



Dear parents, as part of the Session 1 of Workshop 3, we will be using **mobile devices and fitness trackers / smartwatches** to count steps and compare different methods of data collection.

1) If your child **does not own** (or share with someone) a **mobile device or a fitness band smartwatch**, don't worry! They will be able to join someone else during the session.



2) If your child **owns a fitness tracker or smartwatch** (a device worn on the wrist that can count steps), please ensure they bring it with them on the day of the session.



3) If your child owns (or shares) a mobile device,

and you **agree with bringing it to school on the day of the workshop**, please **check in advance** whether the device counts daily steps.



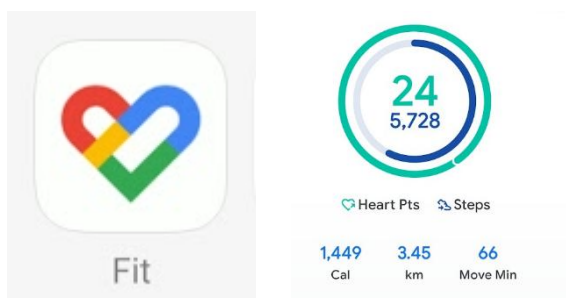
Most mobile devices already have a built-in app for this – there is no need to install anything. Just make sure that step counting is enabled in the app at least two days before the session.

Please also **explain to your child how to open the step-counting app**.

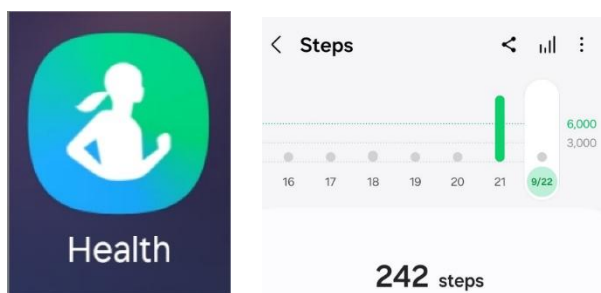
Below are instructions on how to check or enable step counting in these apps:

- **Android** devices: if the app is already installed, it should already be tracking steps – there's no need to enable anything.

- *Google Fit* app



- *Samsung Health* app (for *Samsung* mobile phones)

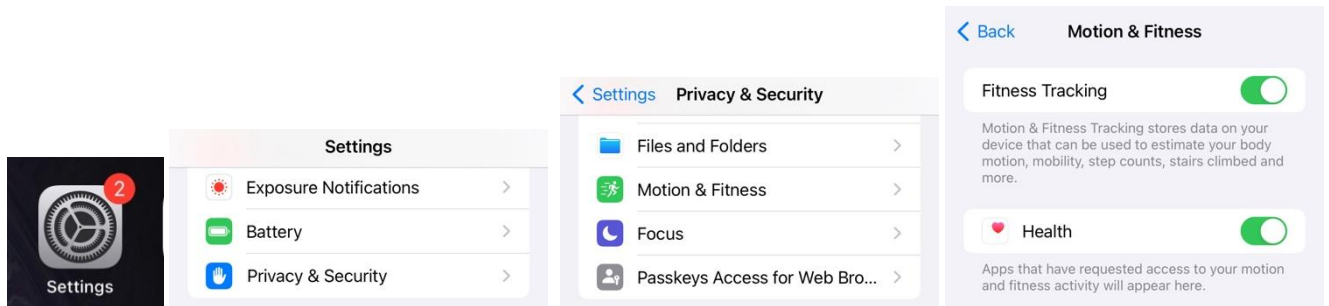


- **iPhone** device: Please, turn the page! →

THANK YOU FOR YOUR HELP!



- iPhone devices:
 - (1) Open *Settings* on your *iPhone*.
 - (2) Select *Privacy*.
 - (3) Tap on *Motion & Fitness*.
 - (4) Turn on *Fitness Tracking*.



- There are two ways to view the step count:
 - Using the *Fitness* app:
open the *Fitness* app, select *Summary* -> *Activity*,
where you can see the number of steps per day, week, and month.



- Using the *Health* app:
Depending on your *iPhone* version, select either *Summary* in the top right corner,
or select *Steps* directly from the *Activity* section.
If needed, choose *Edit Favourites* to display the desired activity
(in this case, *Steps*), then select *Done*.
In the *Summary* window, tap *Steps* to view detailed step count information.

