User Guide

Nokia
Sports Tracker

Beta Version 0.9

User Guide

Nokia Sports Tracker mobile application

NOKIA SPORTS TRACKER OVERVIEW

Nokia Sports Tracker is a GPS based activity tracker. You can monitor, analyze and share your sports performance. The application automatically stores information such as speed, distance and time to your training diary. You can visualize and replay your existing data and view trends to analyze your progress. You can also share data over 2G/3G and compete against yourself or a friend. The application supports Nokia N95 with integrated GPS and other Nokia Nseries devices and S60 device.

1. GET STARTED

1.1 Download the application to your phone.

You can find the Nokia Sports Tracker application in Internet:
http://research.nokia.com/research/projects/SportsTracker/index.html

There are two options to download the application to phone:

a) use phone browser to access the above-mentioned page and click installation link at the bottom of the page or

b) Download the installation package to your computer and perform the installation to your phone using PC Suite

To be able to use application, you need Nokia phone with Bluetooth GPS device or Nokia phone with integrated GPS.

1.2 Open the application

Open the Sports Tracker application in your phone.

Select **Applications** > **Sports Tracker**

Add your name to the Users. **Settings** > **Users** > type your name / nickname
This name will be shown in the workout summary view.

2. NAVIGATION

Selection key to
perform action

Scroll key to move
left, right, up, and
down

Use these keys (5 and 0)
to zoom in and out the
graphs and maps

3. THE MAIN MENU OF SPORTS TRACKER APPLICATION

In the application main menu there is a list of the features: New Workout, Training Diary, Routes and Settings. Under the feature name there is information about the current settings: the last activity, number of recorded workouts and routes. You can scroll up and down all the menus in application using the scroll key. Make selections with Selection key.

4. STARTING A NEW WORKOUT

1. Select **New Workout** on the main menu
2. Choose the type of activity from the activity list
3. Choose the autolap distance from the list
4. Choose route from the list (optional)
5. Choose target from the previous workouts (optional)
6. press **OK**
7. To cancel the workout, press **cancel**
8. To start the workout, press **start**
9. To stop the workout select **Options** > **Stop**

The application divides a workout automatically into laps. When the lap changes, you can hear a signal sound and a signal field will appear to the workout screen. You can set the autolap on each 1km or 500m mark, or choose the route based autolap counter.

When you have recorded workouts and saved them as routes, you can compare the new workout with the old while recording by choosing the route.

4.1 While recording a workout: workout information, pause, keylock, backlight, lap

On the workout display there is information about the current workout: pace/speed, distance, time and picture of the track. On the right side of the screen, there is an information box that indicates the GPS state.

 Green: the GPS is on and locked to the signal

 Yellow: the phone is looking for a signal

 Red: the application can't find the signal

On the workout mode, you can get more detailed information (Avg. pace, altitude, position etc.) and graphs by scrolling the screens up and down. To scroll the screens on the workout mode, select **Options > View > Next screen / Prev screen** or use the scroll key.

To pause the tracking on the workout mode, select **Options** > **pause**. To start the tracking again, select **continue**.

To lock the keypad while having a workout select **Options > lock keypad**.

To switch on (and off) the backlight, select **Options > set backlight** or press **9**.

To see the current lap information (the lap number, the pace and the lap time) press **lap**.

5. TRAINING DIARY

In the Training diary you can scan recorded workouts in calendar and list view, send screenshots of your workouts via multimedia or upload them to web, replay workouts and get workouts summaries etc.

5.1 Scanning the training diary: Calendar view

Scroll **Training diary**

You can see now the Training diary calendar. In the calendar each workout appears as a small bar. The different workouts of same day appear in different colors.

To scroll the calendar, use scroll key.

When you get on a day with workout bar, the workout details appear automatically in the top of the screen.

To get more detailed information, enter the list view of the Training diary. Press the selection key or select **Options** > **List view**

5.2 Training diary: List view

Scroll **Training diary** > **Options** > **List View**.

Shortcut to list view is to press the selection key once on the calendar view.

To see the workout details scroll the wanted workout and press selection key. Scroll up and down to see the workout summary, the statistics of the workout laps, Speed vs. time diagram, Speed vs. distance diagram, Altitude vs. distance diagram and the graph of the track.

You can move quickly from a workout to another by scrolling left and right in Training diary list view statistics

5.3 Workout summaries

Scroll **Training diary** > **options** > **summary** > and select the time period

Application collects summaries about the workouts you have recorded. You are able to see the statistics of all activities or watch each activity separately. You can get the weekly, monthly, annual or total summaries.

In summary view you are able to scroll up and down to see the summaries of different activities. To see the previous or next time period, scroll left or right with the scroll key.

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5.4 Adding a new workout manually to Training diary

To add a new workout to the Training diary, scroll **Training diary** > **Options** > **Add workout** and input the workout information. The application will name and time a new workout automatically by the present date and time but you are able to change these settings.

5.5 Deleting a workout

Scroll **Training diary** > **Options** > **List view** > select the workout you want to delete > **Options** > **delete**

5.6 Sending a workout

You can take screenshots of your workout screens and send them as multimedia messages, via Bluetooth or upload the pictures directly to web.

Scroll **Training diary** > **Options** > **List view** > select the workout you want to send > select the screen you want to screenshot > **Options** > **send** > select the sending channel

5.7 Saving a workout as a route

You can save the workouts you have tracked as routes to be later able to track the same paths and compare them.

Scroll Training **diary > Options > List view >** select a workout **> options > save workout > as route**

Type a name for your route and press **OK**. Now the new route is available in the list of routes.

5.8 Saving a workout and exporting a workout

You can export your recorded track to Google Earth and other 3rd party applications.

To export the track to Google Earth scroll **Training diary > Options > List view >** select a workout **> options > save workout > Export to Google Earth**

Choose the altitude mode (Clamp to ground, relative to ground, absolute) and altitude data (altitude, speed). You can create a file only and send it later or you can directly send the created file. Choose the saving location and sending mode.

To export the track to other 3rd party applications and devices scroll **Training diary > Options > List view >** select a workout **> options > save workout > Export as GPX / Export as XML / Export as CSV**

5.9 Replaying a workout

Select **Training diary > Options > List view >** Select a workout **> Options > Replay**

You can replay workouts in Training diary. Press **#** to start replaying. You can speed up the replay pressing **3** and slow it down pressing **1**. To see the GPS-points on the map view, press **7**. Scroll up and down with the scroll key, to see the replayed information about: Speed vs. time, Speed vs. distance, Altitude vs. distance and replay the track graph. You can also scroll left and right, to browse between different workouts.

Press 5 to zoom in the maps and graphs.
Press 0 to zoom out the maps and graphs.

5.10 Looking and modifying workout properties

If you want to look or modify the workout information, select **Training diary** > **Options** > **List view** > Select a workout > **Options** > **Properties**

You can input workout name, choose activity from the list, choose route, change the date and start time, duration, distance, offset the altitude. You can also see the size of the workout in disk.
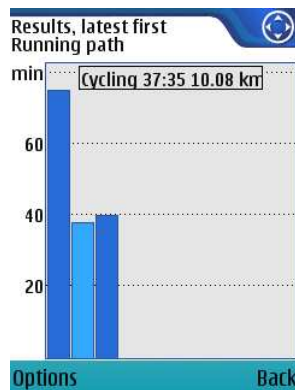
6. UPPLOADING WORKOUTS TO THE WEB-SERVICE

Diary > browse to workout > Options > Upload to Service

7. THE ROUTES

In the Routes you can see a list of all recorded and saved routes, see the route summaries, compare different routes, export routes to Google Earth and save them in GPX, XML and CSV formats.

7.1 Route summaries

Select **Routes** > select a workout

In Route summary you can see the statistics of a route (e.g. total distance and average speed) see a bar graph of the workout results, see the route profile and the graph of the track. To see all the screens, scroll up and down.

In the bar graph, press selection key or *, to see the details of a workout (activity type, time, distance) and scroll left and right to move from a bar to another. To quit the viewing of the details, press selection key or *.

You can move quickly from a route summary to another scrolling left and right with navigation key.

7.2 Deleting routes

Select **Routes** > scroll the route you want to delete > **Options** > **Delete**

7.3 Saving routes

You can export your recorded route to Google Earth and other 3rd party applications.

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To export the route to Google Earth scroll **Training diary > Options > List view >** select a workout **> options > save workout > Export to Google Earth**

Choose the altitude mode (Clamp to ground, relative to ground, absolute). You can create a file only and send it later or you can directly send the created file. Choose the saving location and sending mode (multimedia message, Bluetooth, infrared, web upload).

To export the route to other 3rd party applications and devices scroll **Training diary > Options > List view >** select a workout **> options > save workout > Export as GPX / Export as XML / Export as CSV**

7.4 Looking and modifying route properties (altitude offset, the name and size in disk of a route)

If you want to rename or offset the altitude of a route select **Routes** > scroll a route > **Options** > **Properties**

7.5 Viewing the workouts of a route

Select **Routes** > scroll a route > **Options** > **view workouts**

You can see all the information of the workouts in a route. Scroll up and down to see the Workout summary, the Workout laps information, Speed vs. time diagram, Speed vs. distance diagram, Altitude vs. distance diagram and the graph of the track. To see other workouts of the same route, scroll left and right.

8. SETTINGS

In Settings you can control general settings of the application concerning Access point, updating, measurement units, workout backlight, autolap, keylock, GPS filtering and altitude offset. You can also input users and new activities to the application.

8.1 Modifying and adding new activities

If you want to modify the settings of an activity or if you can't find the right activity type in the application and want to add your own type in Sports Tracker, you are able to do that in Settings.

Select **Settings** > **Activities** > choose the activity that you want to change or scroll down to fill and empty spot (other 1 and 2) with a new activity.

    a) Input the name of the activity
    b) Choose how you want the velocity to be shown in the monitor: speed as km/h or pace as min/km
    c) Set the autopause options. The application will pause automatically when the speed is less than 1, 2, or 5 km/h. To switch of the autopause, choose disabled.
    d) Set the speed average options.

8.2 Choosing the Access Point

Select **Settings** > **General** > **Access Point** > select the access point type

If you want to set the access point off, select none.

8.3 Updating the application

The application will check automatically for available updates. To set the automatic set off (and on) select **Settings** > **General** > **Check for updates**.

8.4 Changing the measurement unit

Settings > General > Measurement unit

8.5 Workout backlight

The application will automatically switch the workout backlight off after 10 seconds of pressing a key. To adjust the workout backlight select **Settings** > **General** > **Workout backlight**

In the workout mode the hot key to adjust backlight is 9.

8.6 Autolap signal

In the workout mode the application will inform the changing lap with a sound or light or both. You can adjust the settings or switch the signal off: Select **Settings** > **General** > **Autolap signal**

8.7 Automatic keylock

The application will keylock itself automatically in 10, 20, 30 seconds. You can adjust the settings or switch the keylock off: Select **Settings** > **General** > **Use Automatic keylock**

8.8 GPS filtering

GPS filtering trackes the changes in speed and course and filters erroreus signals and makes the tracked data more reliable.

If you want to adjust the GPS filtering, select **Settings** > **General** > **GPS filtering**

High > high level of filtering, Low > loosest filtering level

8.9 Altitude offset

Settings > **General** > **Altitude offset**

You can set a general altitude offset for your workouts. To set the altitude offset for each route separately, look the chapter 7.4.

8.10 Step counter

Settings > **General** > **Stepcounter**

9. FREQUENTLY ASKED QUESTIONS

Q: What are the first steps?
A: 1. Download the application to your phone in
http://research.nokia.com/research/projects/SportsTracker/index.html
2. Open the application (**Applications** > **Sports Tracker)**
3. Add your name to the Users. **Settings** > **Users** > type your name / nickname
4. Start new workout
(See the chapter 2 and 5.)

Q: How do I install the application in my phone?
A: You can find the Nokia Sports Tracker application in Internet:
http://research.nokia.com/research/projects/SportsTracker/index.html
There are two options to download the application to phone:
a) use phone browser to access the above-mentioned page and click installation link at the bottom of the page or
b) Download the installation package to your computer and perform the installation to your phone using PC Suite

Q: Do I have to put the GPS on before starting new workout?
A: If the GPS is embedded to the device you don't have to put it on. The application will switch the GPS on automatically. If you are using device with external GPS, you have to put it on separately.

Q: What can I do to quick the GPS to lock on to a signal?
A: To make the starting quicker, don't move while the phone is looking for a signal and make sure the phone has clear view to the sky.

Q: How do I know when the GPS is on?
A: When the GPS-box is green on the workout mode, the GPS is locked to a signal.

Q: What does the GPS filtering do?
A: GPS filtering trackes the changes in speed and course and filters erroreus signals and makes the tracked data more reliable.

Q: What does the altitude offset do?
A: Altitude offset can be used to zero the altitude reading to a known value (e.g. sea level).
Displayed altitude = measured altitude + altitude offset.

Q: What does the feature routes do?
A: In the Routes you can see a list of all recorded and saved routes, see the route summaries, compare different routes, export routes to Google Earth and save them in GPX, XML and CSV formats.

Q: Can I use Sports Tracker with not Nokia certificated phones?
A: At the moment Sports Tracker is available only in Nokia phones.

Q: Why does the ST stops collecting data sometimes during workout?
A: If you have set on autopause the application stops collecting data when the speed gets low.

Q: Can I use the phone while tracking a workout?
A: Yes you can. You can use any other application or feature while recording a workout.

Q: How to navigate the map on the phone?

A: At the moment navigating the map is not possible.

Q: The speed measure jumps a lot, can I smooth that?
A: You can adjust the speed settings in **Settings** > **Activities** > choose activity type >
Speed averaging

Q: The altitude seems to be wrong. What can I do about that?
A: You can set an altitude offset for calibration. Offset the altitude of a route select **Routes** > scroll
a route > **Options** > **Properties > altitude offset.**

Q: Why do I see only a black background instead of maps?
A: Currently the application does not contain any map content; stay tuned for an update. You can
upload your routes for example to Google Earth to see them on a map.

Q: Can I add and name other activities to the application?
A: Yes you can. Select **Settings** > **Activities**.

Q: Can I switch the autolock off?
A: Yes, you can. **Settings** > **General** > **Use automatic keylock**

Q: Can I switch on the backlight while tracking rapidly?
A: Yes, you can switch on and off backlight pressing 9.

Q: How to upload my workouts to the web service?
A: Diary > browse to workout > Options > Upload to Service

Q: I switched on 'live tracking' but the workout is not visible on the web service?
A: You still need to upload the workout to service.