



# SPARKPITTSBURGH

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# STEPCHALLENGE

## FAQs Employees

**Q: What do I need to do to register for the SparkPittsburgh Step Challenge?**

A: Log on to [www.SparkPittsburgh.com](http://www.SparkPittsburgh.com) and complete the necessary information. Additional information can be found in the SparkPittsburgh Step Challenge toolkit.

**Q: I registered my employer using the “other” option but my employer still isn’t showing up and my co-worker wants to sign up for the challenge. What should I do?**

A: When adding an employer using the “Other” option, your company team will be created and appear on the drop down within 48 hours so that others in your company may register.

**Q: What wearable devices can be integrated to the website to log my steps automatically for the SparkPittsburgh Step Challenge?**

A: Fitbit, Gamin, Misfit, Google Fit, or the Apple Health app.

**Q: If I do not own a wearable device, what can I use to log my steps?**

A: If you have a smartphone, you can connect the Apple Health app to your account. If you do not have a smartphone, you can use a pedometer and enter your steps manually.

**Q: I have a fitness device and/or app that I would like to connect to my SparkPeople account. How can I do that?**

A: See our resources on tracking your steps.

**Q: How can I track my steps if I am not using a wearable device?**

A: You can track your steps by using a pedometer or your smartphone.

**Q: If I forget to log my steps manually, can I go back and log previous days step totals?**

A: Yes.

1. Click on the calendar next to today’s date.
2. Choose the date you wish to go back to.
3. Enter steps in the box and click save.

**Didn’t Find An Answer For Your Question?**

Email us at [support@sparkpeople.com](mailto:support@sparkpeople.com).