

Downloading the Pacer App

To download the pacer app, open the app/play store on your smartphone. Enter "Pacer" into the search bar and go to the app page. To help identify the app, use this icon.

On the app page, click "Get" or "Download". After download and installation is complete, open the app.

Setting Up Your Profile

You will be prompted to either login or create a new account. If you are new to the app, proceed to set up your profile. You will be asked to enter some basic information, such as your birth year, your sex, height, and weight. This information will aid the app in tracking your steps and your personal fitness journey. You will then be asked to select a goal to achieve using Pacer, select any of the goals you would like.

After this initial set-up, you may continue to create your profile. Please create a user name and upload a photo that will allow Allen Neighborhood Center's Market Walk to identify you easier to track the miles you walk.

Pacer may prompt you to sync your contacts with the app. This step is not necessary, and can be omitted/declined. You also can decline registering for their premium app, as it is not needed for our purposes. Finally, if prompted, be sure to enable the

"Motion and Fitness" option by selecting "OK" when prompted.



Joining the ANC Market Walk Group

After installation and set-up, you should be taken to the home screen, with the menu options at the bottom of the screen, being read left to right they are "Me," "Insights," "Feed," and "Explore." Select "Explore," then, from the options at the top of the screen, select "Groups." Now, navigate to the search bar and enter the following group key (this key is case sensitive, so use a lowercase 'y'):

y42139834

The group titled "ANC Market Walk" should be the only result to appear. Click the "Join" button, and verify your profile by signing in with your email and password again. There is a small "Introduce Yourself" portion, please enter a



sentence including your full name, then click the blue “Join this Group” button. The administrator of this group will approve your request within 24 hours.

Joining a Challenge

In order to track how far you walk for the program, we will be issuing “Challenges” within the group. When a new challenge is created, it will show up in your Feed when you look on the “Group Details” page. Click the link in the Feed or find the challenge under the Challenges tab. Select the appropriate challenge with the corresponding date and press the blue “Join” button.