



Step Tracker Tutorial

Support those impacted by dementia one step at a time!

This May, we're calling on YOU to lace up your shoes, fundraise, and get ready to walk in honour of the people living with dementia during the IG Wealth Management Walk for Alzheimer's!

You can complete your steps at your own pace or take it slow and complete as many steps as you can throughout the month! This challenge is perfect for everyone, so make sure to get your friends and family involved and hit the trails, your treadmill, or even by doing your chores. It's that easy!

Here is how you can track your steps on your personal page:

1. Login to your [Participant Centre](#).
2. Find the step tracker near the top of the Participant Centre and click on "Update Your Steps".

Track Your Steps Update Your Steps

0 Steps Taken = 0.00 KM **0** Steps Goal = 0.00 KM



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3. A small window will pop up. You will be required to enter your “Step Goal” that you would like to reach. Don’t worry, you can update this anytime and we encourage you to increase it if you beat it!

Update Your Step Count

Please note that every time you input and update your step count, you must input your TOTAL number of steps. For example, if you walked 5,500 steps in one day, but 10,500 steps overall, you would input 10,500 steps into the tracker.

Please note, you may need to log out of your Participant Centre to see the updates to your thermometer on your personal fundraising page.

Steps Goal: 60000

Steps Taken: 0

4. Once you enter your goal, you can then enter the steps you have taken under “Steps Taken”. Please note, that every time you add your steps in the tracker, you must input your TOTAL number of steps. For example, if you walked 5,500 steps in one day, but 10,500 overall, you would input 10,500 into the tracker.

Update Your Step Count

Please note that every time you input and update your step count, you must input your TOTAL number of steps. For example, if you walked 5,500 steps in one day, but 10,500 steps overall, you would input 10,500 steps into the tracker.

Please note, you may need to log out of your Participant Centre to see the updates to your thermometer on your personal fundraising page.

Steps Goal: 60000

Steps Taken: 500

5. Click “Save” to save your step entries. Any time you want to add to your step count, you just need to update your “Steps Taken”. When updating your steps, remember to add your overall total steps, not just steps from one session.

Update Your Step Count

Please note that every time you input and update your step count, you must input your TOTAL number of steps. For example, if you walked 5,500 steps in one day, but 10,500 steps overall, you would input 10,500 steps into the tracker.

Please note, you may need to log out of your Participant Centre to see the updates to your thermometer on your personal fundraising page.

Steps Goal: 60000

Steps Taken: 500

Cancel Save



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6. It may take a few minutes, but your personal page will update with your step progress.

My Participant Page: Sandra Smith



Welcome to my Participant Page!

Thank you for supporting me in raising awareness and funds that will make a difference in the lives of people living with dementia, their caregivers and families.

I'm participating in the IG Wealth Management Virtual Walk for Alzheimer's in Canada on May 29, 2021 to help raise money on behalf of the Alzheimer Society, so they can meet the growing demand for programs and services. These and other resources make all the difference in the way that people affected by dementia are able to manage the disease and live life to the fullest.

Thank you for whatever donation you can make. No matter how small or big, you are making a difference in the lives of people affected by dementia. Select the button on the right to Donate Now!

Thank you again for your generous commitment and support.

Sandra Smith

For more information on the IG Wealth Management Virtual Walk for Alzheimer's or to register for a Walk nearest you, please visit www.walkforalzheimers.ca.

Having trouble with the site? Check out the [Website Help page](#) (under Tools & Tips at the top-right of this website).

Sandra's Step Progress:

500
Steps Taken
= 0.25 KM

60000
Steps Goal
= 30.00 KM

