

## Heart Foundation's 'Walking' App for your phone.

1. Download and install the Heart Foundation's '*Walking*' App from the iTunes App Store or Android Play Store.
2. Check if you already have a 'step-counting' App installed on your phone.  
e.g. iPhone = '*Apple Health*'. Android = '*Google Fit*'.  
If not, download and install this App.
3. Open the Heart Foundation '*Walking*' App and Register.  
(Note that this Registration is not linked to your Heart Foundation Walking Group registration. You may use the same or different registration details.)
4. Go to Settings and 'Connect' to the 'step-counting' App.
5. The App records your steps everytime the phone is in your pocket. Check it out after every SOW!

More information on the [Heart Foundation website](#)