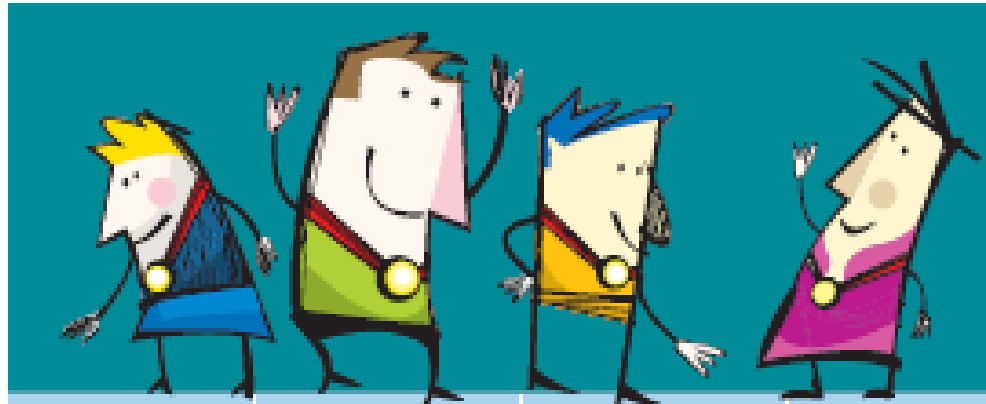


**Are you ready to step up to the  
challenge?**

**Win prizes, have fun and get fit!**



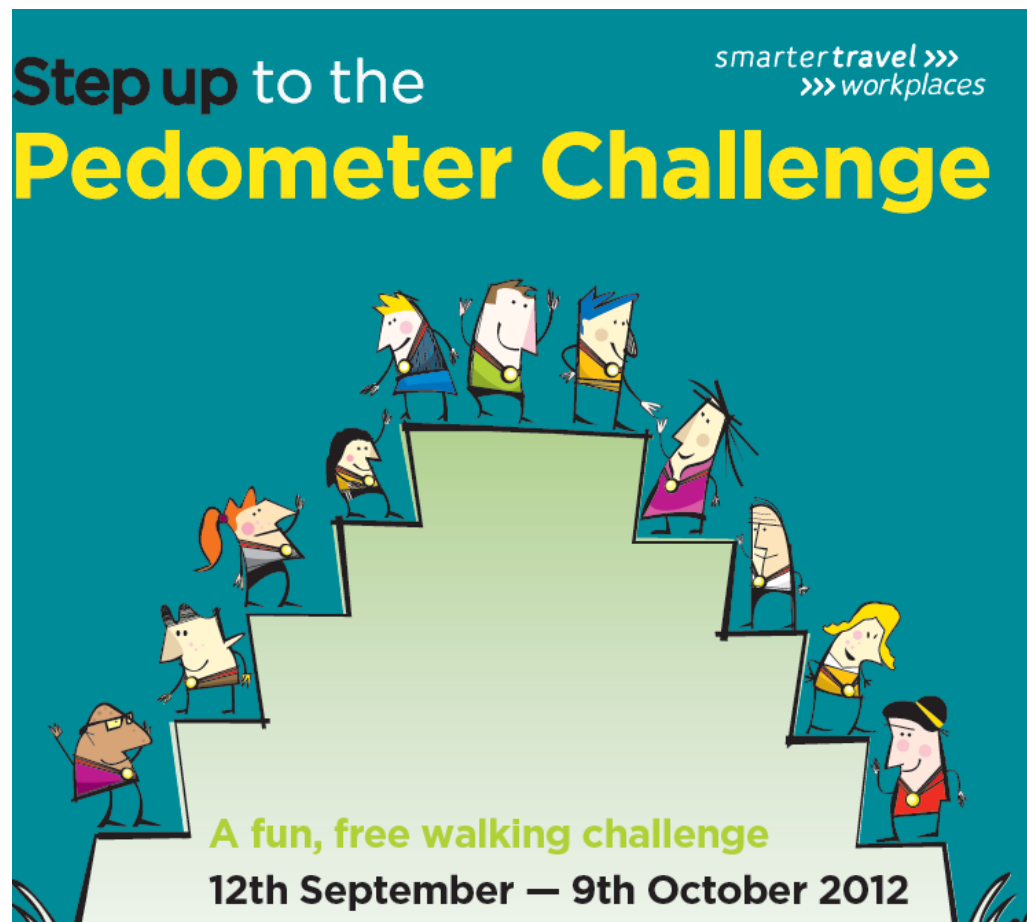
**Team captains register your team now**  
**[www.pedometerchallenge.ie](http://www.pedometerchallenge.ie)**

*smartertravel >>>*  
*>>> workplaces*



# Pedometer Challenge 2012

Information for TEAM CAPTAINS: How to register your team!



# How to register teams?

- Team Captains can register their team by setting up a Journey Logger account. Only the Team Captain needs to have a Journey Logger account for this challenge.
- If you are a Team Captain and you already have a Journey Logger account, you can enter your Pedometer Challenge team details by logging in, clicking on 'Edit my details' and filling in the 'Pedometer Challenge' tab. The Team Captains will log the team steps weekly (or daily if preferred), further information on logging steps will be provided to Team Captains.

Visit [www.pedometerchallenge.ie](http://www.pedometerchallenge.ie)

The screenshot shows the website's header with the logo "smarter travel >>> workplaces" and navigation links: HOME, PEDOMETER CHALLENGE, WORKPLACES, YOUR OPTIONS, MAKE THE CHANGE, PLAN A JOURNEY. A main banner for the "Step up to the Pedometer Challenge" is visible, along with a "Journey Logger" form containing fields for "Email" and a password, and a "register" button circled in red. A large red arrow points from the bottom towards the "register" button. Other sections include "Welcome to Smarter Travel", "Ray D'Arcy's Small Steps", and "Workplace Travel Plans". A footer note states: "DID YOU KNOW - 6KM TRIP TO WORK TAKES LESS THAN 30 MINUTES BY BIKE".

Click 'Register'

HOME PEDOMETER CHALLENGE WORKPLACES YOUR OPTIONS MAKE THE CHANGE PLAN A JOURNEY

Sign up Check Email Your Details Complete

### Welcome to the Smarter Travel Workplaces Journey Logger!

**Register Now to Start Logging Your Steps!**

#### Pedometer Challenge 2012 Team Captain Registration

Pedometer Challenge Team Captains are invited to register on the Journey Logger so you can enter your team mates' steps and monitor your progress over the course of the Challenge.

Team Captains can register their team now, and **from Wednesday 12th of September until Tuesday 9th of October inclusive, you'll be able to log steps on behalf of your team.**

Please note that the Pedometer Challenge is only open to teams of 3-6 people in our Smarter Travel Workplaces Partner organisations.

Please ensure you enter your company and team name correctly!

**I already have a Journey Logger Account!**  
If you already have a Journey Logger account, you just need to log in and enter your Pedometer Challenge details under the 'Edit My Details' link (you will see this on the right hand side once you've logged in).

If you've forgotten your password, you can request it here

[Find out more about the Pedometer Challenge](#)

#### Sign me up for the Pedometer Challenge 2012!

First Name\* Sharon

Surname\* Daly

Email\* pedometerchallenge@smartertravelwo ⓘ

Company programme\* National Transport Authority ⓘ

I accept the [Terms and Conditions of use](#)\*

\* Required

Submit

#### Journey Logger

FAQ ⓘ

Email

\*\*\*\*\*


login

register

[Forgotten your password?](#)

[Click here to find out how our 3014 Journey Loggers are doing](#)

#### Workplace Travel Plans



Find out how your workplace can avail of the 'Smarter Travel Workplaces' free support package

[find out more](#)

**Complete your details as requested and click 'submit'**  
*Please use an email address that you check regularly (preferably your work email address if you have one).*

# The following will appear

HOME PEDOMETER CHALLENGE WORKPLACES YOUR OPTIONS MAKE THE CHANGE PLAN A JOURNEY

Sign up Check Email Your Details Complete

**Welcome to the Smarter Travel Workplaces Journey Logger!**

**Register Now to Start Logging Your Steps!**

**Pedometer Challenge 2012 Team Captain Registration**

Pedometer Challenge Team Captains are invited to register on the Journey Logger so you can enter your team mates' steps and monitor your progress over the course of the Challenge.

Team Captains can register their team now, and from Wednesday 12th of September until Tuesday 9th of October inclusive, you'll be able to log steps on behalf of your team.

Please note that the Pedometer Challenge is a free service provided by Smarter Travel Workplaces Programme.

Please ensure you enter your company and team name correctly.

I already have a Journey Logger account

If you already have a Journey Logger account, you just need to log in and enter your Pedometer Challenge details (you will see this on the right hand side once you've logged in).

If you've forgotten your password, [click here](#).

Find out more about the Pedometer Challenge [here](#).

**Sign me up for...**

First Name \*  
Surname \*  
Email \*  
Company programme \*  
 I accept the Terms and Conditions of use \*  
\* Required

Submit

**Journey Logger** FAQ

Email  
\*\*\*\*\*  
login  
register  
Forgotten your password?

Click here to find out how our 3014 Journey Loggers are doing

**Workplace Travel Plans**

Find out how your workplace can avail of the 'Smarter Travel Workplaces' free support package

find out more

**Programme Registration**

Are you sure you wish to register for the National Transport Authority Journey Logger Programme?

Yes No

**Click 'yes' to sign up**

# The confirmation screen will appear

The screenshot shows the Smarter Travel Workplaces website. The header is green with the logo 'smarter travel >>> >>> workplaces' and navigation links: HOME, PEDOMETER CHALLENGE, WORKPLACES, YOUR OPTIONS, MAKE THE CHANGE, PLAN A JOURNEY. A progress bar shows 'Sign up' (checked), 'Check Email' (active), 'Your Details', and 'Complete'. The main content area has a 'Thanks for taking the first step!' message, a 'Journey Logger' login/register form, and a 'Workplace Travel Plans' section with an image of three people at a computer. The footer includes a 'DID YOU KNOW' tip and a 'privacy statement' link.

smarter travel >>>  
>>> workplaces

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HOME PEDOMETER CHALLENGE WORKPLACES YOUR OPTIONS MAKE THE CHANGE PLAN A JOURNEY

>>> Sign up ✓ Check Email Your Details Complete

**Thanks for taking the first step!**

Please check your email account now and follow the instructions to complete your registration.

The Smarter Travel Workplaces Team.

**Journey Logger** FAQ 1

Email  
\*\*\*\*\*

login  
register  
Forgotten your password?

Click here to find out how our 3014 Journey Loggers are doing

**Workplace Travel Plans**

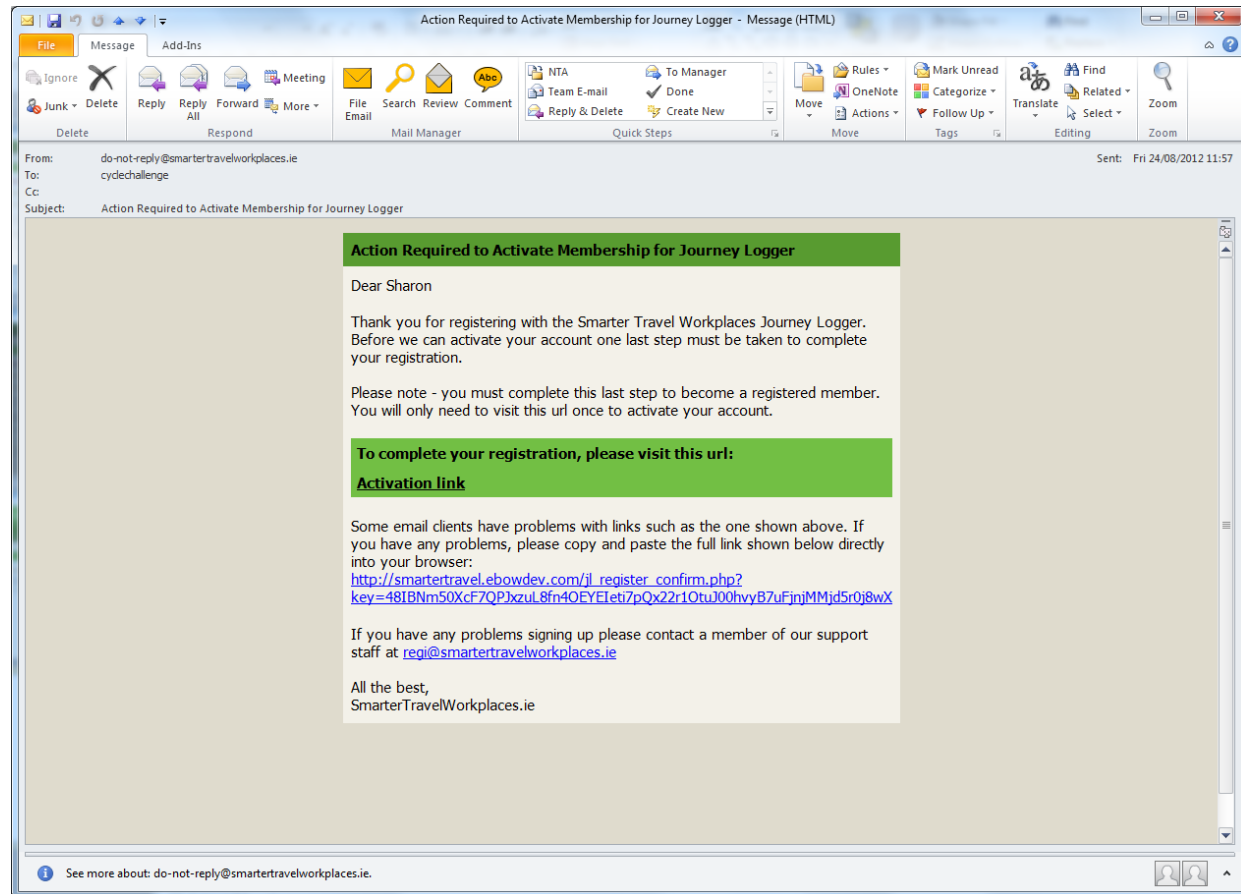
Find out how your workplace can avail of the 'Smarter Travel Workplaces' free support package

find out more

DID YOU KNOW - DURING DUBLIN'S WETTEST MONTHS IT RAINS 8% OF THE TIME

privacy statement

# An email will be sent to you at the address that you registered with



Click the 'activation link' to complete the registration process



# After clicking on the activation link you will be brought to this page

The screenshot shows the 'Complete Registration' page on the Journey Logger website. The page has a green navigation bar at the top with links for HOME, PEDOMETER CHALLENGE, WORKPLACES, YOUR OPTIONS, MAKE THE CHANGE, and PLAN A JOURNEY. Below the navigation bar is a progress indicator with four steps: Sign up, Check Email, Your Details (the current step), and Complete. To the right of the progress indicator is a 'Journey Logger' logo and a 'FAQ' link. Below the progress indicator is a 'Logged in as: Sharon Daly' notification. The main heading is 'Complete Registration'. Below the heading is a welcome message: 'Welcome Sharon Daly, please fill in the information below to complete your registration.' There are two tabs: 'Personal Details' (selected) and 'Pedometer Challenge'. Below the tabs is a message: 'Please fill in the information below to proceed. All fields are required except where indicated.' The form contains the following fields: Email Address (cycledchallenge@smartertravelworkplaces.ie), First Name (Sharon), Surname (Daly), Password, Confirm Password, Weight (Kg) [Optional], Mobile Number [Optional], and Send me an update reminder email (radio buttons for Every Friday, Every Second Friday, and No reminder email please - I'll remember to log my journeys and collect points.). Below the form is the 'My Journey to Work' section, which includes a message: 'When entering your average daily distance remember that it is your return trip distance - You can estimate your distance travelled using the NTA journey planner or other mapping tools such as Google maps.' The form contains the following fields: Return Distance to Work (km), Car Manufacturer (I do not use a car), and Model (I do not use a car).

**Complete your personal details here and click 'save changes' towards the end of the page**

# You will now be brought to the 'Pedometer Challenge' tab

The screenshot shows the 'smarter travel' website interface. The top navigation bar is green with the logo 'smarter travel >>> >>> workplaces' and a 'My Journey Logger' button. Below the navigation bar, the 'PEDOMETER CHALLENGE' tab is highlighted in a red circle, with a red arrow pointing to it. The main content area is divided into two columns. The left column contains the 'Journey Logger - Edit Your Details' section, which includes a 'Personal Details' tab and a 'Pedometer Challenge' tab. Below these tabs, there is a form for entering team and member information. The right column contains a 'Journey Logger' sidebar with a 'Logged In as: Sharon Daly' notification and a list of menu items: 'My Journey Logger', 'Edit My Details', 'Public Statistics', 'Company Statistics', 'Team Statistics', and 'Logout'. Below the sidebar, there is a 'Pedometer Challenge' section with a 'Average Team Steps to Date' display showing '0' and a 'My Journey Logger Savings' section with a table of savings data.

**Journey Logger - Edit Your Details**

Personal Details | **Pedometer Challenge**

Please fill in the information below to proceed.  
All fields are required except where indicated.

**Pedometer Challenge**

**Only Team Captains should create new teams. Please enter your team name and the full names of its members in the form below.**

Team Name: test Friday 24th Aug

Captain's name: Sharon Daly

How do you usually travel TO work?: On foot

Are you active (apart from routine tasks) for at least 30 minutes at a moderate intensity five or more days per week?: Yes

Reason for Participating: Fitness/ exercise

Please indicate your gender: Gender

Member 1 Name: Jane

Member 1 Email:

Member 1 Gender: Gender

Member 2 Name: Jack

Member 2 Email: 1234@1223

Member 2 Gender: Male

Member 3 Name:

**Journey Logger** | FAQ | i

Logged In as: Sharon Daly

- My Journey Logger
- Edit My Details
- Public Statistics
- Company Statistics
- Team Statistics
- Logout

Email programme administrator

**Pedometer Challenge**

**Average Team Steps to Date**

0

**My Journey Logger Savings**

Journeys	0
Tolls and Parking	€0.00
Petrol saving	€0.00
Kgs of CO <sub>2</sub> saved	0.00
Calories burned	0
Points Accumulated	0

Please enter your team name and the names and details for your team and click 'submit' towards the end of the page

# You will be brought to 'my journey logger' calendar

smarter travel >>>  
>>> workplaces

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My Journey Logger

HOME PEDOMETER CHALLENGE WORKPLACES YOUR OPTIONS MAKE THE CHANGE PLAN A JOURNEY

Sign up ✓ Check Email ✓ Your Details ✓ Complete ✓

### My Journey Logger

Logging your journeys is simple!  
1. Select your date of travel.  
2. Select the means of transport.  
3. That's it. Your journey will be logged and your savings updated.

You can begin logging your Pedometer Challenge Journeys from Wednesday 12th September 2012!

August-2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29-Jul	30-Jul	31-Jul	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1-Sep

Logged in as: Sharon Daly

- My Journey Logger
- Edit My Details
- Public Statistics
- Company Statistics
- Team Statistics
- Logout

Email programme administrator

### Pedometer Challenge

Average Team Steps to Date

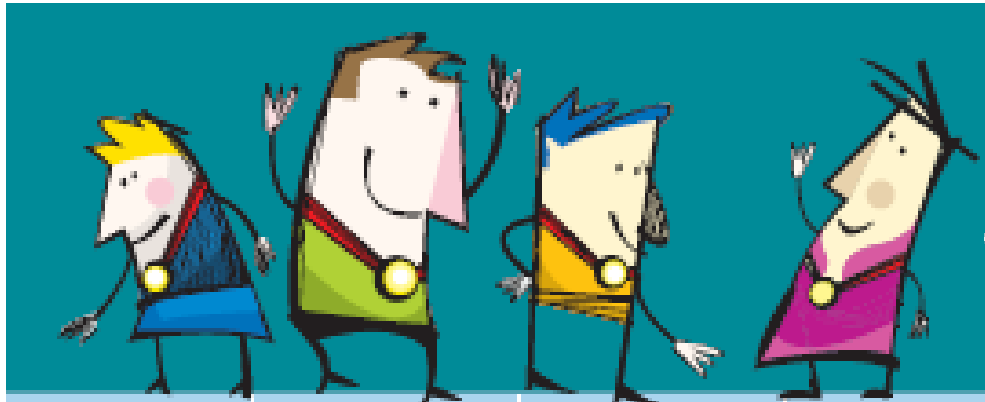
0

### My Journey Logger Savings

Journeys	0
Tolls and Parking	€0.00
Petrol saving	€0.00
Kgs of CO <sub>2</sub> saved	0.00
Calories burned	0
Points Accumulated	0

From Wednesday 12<sup>th</sup> of September to Tuesday 9<sup>th</sup> of October you will be able to log steps for your team. You will click on the date you would like to log steps for and enter steps. Details on logging your steps will be sent to you after you have registered your team online.

# You have now registered your team online, congratulations!



If you have any problems please email [pedometerchallenge@smartertravelworkplaces.ie](mailto:pedometerchallenge@smartertravelworkplaces.ie)

# Buying Pedometers

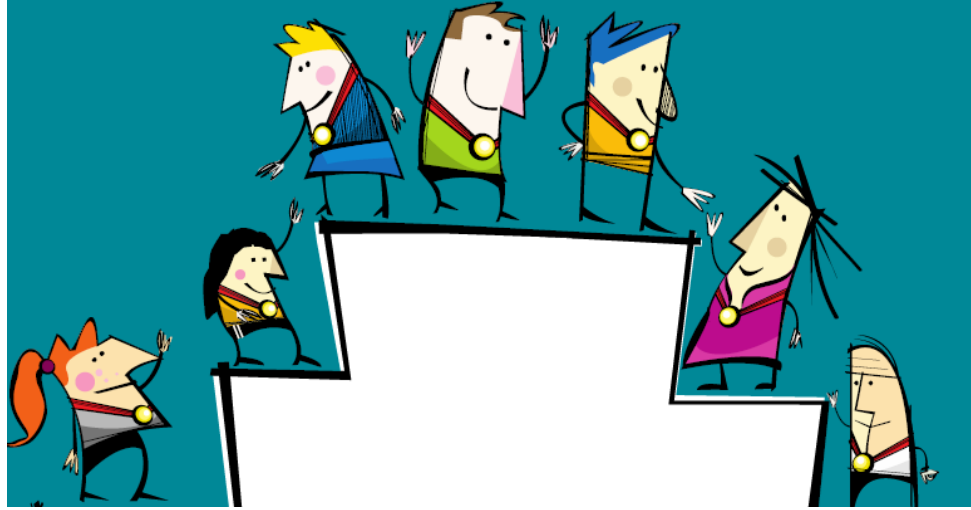


- To purchase pedometers for your team please visit [http://smartertravelworkplaces.ie/ped\\_pedometer.php](http://smartertravelworkplaces.ie/ped_pedometer.php)
- Remember to print off your receipt, you will need to give this to your company coordinator who will exchange it for your pedometers.
- If you do not know who your company coordinator is email [pedometerchallenge@smartertravelworkplaces.ie](mailto:pedometerchallenge@smartertravelworkplaces.ie)

# Logging steps

- Details on logging steps can be found in the log book that you were given with your pedometer. Information will be sent to team captains after registering your team online.
- Steps can be entered on a daily or weekly basis
- If you're late logging steps don't worry, the Journey Logger will also allow you to 'back log' for up to one week
- Excel sheet for Team Captains to keep records – download from  
[http://smartertravelworkplaces.ie/ped\\_downloads.php](http://smartertravelworkplaces.ie/ped_downloads.php)
- **Please note: You will only be able to log steps when the challenge starts on the 12<sup>th</sup> September**

# Pedometer Challenge 2012



Best of luck!