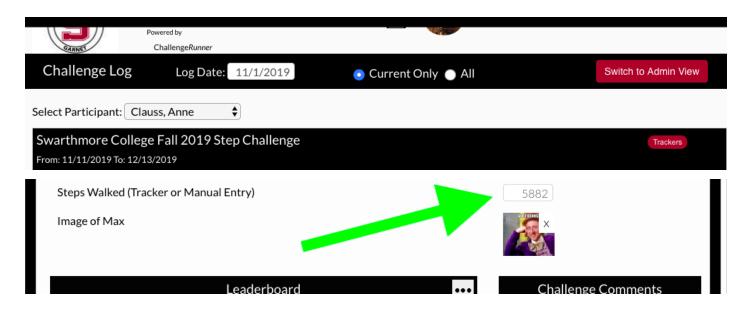# Swarthmore College Step Challenge Instructions for How to Manually Log Steps

FROM A COMPUTER:

From your computer, you'll see a screen like this and a box in light grey where you can enter steps manually (or overwrite the steps from a tracker if they are inaccurate)

FROM A SMARTPHONE:

From the app, clicking on the grey arrow on the right through this sequence of screens:

Reach out to Max Miller, Assistant Athletic Director for Recreation, Wellness, & Physical Education, at mmiller5@swarthmore.edu with questions.