

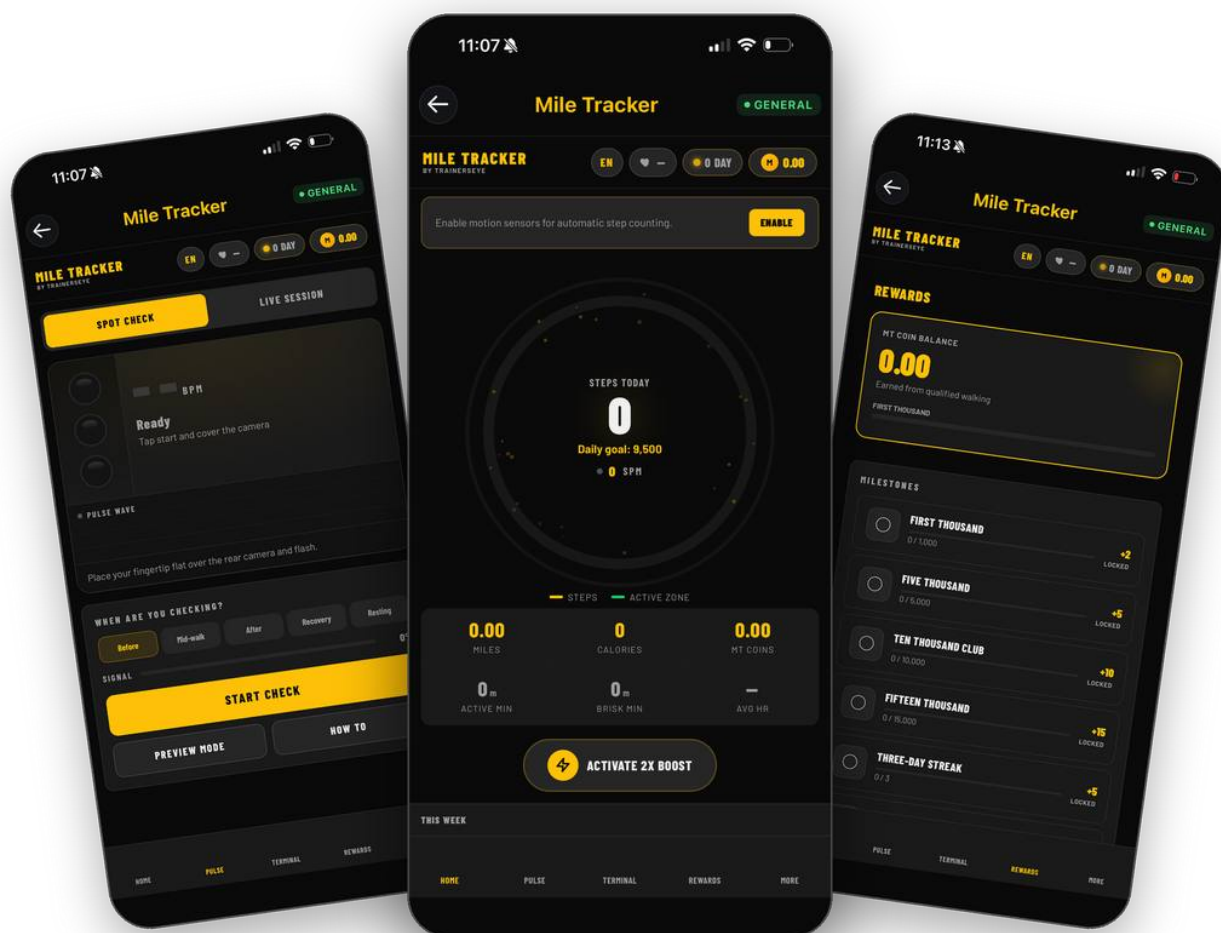


USER GUIDE

Mile Tracker

Every step counted. Every walk rewarded.

How to use the tool, step by step – in the TrainersEye app





What is Mile Tracker?

Mile Tracker turns your phone into a walking coach. It counts every step automatically, pays MT Coins for qualified walking, checks your pulse with the camera, and keeps three months of your walking on the phone so you can compare any two days or weeks. Everything sits on five tabs: Home, Pulse, Terminal, Rewards and More.

Steps counted automatically

Enable the motion sensors once and every walk is counted — with cadence, brisk minutes and active minutes.

MT Coins for real walking

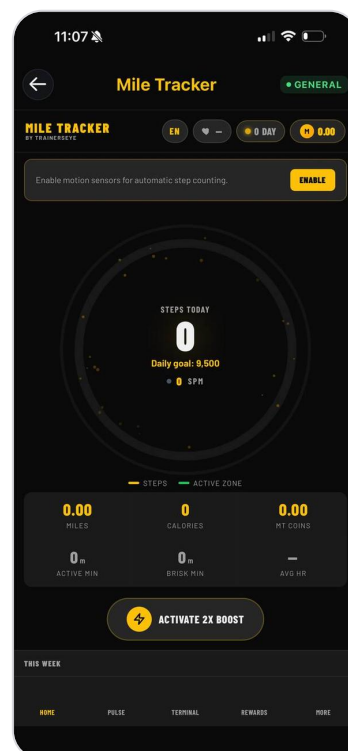
Coins come from qualified walking bouts, boosts, streaks and milestones — not from shaking the phone.

Pulse from your camera

A fingertip spot check before, during or after a walk, or a live session with a Bluetooth monitor.

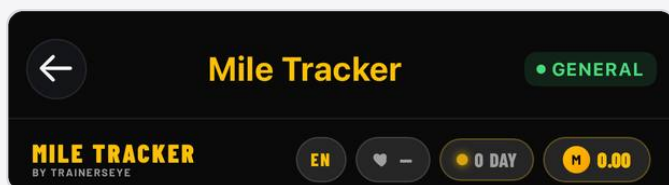
Three months on your phone

Ledger, calendar, records, trend and Compare — any two days or weeks side by side.



Where to find it

Open the TrainersEye app, go to the Dashboard and tap Mile Tracker. It is part of the General plan, so every subscriber can use it.



This guide in thirteen steps

- 1 Open the tool
- 2 Know the header
- 3 Set up your profile
- 4 Set your daily goal
- 5 Enable motion sensors
- 6 Read the ring
- 7 Today at a glance
- 8 Boost, streak and your week
- 9 Walk bouts and bonus cards
- 10 Rewards
- 11 Check your pulse
- 12 Hold still for the reading
- 13 The Terminal



PART 1 · GETTING STARTED

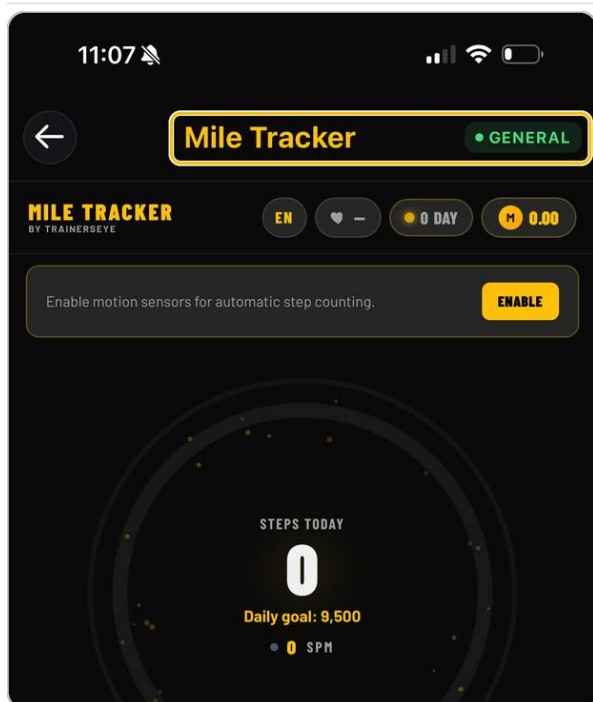
STEP 1

Open the tool

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

TIP

Your plan level shows beside the title, so you always know what is included.



PART 1 · GETTING STARTED

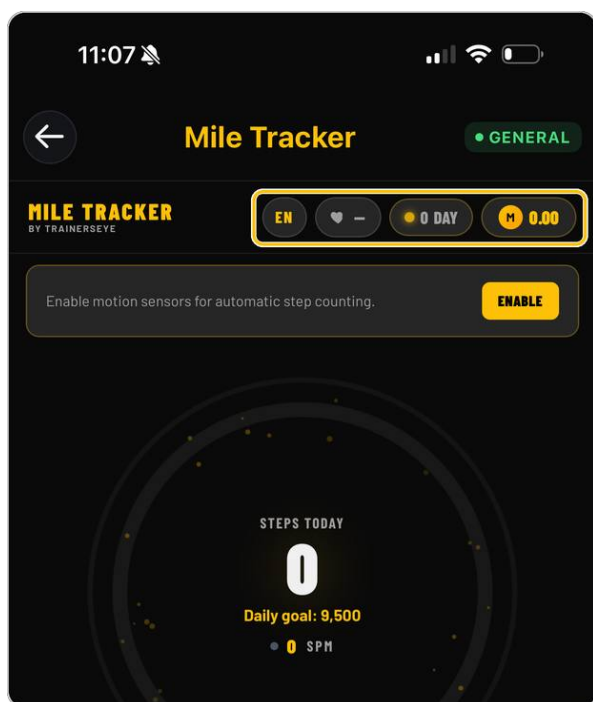
STEP 2

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.

TIP

Tap EN to switch the whole tool to Hindi, Spanish or Arabic.





M

MILE TRACKER USER
Set up your profile for accurate figures

PROFILE

NAME

Adam

AGE

SEX

35

Male

HEIGHT (CM)

WEIGHT (KG)

184

70

KNOWN RESTING HEART RATE (OPTIONAL)

SAVE PROFILE

DAILY STEP GOAL

-

PART 1 - GETTING STARTED

STEP 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. Distance, calories and heart-rate guidance are calculated from these.

TIP

Profile & Data is also where step history from Apple Health or Google Fit can be imported – imported days count for your record but never earn coins.

AGE
SEX
35
Male

HEIGHT (CM)
WEIGHT (KG)
184
70

KNOWN RESTING HEART RATE (OPTIONAL)

SAVE PROFILE

DAILY STEP GOAL

-

HOME
PULSE
TERMINAL
REWARDS
MORE

PART 1 - GETTING STARTED

STEP 4

Set your daily goal

Below the profile, set your daily step goal with the minus and plus buttons. The ring on Home fills towards this number and your streak counts the days you reach it.

TIP

Start with a goal you can reach on an ordinary day, then raise it as your average climbs.



PART 1 · GETTING STARTED

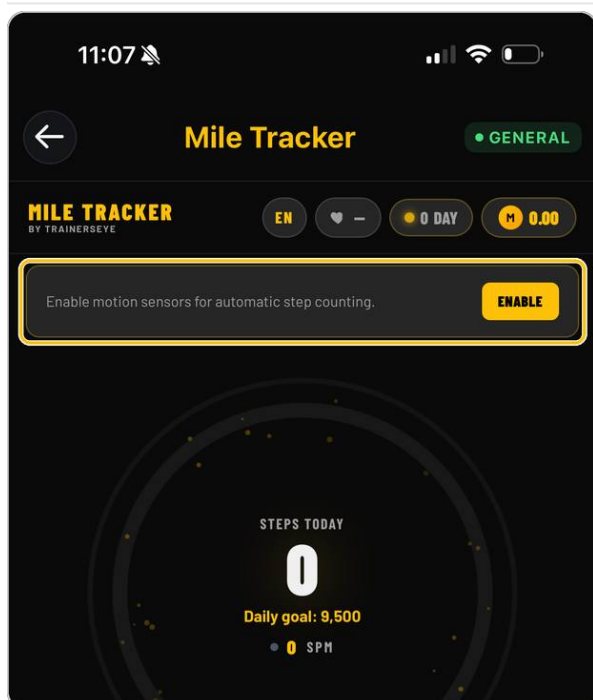
STEP **5**

Enable motion sensors

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

TIP

Allow motion access when the phone asks; you only need to do this once.



PART 2 · WALK AND EARN

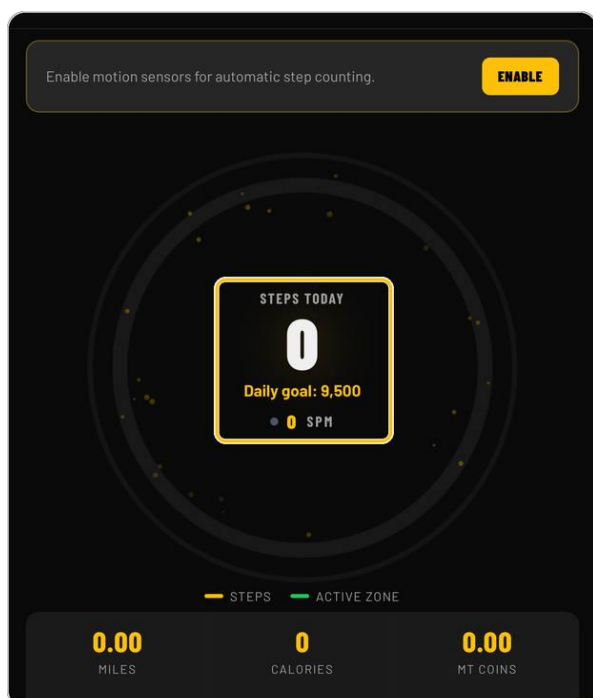
STEP **6**

Read the ring

The centre shows today's steps against your daily goal and your cadence in steps per minute. The amber ring fills with steps; the green ring shows minutes in the active zone.

TIP

A cadence of about 100 steps per minute or more is brisk walking — that is what fills the green ring.





PART 2 · WALK AND EARN

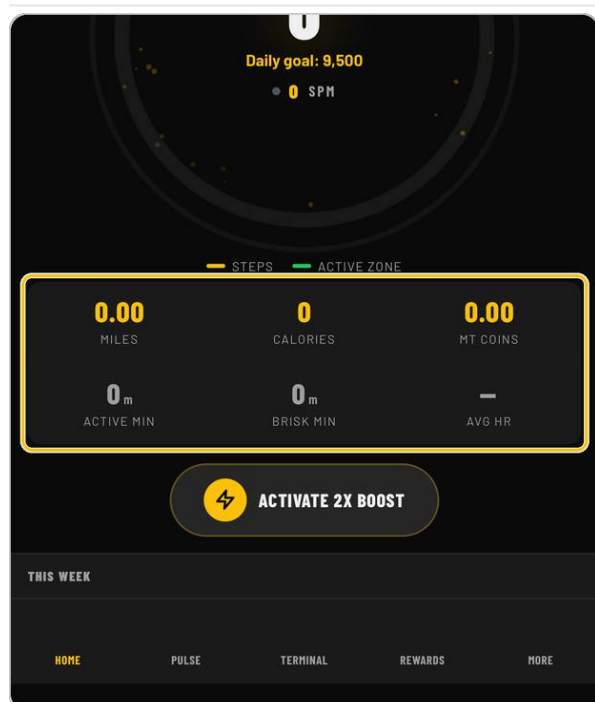
STEP 7

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.

TIP

Watch the brisk minutes – they build fitness and earn the coins.



PART 2 · WALK AND EARN

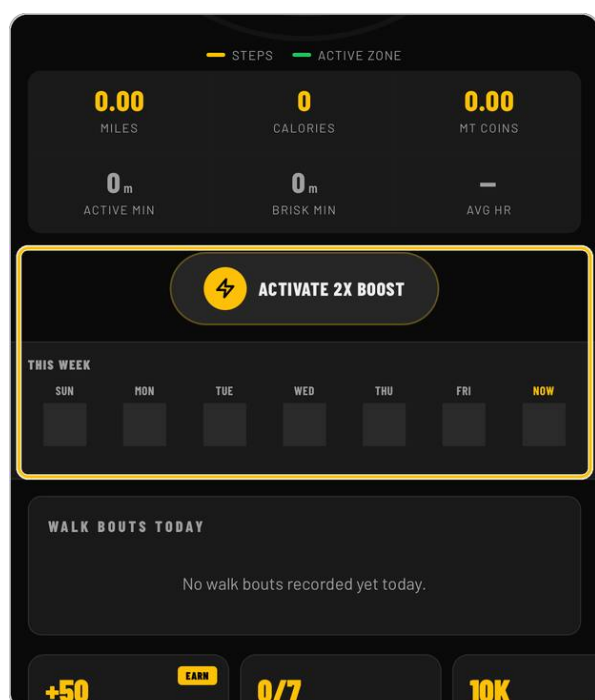
STEP 8

Boost, streak and your week

Tap Activate 2X Boost before a walk to double the coins it earns. This Week shows a box for each day; a filled box is a day you reached your goal.

TIP

The streak chip at the top counts consecutive goal days – miss a day and it starts again.





PART 2 · WALK AND EARN

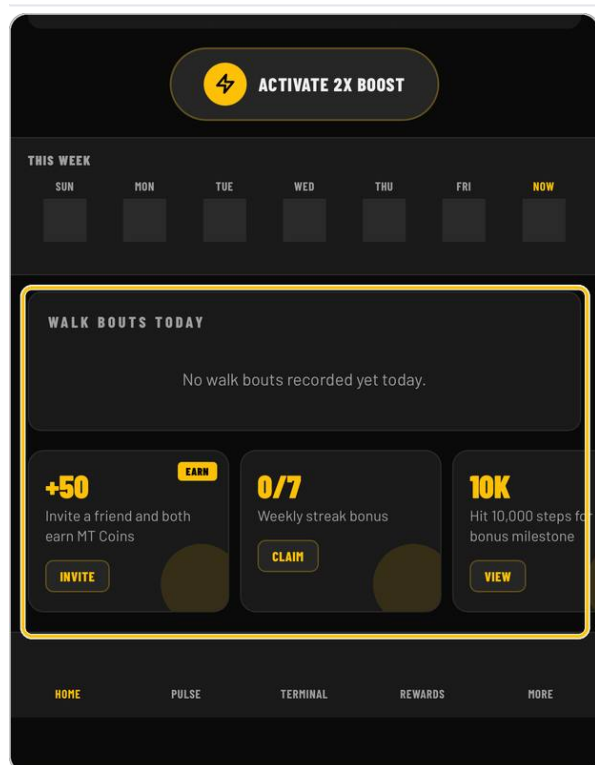
STEP **9**

Walk bouts and bonus cards

Walk Bouts Today lists each qualified walk as it is recorded. Below it, the cards let you invite a friend for bonus coins, claim the weekly streak bonus and view the 10K milestone.

TIP

Coins come from walking bouts the sensors recognise, not from shaking the phone.



PART 2 · WALK AND EARN

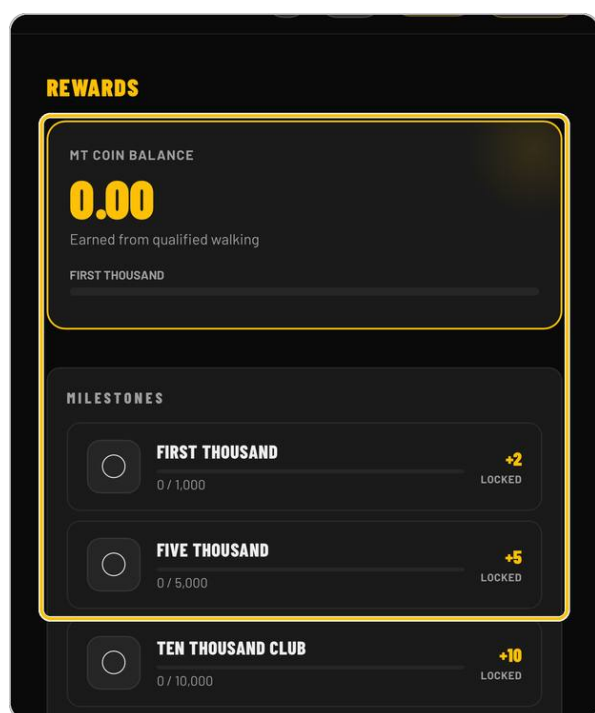
STEP **10**

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.

TIP

Milestones unlock as your steps add up; the bar under each shows how close you are.





PART 3 · PULSE

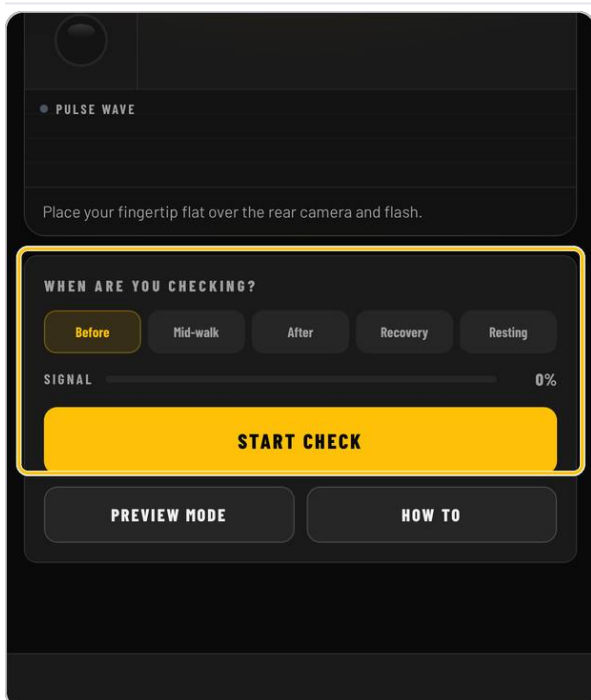
STEP **11**

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.

TIP

Tap How To for the on-screen instructions, or Preview Mode to see how a reading looks first.



PART 3 · PULSE

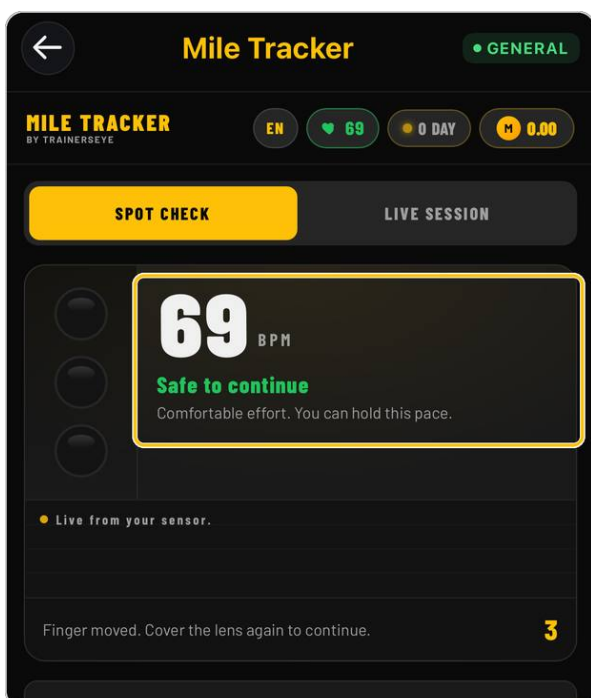
STEP **12**

Hold still for the reading

Keep your hand relaxed while the signal bar fills and the countdown runs. Your BPM appears with a verdict — such as Safe to continue — and is saved to the heart chip at the top.

TIP

Live Session pairs a Bluetooth heart-rate monitor for continuous readings during a walk.





PART 4 · TERMINAL

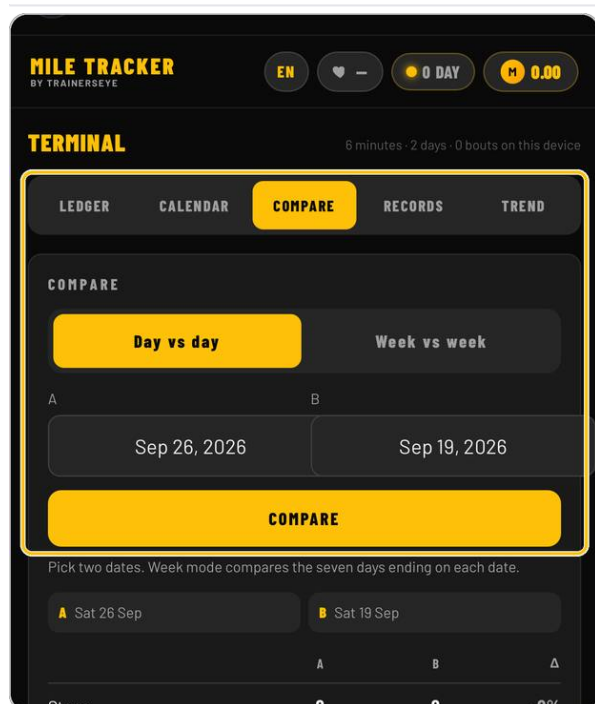
STEP **13**

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.

TIP

Week mode compares the seven days ending on each date you pick — ideal for checking one week of a plan against the last.



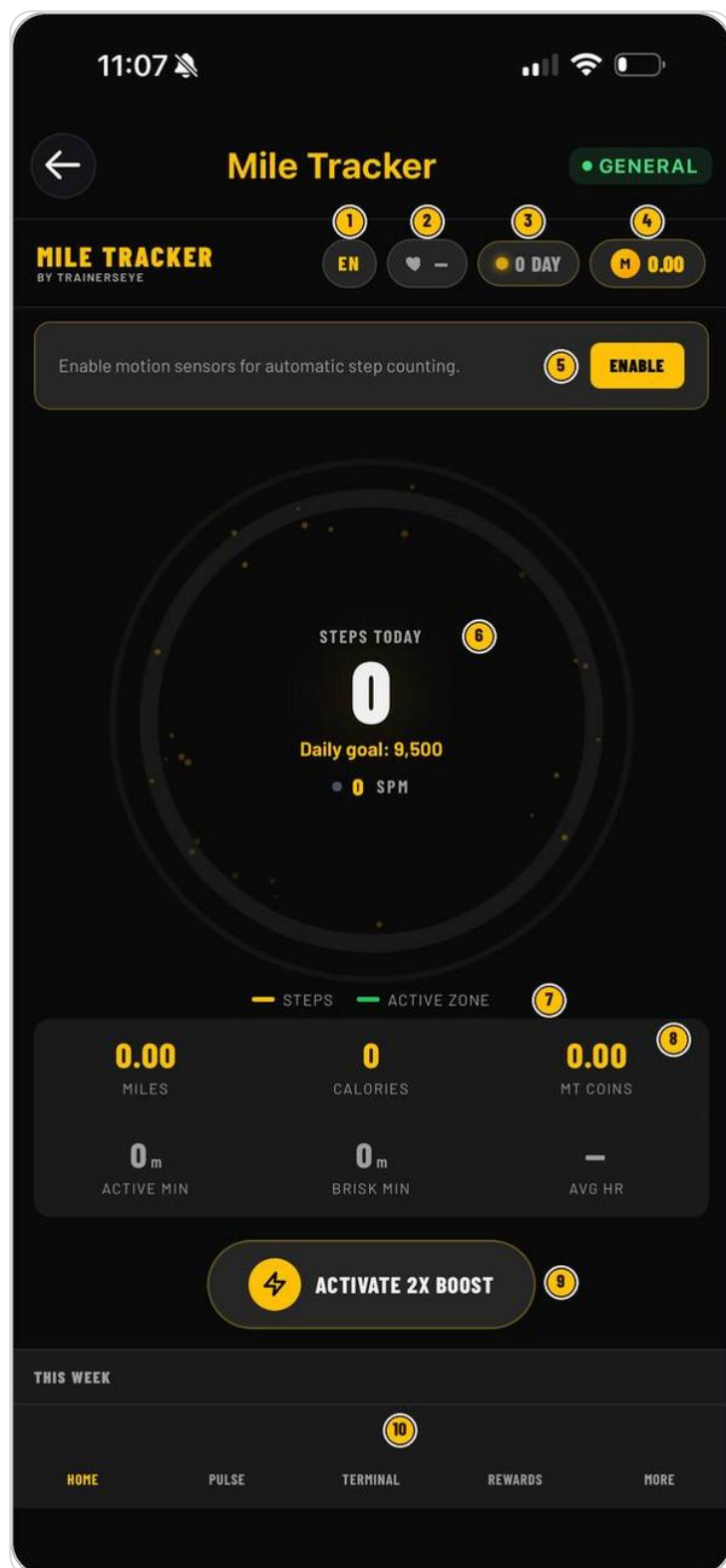
You're ready

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



Reading the Home screen

Home has everything at a glance. Here is what each part means.



- 1 Language**
Tap EN to switch between English, Hindi, Spanish and Arabic.
- 2 Heart rate**
Your latest pulse reading; a dash until you take one.
- 3 Streak**
Days in a row you have reached your goal.
- 4 MT Coin balance**
Coins earned from qualified walking.
- 5 Motion sensors**
Enable once so steps count automatically while you walk.
- 6 Steps ring**
Today's steps against your daily goal, with your cadence in steps per minute.
- 7 Legend**
The amber ring fills with steps; the green ring shows minutes in the active zone.
- 8 Today's numbers**
Miles, calories, MT Coins, active minutes, brisk minutes and average heart rate.
- 9 2X Boost**
Doubles the coins your walking earns while the boost runs.
- 10 Tabs**
Home, Pulse, Terminal, Rewards and More – the five screens of the tool.



Move with **Precision.** Live with **Confidence.**

MILE TRACKER IS PART OF TRAINERSEYE

Support: support@trainerseye.com · trainerseye.com

Backed by MMSx Authority Institute

Pulse readings are for guidance, not diagnosis. Stop if you feel unwell. Educational content — not medical advice.