How to use the Data Logger App for DeltaTrainer

Thanks for helping us collect some data! Our app already automatically tracks a lot of these exercises, but we are looking to improve our ability to recognize different forms.

1) Make sure you are connected to Wifi and your Apple Watch is paired with your phone
2) Download the app called TestFlight from the Apple App Store
3) Use this Link to download the DTDataLogger app
4) It may take several minutes for the app to fully download since it will also be downloading onto your Apple Watch.
5) Once downloaded the app should look like this:
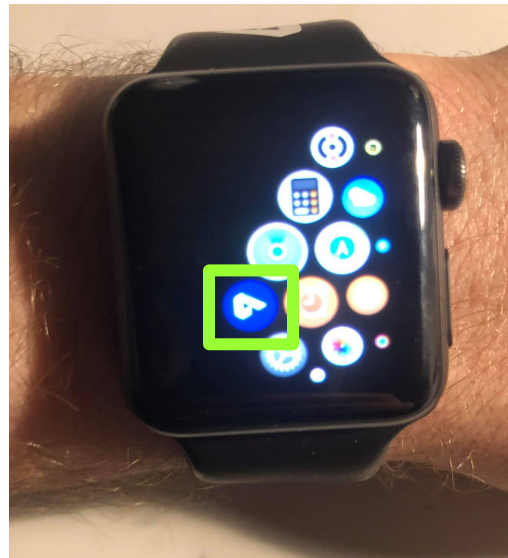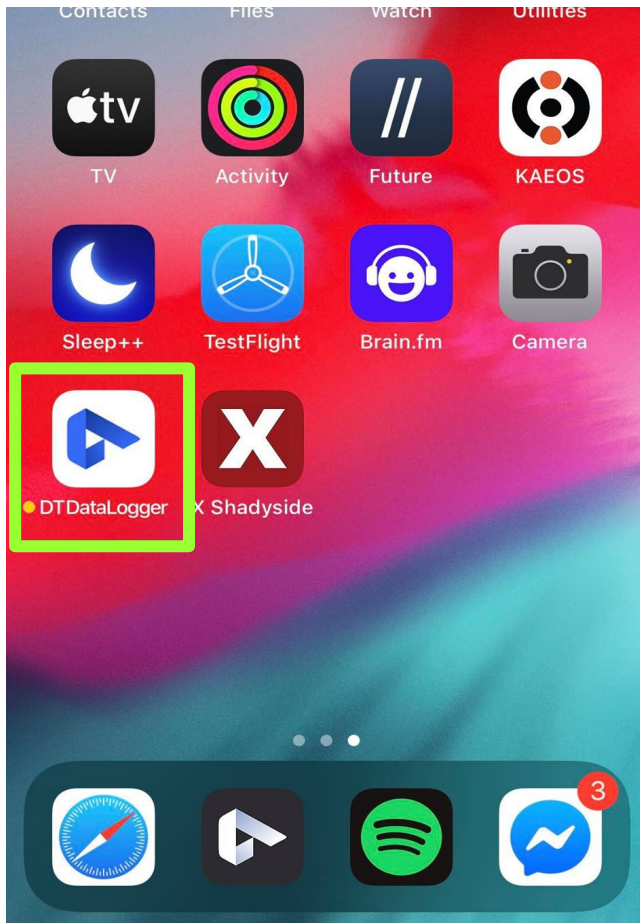
6) To begin collecting data you will need to open the application on BOTH the iPhone and the apple watch separately (the Apple watch app will not open automatically, you will need to open it on the watch).

7) When you first open the app you should see these screens

8) Press the blue "Start Workout" button on your watch You will see a timer begin on the watch and your iPhone screen should look like this:
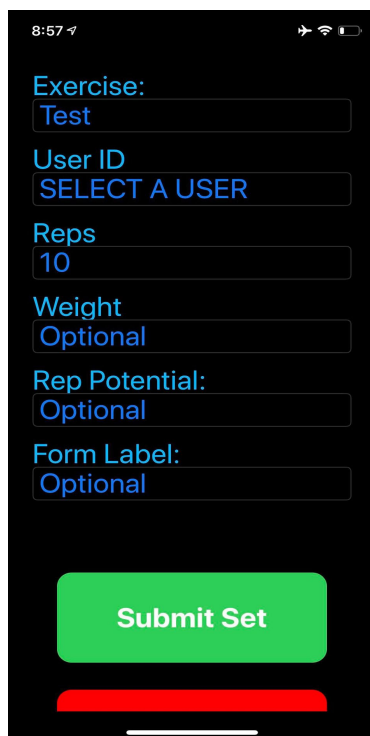
10) As soon as you see the timer begin you can start performing your exercise. Make sure to count exactly how many reps you perform.
    1. Use the form guides to perform the exercise with a specific form in mind.
    2. Try to keep all other variables constant. For example, if you are doing a dumbbell curl with the "swinging" form, make sure you are only swinging the weights and not rotating them as well since that would be considered a different form.
11) Once you've completed the exercise LEAVE THE TIMER RUNNING, don't touch the watch.
12) Go to the iPhone and fill out the fields on the app.
    1. First tap the Exercise row and scroll to find the exercise you completed
    2. Then find your specific user ID (your email, name, etc) – this is how we track your sets. If you don't do this we can't pay you.
    3. Enter the exact number of reps you performed
    4. If you were using a weight or dumbbell please enter the weight of the dumbbell. If using 2 dumbbells, only enter the weight of one dumbbell
    5. Rep Potential – ignore this field
    6. ***Even though it says "Optional" we will NOT pay for sets that do not have the Form Label filled out.***

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Left screen:

Exercise:
| Dumbbell Curl |

User ID
| 001802.02d598d0788e418188e4bd6... |

Reps
| 2 |

Weight
| 15 |

Rep Potential:
| Optional |

Form Label:
| Optional |

```
      0
      5
      10
      15
      20
      25
      30
```

Right screen:

Exercise:
| Dumbbell Curl |

User ID
| 001802.02d598d0788e418188e4bd6... |

Reps
| 2 |

Weight
| 15 |

Rep Potential:
| Optional |

Form Label:
| Swinging |

```
      Good
    Swinging
    Leaning
    Rotating
      Half
```
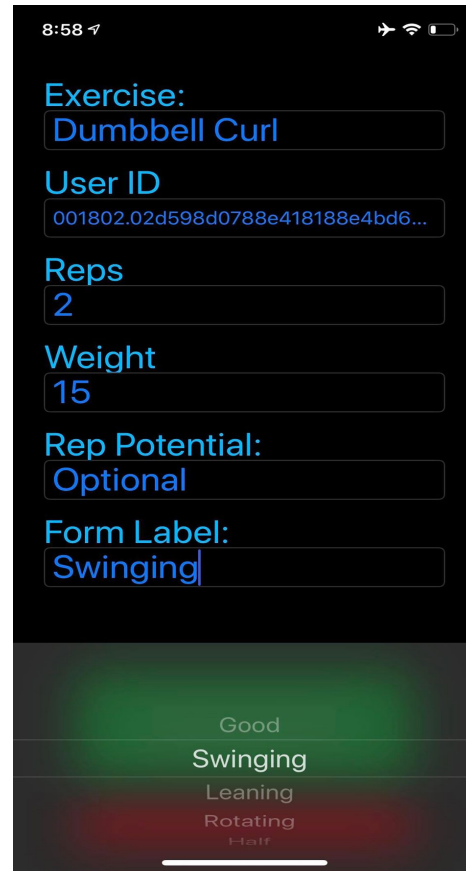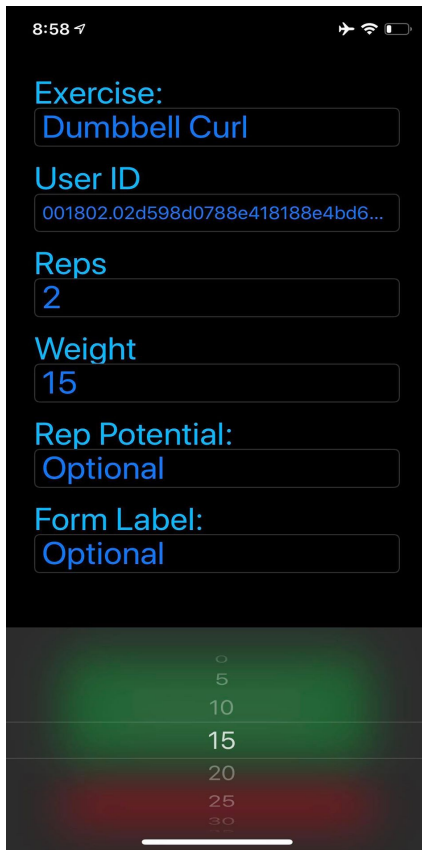
13) After you have entered all the relevant information you can now press the green "Submit" button on the iPhone app. CONTINUE TO LEAVE THE TIMER ON THE WATCH RUNNING. The screen will switch to a white loading bar screen. It may take a few seconds to load, but will eventually tell you how many reps it auto detected. If it says zero reps detected, dont worry, the set still counts and you will be compensated for it.
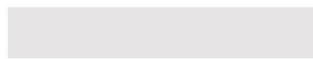
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10 reps found!

14) The app will automatically go back to the form page you were just on. If you want to do more sets just leave the timer running and repeat the process starting from step 8 and do another set or close out the apps.

15) When you want to stop working out press "Quit" on the Apple watch app. The watch will go back to the Start screen and close the app.