Welcome to ActivePulse!

This guide will help you get started with the ActivePulse fitness tracker app. Our goal is to make it easy for you to set and track your daily fitness goals right from your phone.

Getting Started: Permissions

Before you can start tracking, the app needs your permission to read activity data from Health Connect (the secure health data hub on your phone).

1. The first time you open the app, you will see a permission request screen.
2. Tap **"Allow"** to grant access to your steps and workout data.
3. This is a one-time setup. The app will only read the data it needs to track your goals and will never share it.

Your Daily Dashboard

The main screen is your daily dashboard. Here you can see your progress at a glance.

- **Steps:** Shows how many steps you've taken today compared to your goal.
- **Workout:** Shows how many minutes you've exercised today compared to your goal.

The progress bar under each goal will fill up as you get closer to achieving it!

How to Set Your Goals

You can customize your daily goals at any time.

1. Find the **"Set Your Goals"** section on the main screen.
2. To change your step goal, type a new number into the **"Daily Steps Goal"** box.
3. Tap the **"Save"** button next to the box.
4. To change your workout goal, type a new number (in minutes) into the **"Daily Workout Goal (minutes)"** box.
5. Tap the **"Save"** button next to it.

Your dashboard will update immediately with your new goals.

Refreshing Your Data

The app syncs your data automatically when you open it. If you want to see the very latest numbers after a walk or a workout:

- Simply tap the **"Refresh Data"** button at the bottom of the screen.

This will instantly update your steps and workout minutes on the dashboard.

That's it! We hope the ActivePulse app helps you stay motivated and achieve your fitness

targets. If you have any questions, please ask a member of the gym staff.