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# Run Tracker Wizard : User Guide

## **Introduction**

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| 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.* | A person holding a phone  Description automatically generated |

## **How To Use**

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|  | A screenshot of a phone  Description automatically generated |
| **Step #1:** Choose a Run by level | **Step #2:** Decide if this program is manageable for you. Press START RUN. |

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| **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 wil track your distance. |

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| **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 |  |

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| **Step #5:** This is the Rest Period. | **Step #6:** And your Run is finished. Celebrate. |