Please refer to the brief use-guide below. Feel free to ask me any questions regarding the development of this bot, or let me know if there are any other features you would like to see implemented.

**To add meters:**

General erg meters: simply text the bot the number of meters you wish to add. For instance the text “10k” will add 10,000 meters to your daily total. Please do not include commas or decimal points in your number. “10,000” will NOT be recognized, nor will “10.3k”. Instead try “10000” or “10300”.

Automatic conversions: To add cross training meters simply text the bot one of the following commands:

“bike 20min” “tank 10min” “run 60min”

The number of minutes will be automatically converted to meters and logged to your daily meters. Please note that the “min” is optional, but the number following the initial command will ALWAYS be treated as minutes.

**To remove meters:**

Simply text the bot “clear” and your daily meters will be reset back to 0.

**To check the stats of yourself or others:**

Text the bot “stats” to receive statistics