Account

Join the challenge by registering an account at <https://pulmonxwellness.thrives.app/>. Download the Walker Tracker mobile app ([iOS](#) or [Android](#)) and enter program URL pulmonxwellness.thrives.app when prompted.



2 Connect A Device/App



Download the Walker Tracker mobile app ([iOS](#) or [Android](#)) to connect a device.

Click the Gear icon to add a device. You will also see the option to sync Apple Health or Google Fit.

Need Support?

Visit support.walkertracker.com for more helpful articles or reach out to us at support@walkertracker.com. We're here to help!

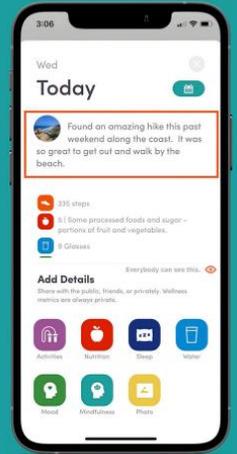
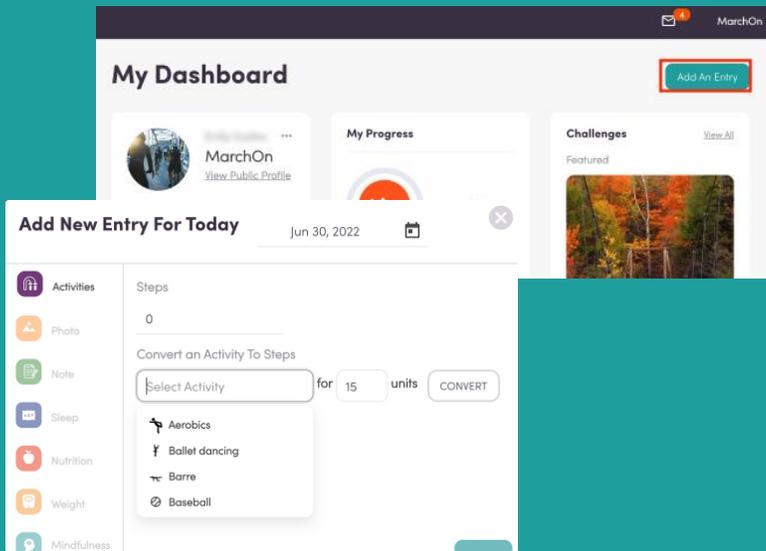


3 Make an Entry

Record activity and add a daily photo and journal entry.

WEB: Click the Add an Entry button

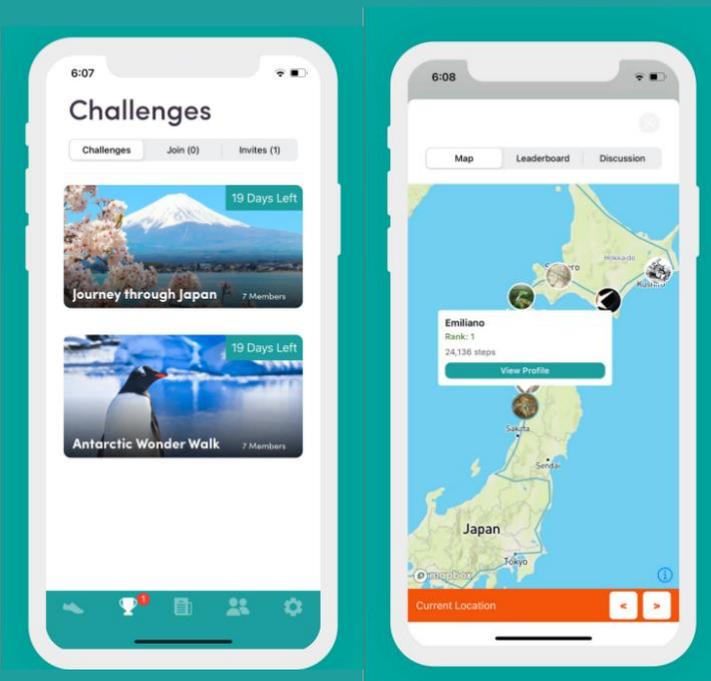
MOBILE: Click the Shoe icon on the bottom right of the home page



4 View the Challenge

WEB: View the challenge in the Challenges section on the website

MOBILE: Click the Trophy icon to view the Challenge.



Once you are registered, you'll be automatically added to the challenge!

Average 8,000 steps per day in this movement challenge (200,000 total steps) to unlock all the healthy recipes!

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