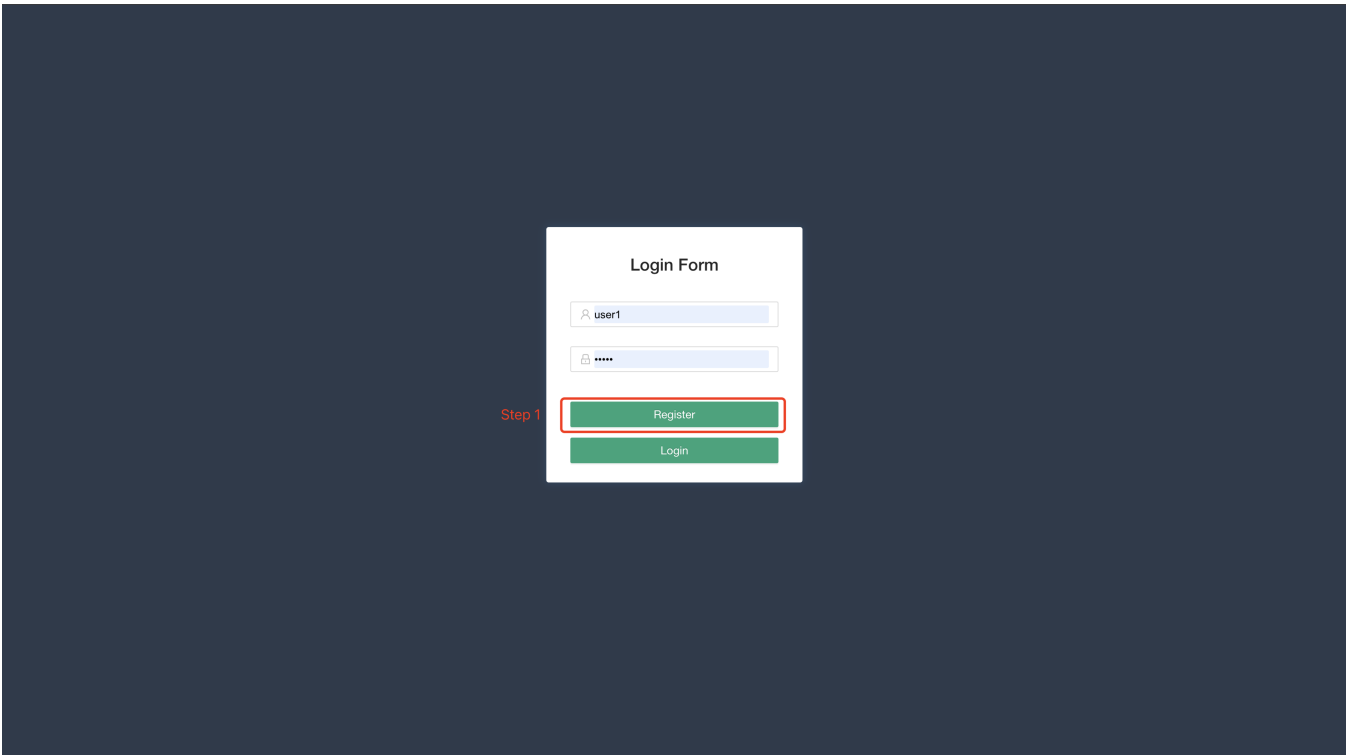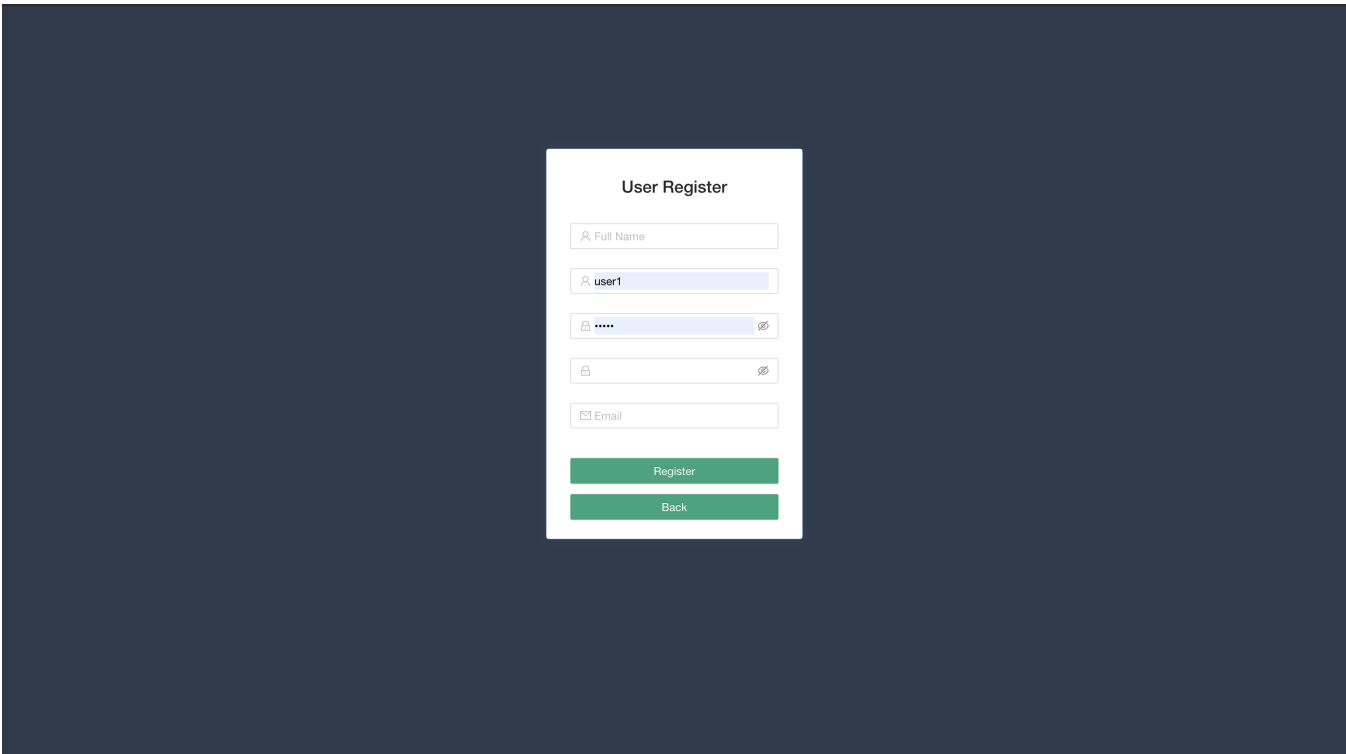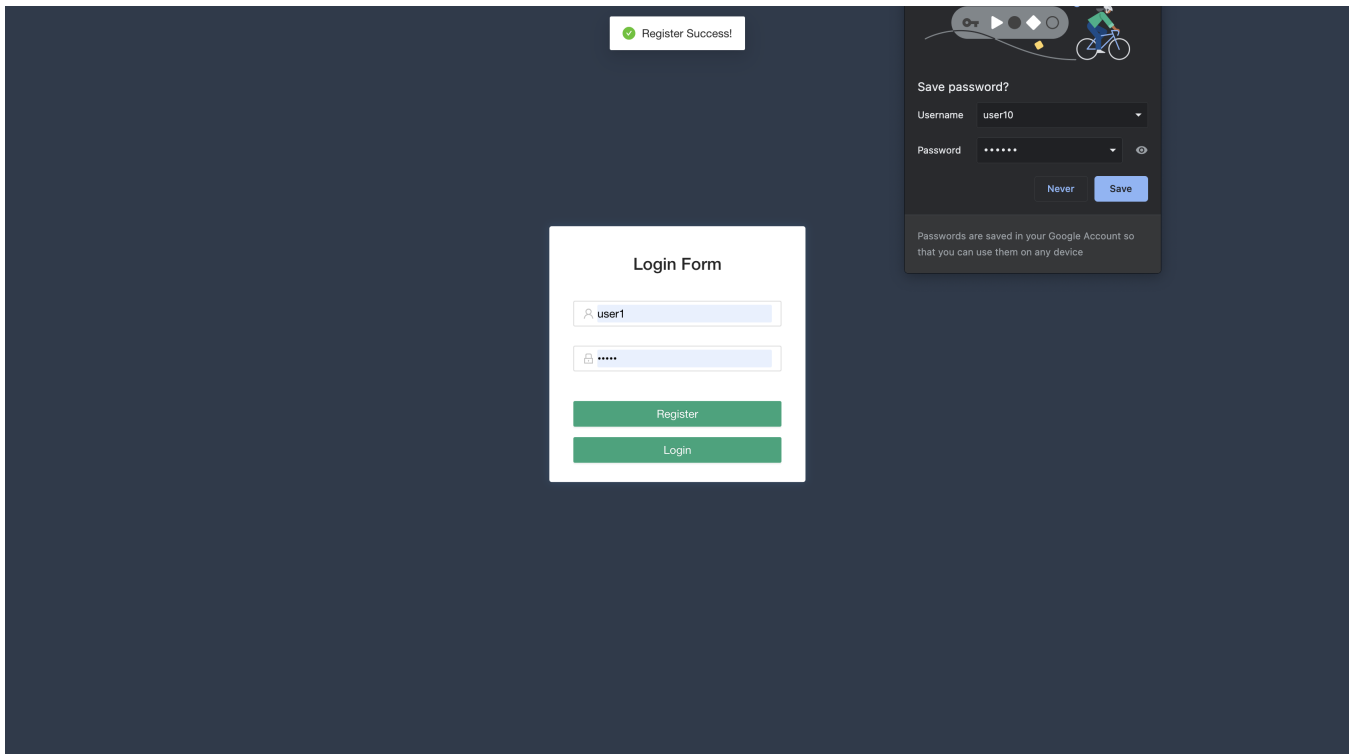# User Guide

User Register

Step 1: Click the register button

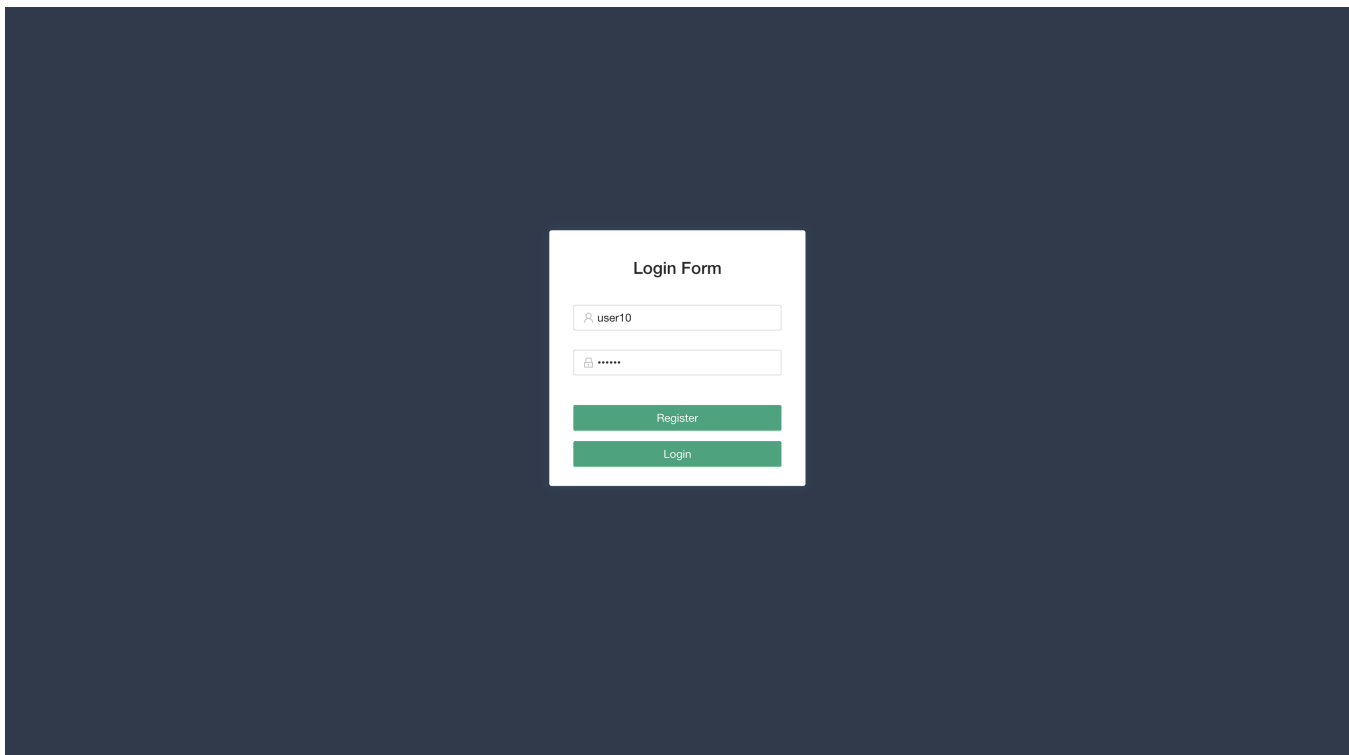**Step 2: Input full name, username, password twice and email address(in the correct format)**
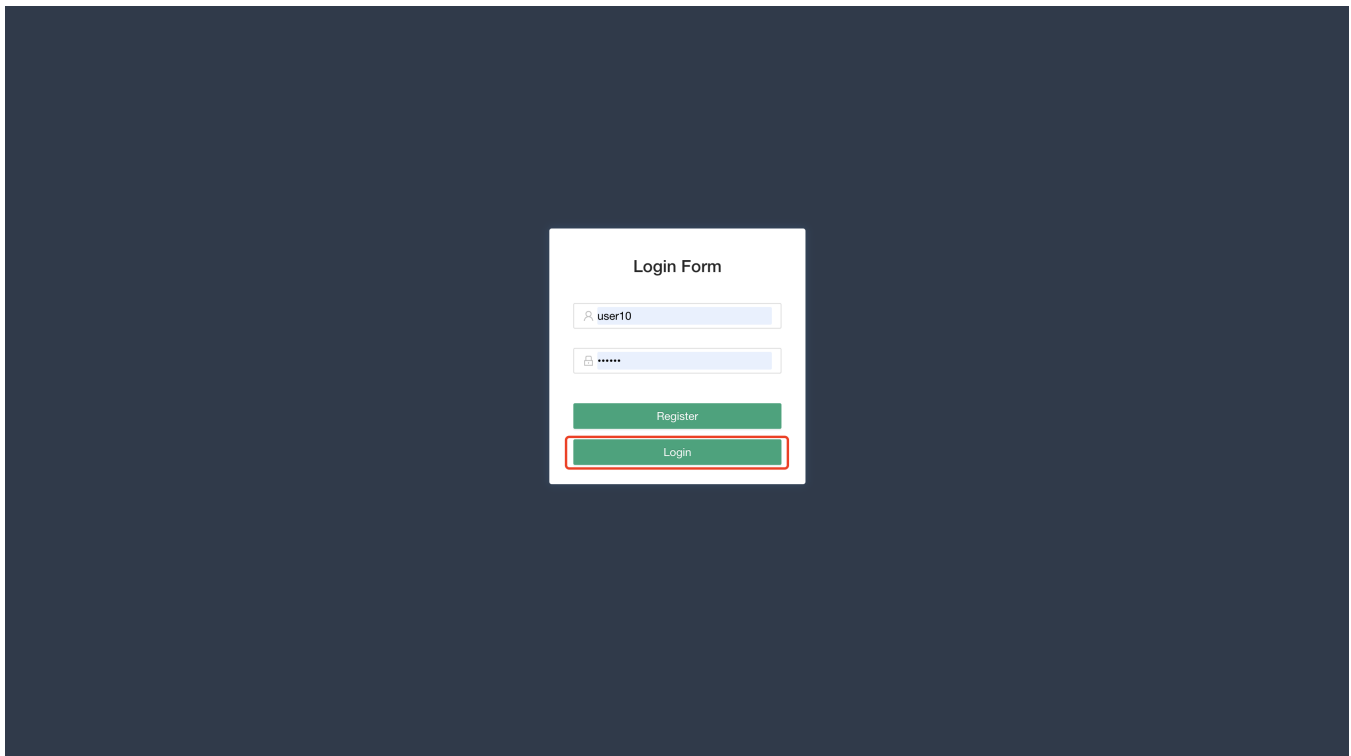
Then, can log in with the username and password.
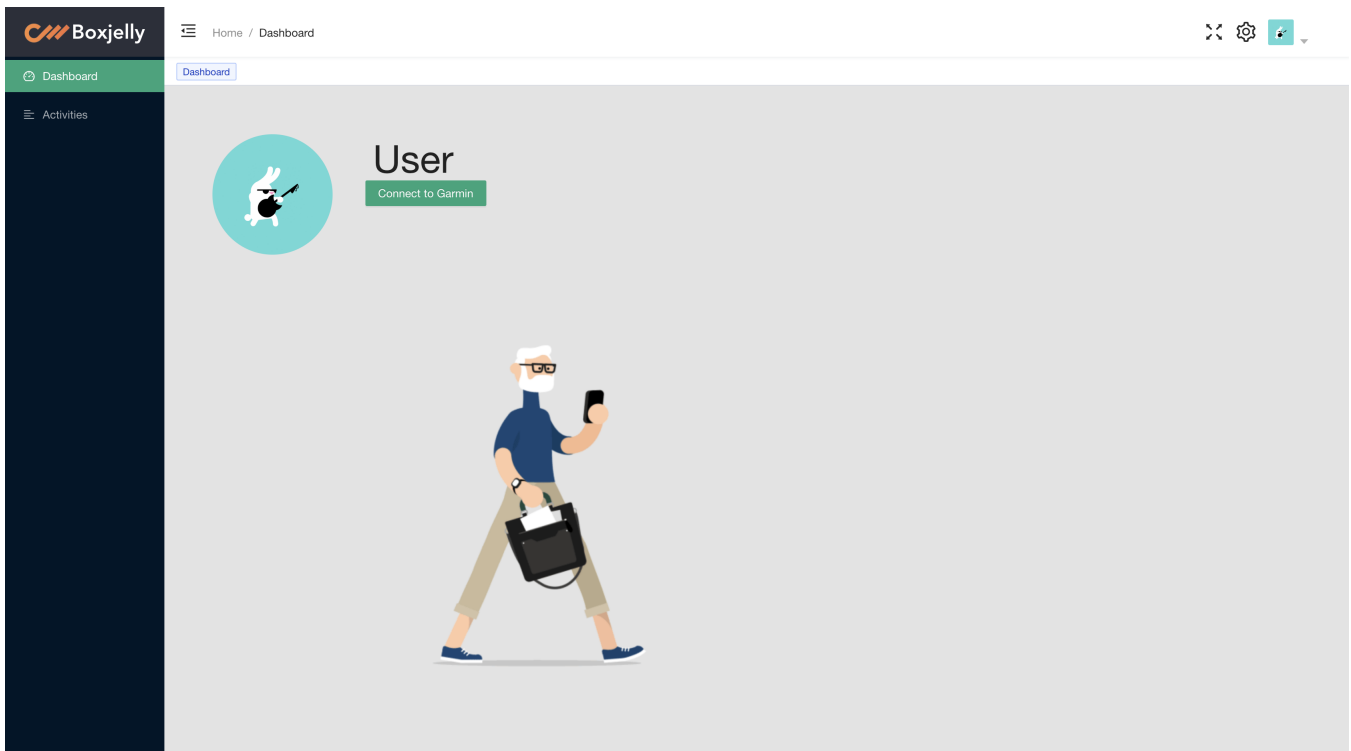
User Login

Step 1: Input the username and password
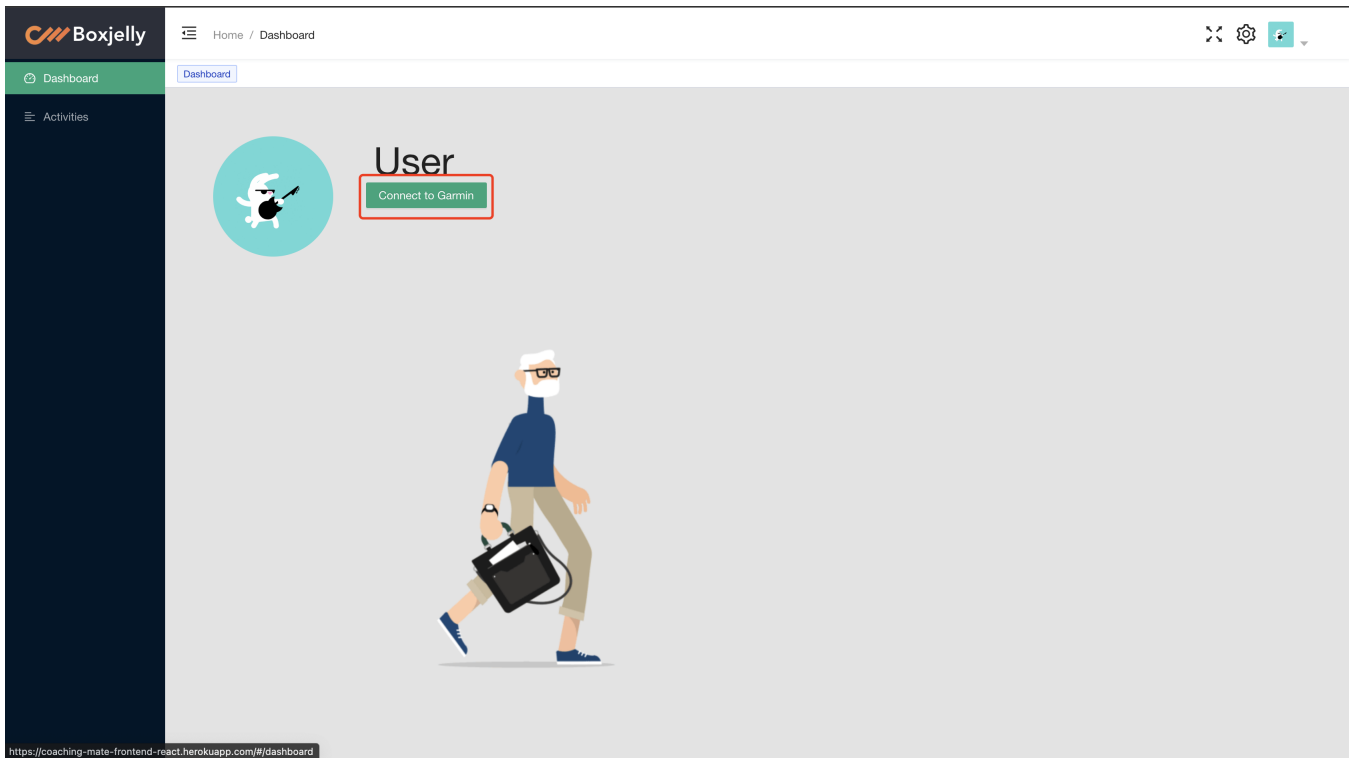

Step 2: Click the login button

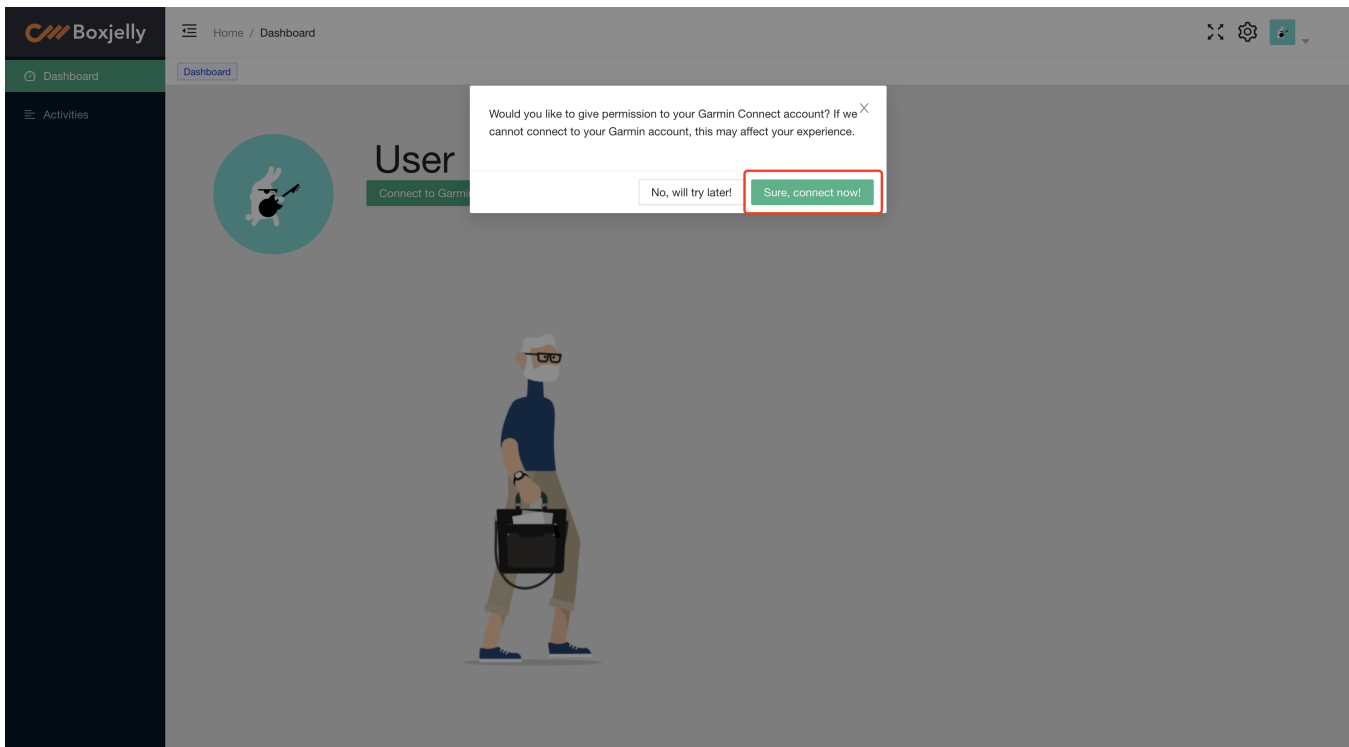**Then, will get to the user main page.**

Connect to Garmin

Step 1: Click "Connect to Garmin" button

Step 2: Click Sure, "connect now" button

Step 3: Sign in to Garmin

Connect with CoachingMate-Boxjelly?

By connecting with CoachingMate-Boxjelly, you agree to share information from your Garmin Connect account to enhance your experience with CoachingMate-Boxjelly. This may include activities, location, heart rate and related metrics, calories burned and other health or personal data.

Do you agree to share information from your Garmin Connect account with CoachingMate-Boxjelly? You can opt out and disconnect from CoachingMate-Boxjelly at any time in your Garmin Connect settings.

CoachingMate-Boxjelly Privacy Policy

Garmin Account Sign-In

Email

Password (Forgot?)

Sign In   ☐ Remember Me

Step 4: Agree with the policy

Control the information you share.

You get to decide what information you share with CoachingMate-Boxjelly, as well as what information CoachingMate-Boxjelly shares with your Garmin Connect account. You can change these selections at any time in your Garmin Connect settings.

Data shared from Garmin Connect to the CoachingMate-Boxjelly app

Activities ⬤

Daily Health Stats ⬤

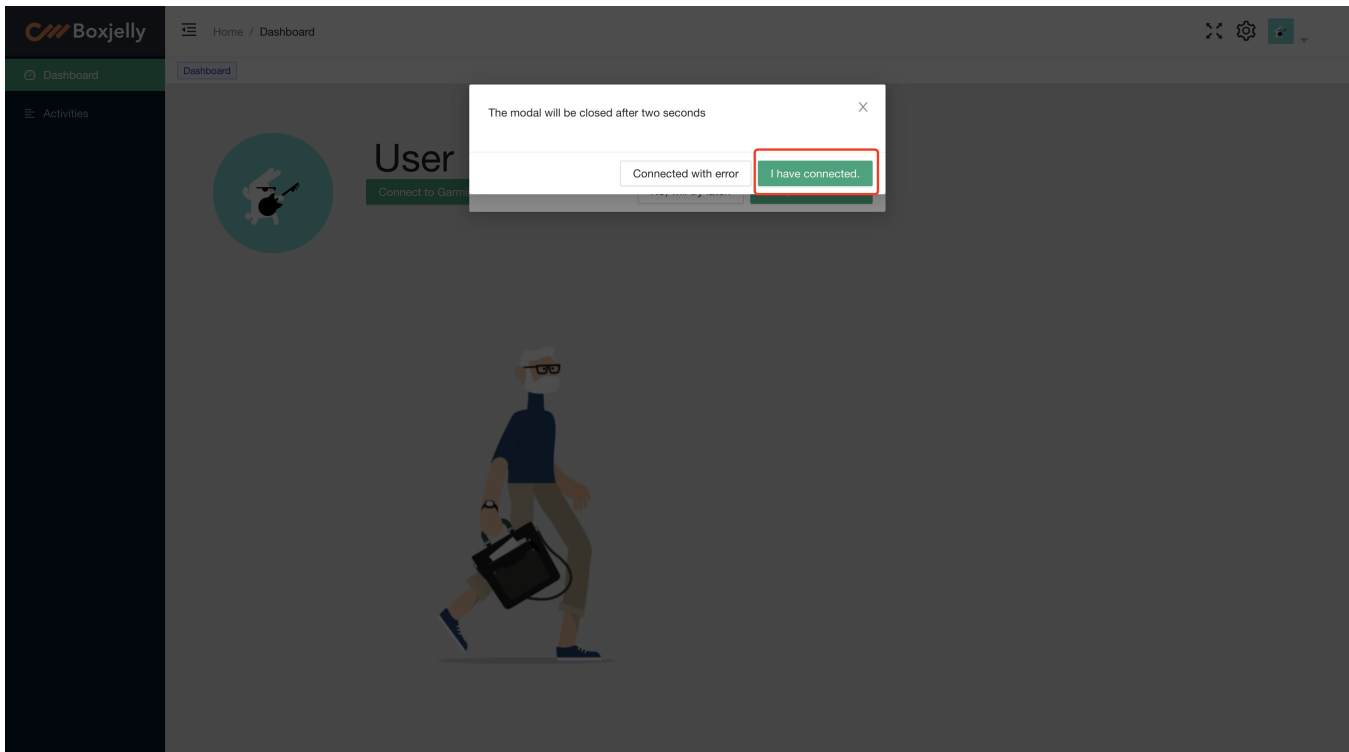Data shared from the CoachingMate-Boxjelly app to Garmin Connect

Training ⬤

Courses ⬤
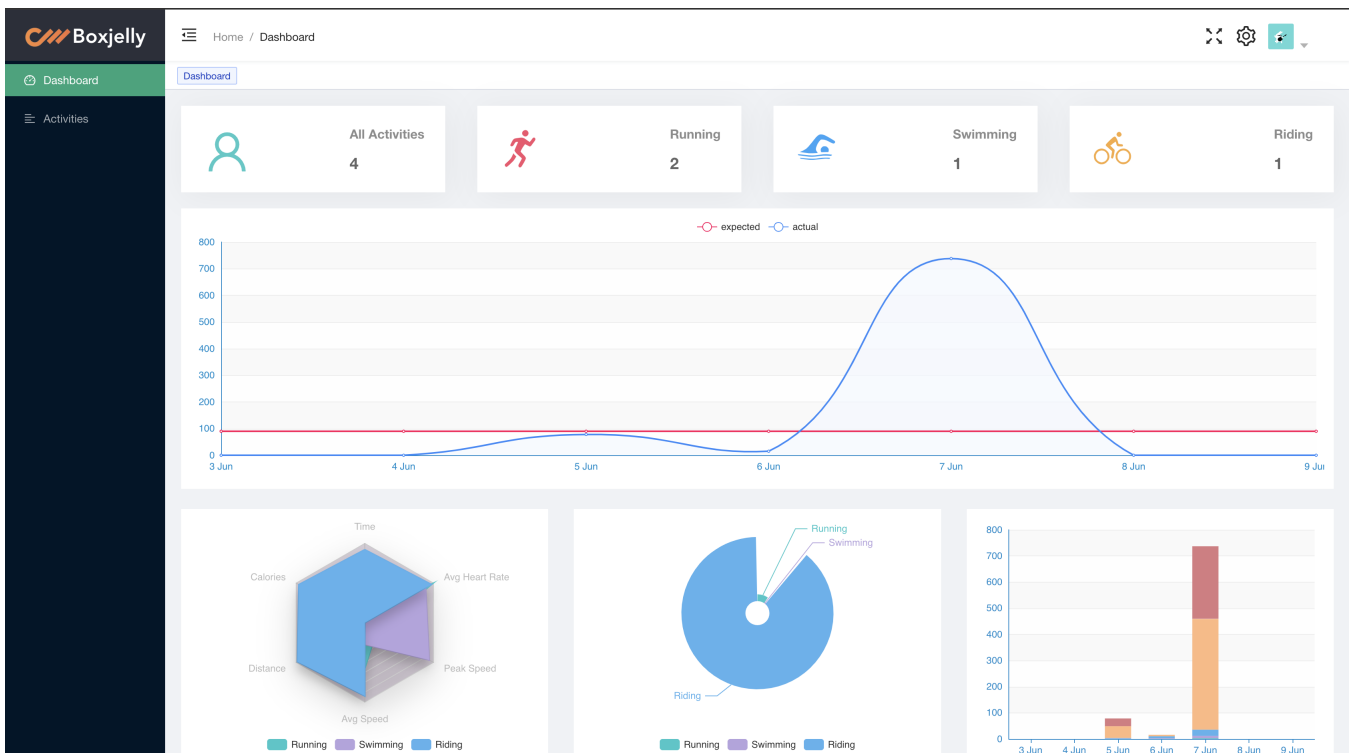
CoachingMate-Boxjelly Privacy Policy

Save

Cancel

Step 5: Click the "I have connected" button.

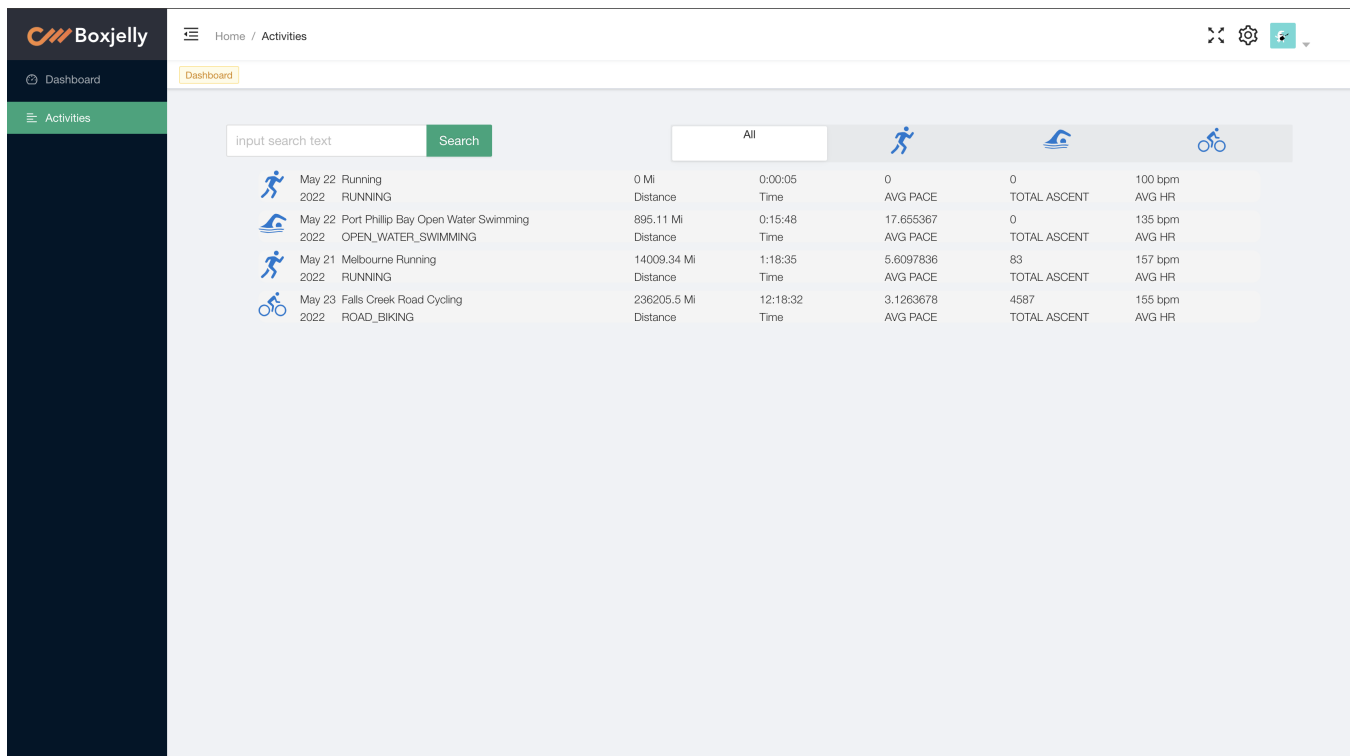**Then will enter the dashboard page.**

Sync and View Activity Data

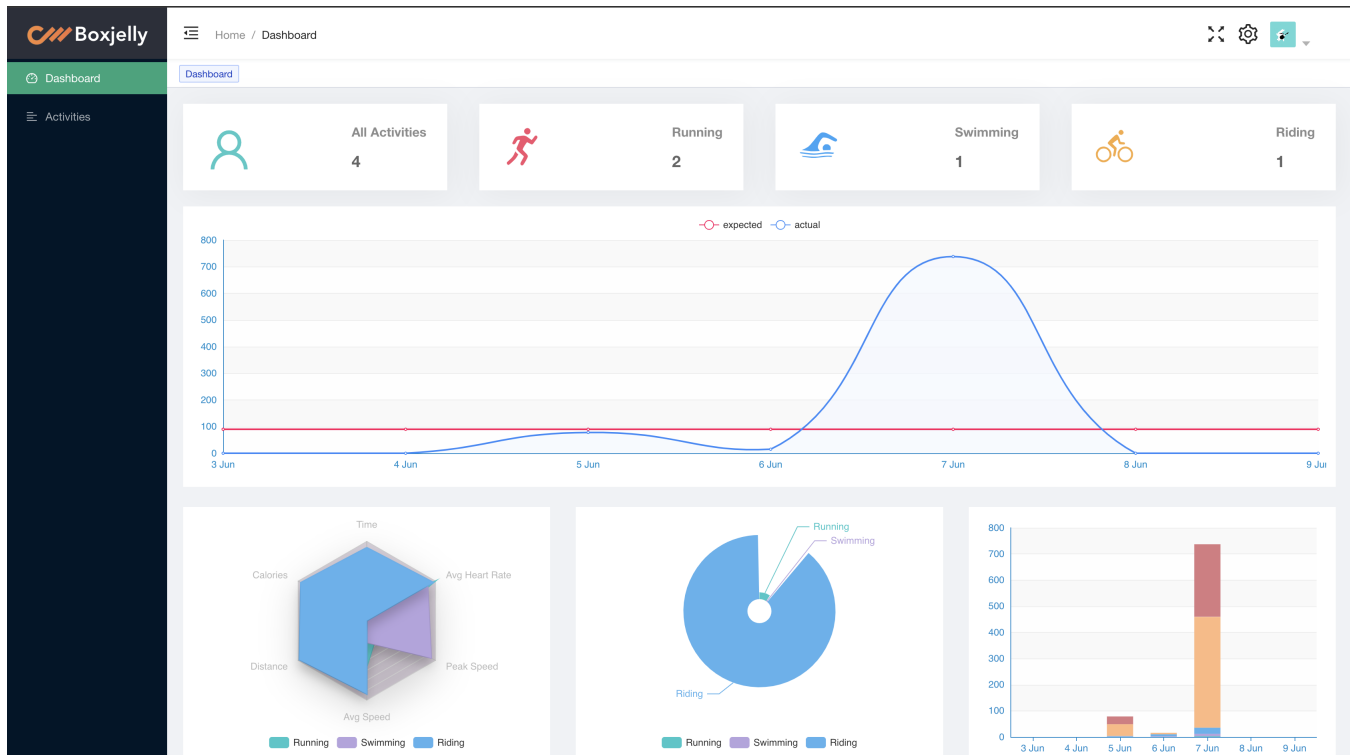**Step 1: Start an activity on Garmin watch.**

Step 2: When an activity is finished, the activity data will sync automatically

Step 3: Then can view activities on activities page

Boxjelly

Home / Activities

Dashboard

Dashboard
Activities

			All	🏃	🏊	🚴

input search text   Search

			Distance	Time	AVG PACE	TOTAL ASCENT	AVG HR

🏃 May 22 Running
2022 RUNNING
0 Mi / Distance 0:00:05 / Time 0 / AVG PACE 0 / TOTAL ASCENT 100 bpm / AVG HR

🏊 May 22 Port Phillip Bay Open Water Swimming
2022 OPEN_WATER_SWIMMING
895.11 Mi / Distance 0:15:48 / Time 17.655367 / AVG PACE 0 / TOTAL ASCENT 135 bpm / AVG HR

🏃 May 21 Melbourne Running
2022 RUNNING
14009.34 Mi / Distance 1:18:35 / Time 5.6097836 / AVG PACE 83 / TOTAL ASCENT 157 bpm / AVG HR

🚴 May 23 Falls Creek Road Cycling
2022 ROAD_BIKING
236205.5 Mi / Distance 12:18:32 / Time 3.1263678 / AVG PACE 4587 / TOTAL ASCENT 155 bpm / AVG HR

View Dashboard

If there is enough data, the dashboard can display beautiful charts.

Boxjelly

Home / Dashboard

Dashboard

Dashboard
Activities

All Activities	4	Running	2	Swimming	1	Riding	1

expected — actual

(Chart: line graph with values 800, 700, 600, 500, 400, 300, 200, 100, 0 on y-axis; 3 Jun, 4 Jun, 5 Jun, 6 Jun, 7 Jun, 8 Jun, 9 Jun on x-axis)

(Radar chart with axes: Time, Avg Heart Rate, Peak Speed, Avg Speed, Distance, Calories)
Running Swimming Riding

(Pie chart: Running, Swimming, Riding)
Running Swimming Riding

(Bar chart: 800, 700, 600, 500, 400, 300, 200, 100, 0; 3 Jun, 4 Jun, 5 Jun, 6 Jun, 7 Jun, 8 Jun, 9 Jun)

Log out

Step 1: Click on the avatar in the upper right corner.

Step 2: Click the "Log out" button

Step 3: Click the "Confirm" button
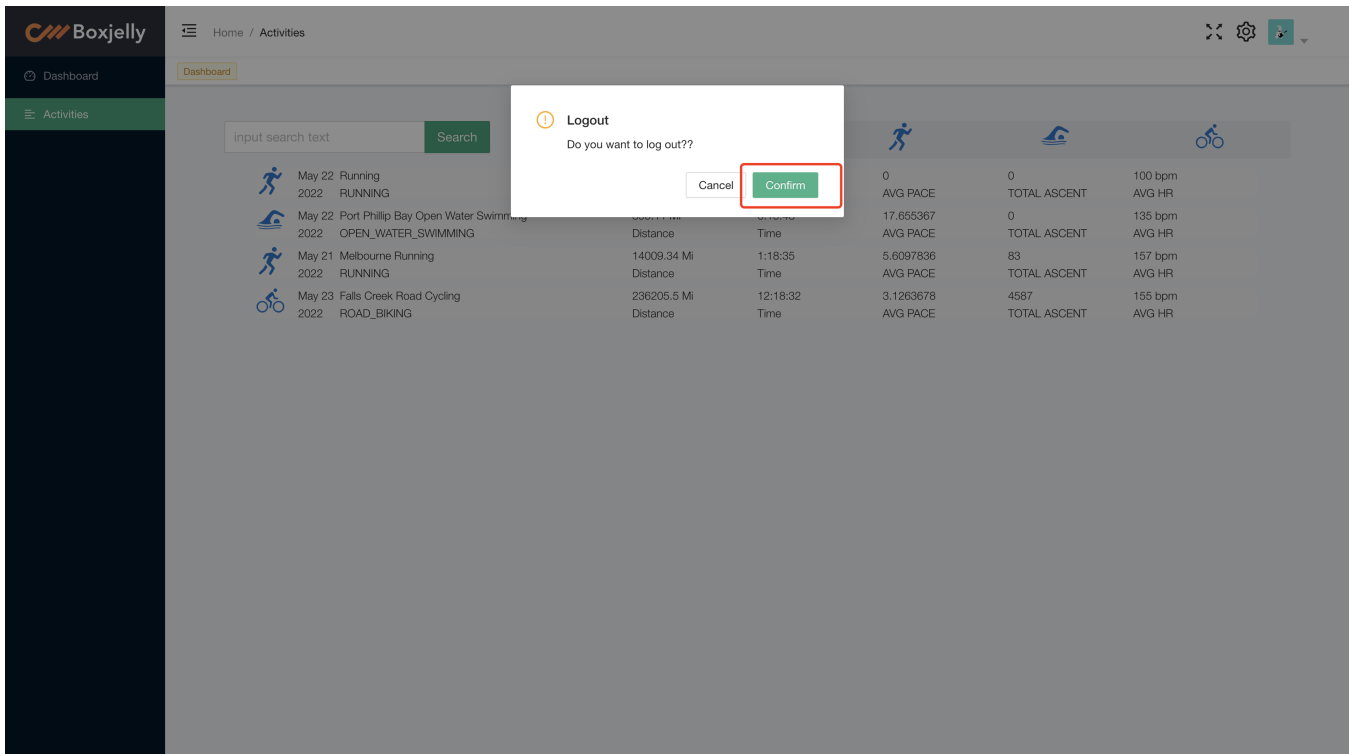
Then will log out the system