



QUICK CARD

Mile Tracker

How it works – one page

Mile Tracker turns your phone into a walking coach.

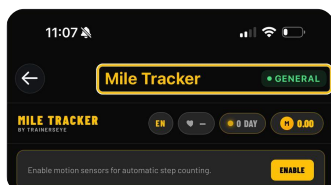
TrainersEye app → Dashboard → Mile Tracker · General plan

GETTING STARTED

WALK AND EARN

PULSE

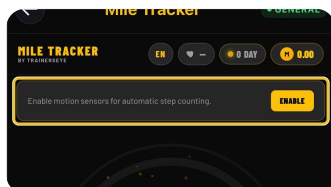
TERMINAL



1

Open the tool

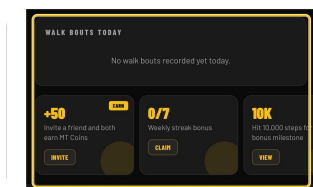
From the Dashboard, tap Mile Tracker. It is part of the General plan, so every subscriber can use it.



5

Enable motion sensors

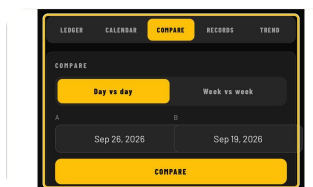
On Home, tap Enable so the phone's motion sensors count your steps automatically. Without it nothing is counted.



9

Walk bouts and bonus cards

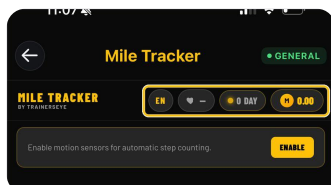
Walk Bouts Today lists each qualified walk as it is recorded.



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The Terminal

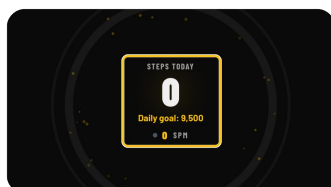
Terminal keeps three months of your walking on the phone: a day-by-day ledger, a calendar, records, a trend line and Compare, which sets any two days or weeks side by side – steps, distance, brisk and active minutes, walk bouts, energy and training load.



2

Know the header

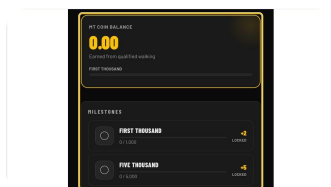
The four chips at the top are yours to watch: language, your latest heart rate, your streak in days and your MT Coin balance.



6

Read the ring

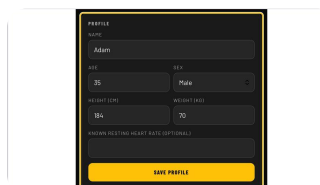
The centre shows today's steps against your daily goal and your cadence in steps per minute.



10

Rewards

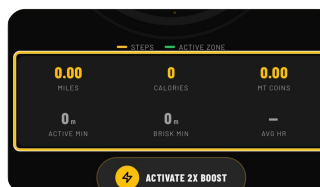
Rewards shows your MT Coin balance and the milestones – first thousand, five thousand, the ten-thousand club, fifteen thousand and streaks – each with its coin bonus.



3

Set up your profile

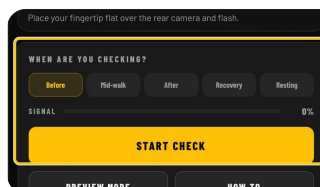
Open More and fill in your name, age, sex, height and weight, plus your resting heart rate if you know it, then tap Save Profile.



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Today at a glance

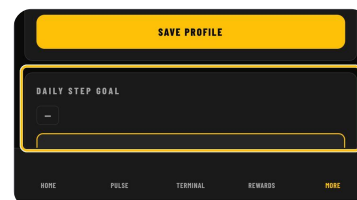
Under the ring: miles, calories and MT Coins earned, then active minutes, brisk minutes and your average heart rate for the day.



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Check your pulse

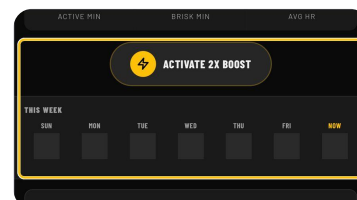
On Pulse, choose when you are checking – before, mid-walk, after, recovery or resting – then tap Start Check and place your fingertip flat over the rear camera and flash.



4

Set your daily goal

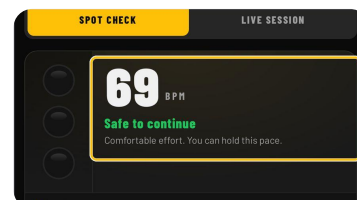
Below the profile, set your daily step goal with the minus and plus buttons.



8

Boost, streak and your week

Tap Activate 2X Boost before a walk to double the coins it earns.



12

Hold still for the reading

Keep your hand relaxed while the signal bar fills and the countdown runs.

ON THE HOME SCREEN

LANGUAGE · HEART RATE · STREAK · MT COIN BALANCE · MOTION SENSORS · STEPS RING · LEGEND · TODAY'S NUMBERS · 2X BOOST · TABS



You're ready

That's it. Open Mile Tracker, enable the sensors and take your first walk.