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Run Tracker Wizard : User Guide

I. Introduction

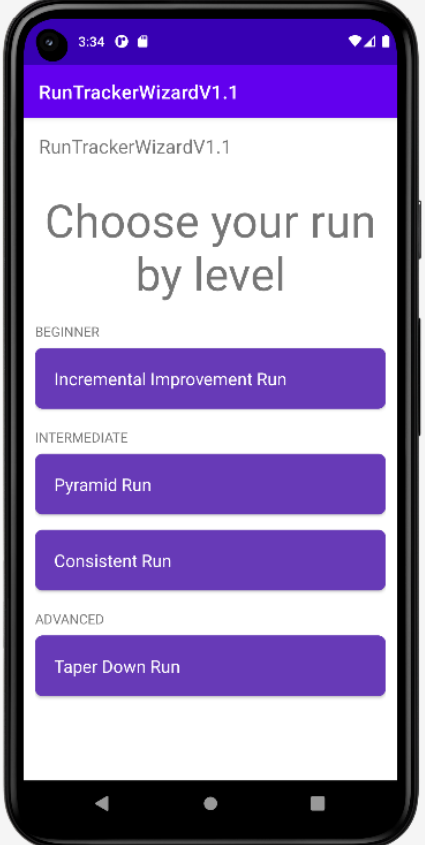

My name is Jennifer Macaranas and I run regularly. A regular running program for me is one consisting of a distance-based Run Period (with deadline in minutes), followed by a time-based Rest Period.

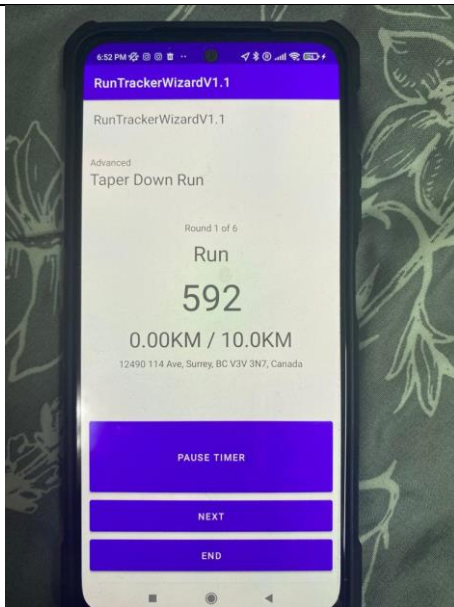
Run Tracker Wizard is an app for tracking the distance of your run. It features workout for levels: beginner, intermediate, and advanced.

The counter and distance tracker of this app are both functioning. Installing it on you android using Build APK is required for the real-time distance tracking.



II. How To Use

	
Step #1: Choose a Run by level	Step #2: Decide if this program is manageable for you. Press START RUN.



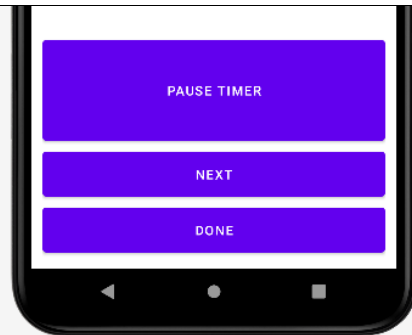
Step #4.1: You will be transferred to the Run Activity where your location will show. It will also show a count down of seconds before Rest Period will start.

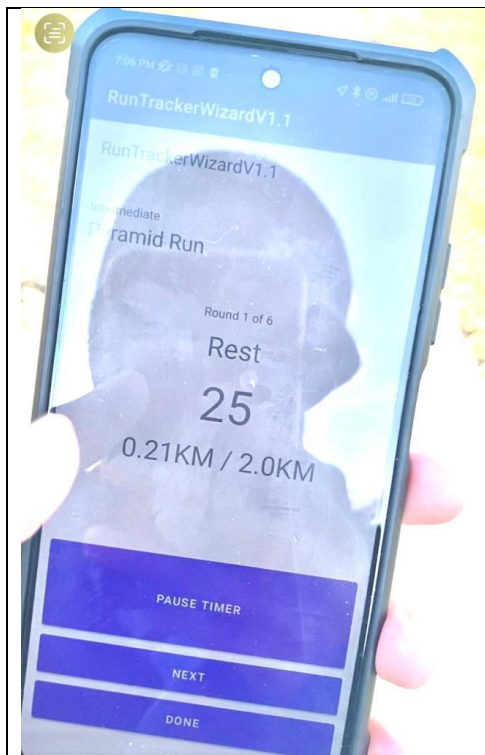


Step #4.2: Once you start moving, the app will track your distance.

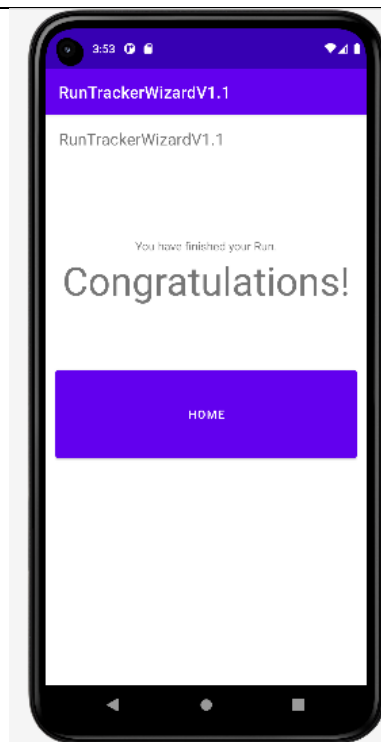
Step #4.3: You have the option to:

- **Pause Timer:** Will stop the timer and button will change to Resume Timer
- **Next:** Go to the next period, whether it is Rest or Run
- **Done:** Finish your run





Step #5: This is the Rest Period.



Step #6: And your Run is finished. Celebrate.