



Generic - Public PAT (*Physical Activity Transaction*) Process:

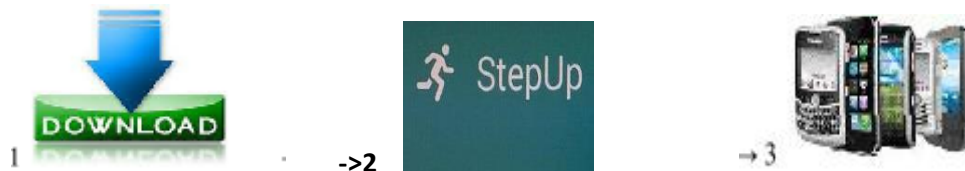
Instructions in how to participate:

Step 1: Download the **StepUp pedometer application** onto your mobile phone from any / either of the websites indicated below.

IPhone: <https://itunes.apple.com/app/id979101825>

Andriod: <https://play.google.com/store/apps/details?id=com.thestepupapp.stepup>

Web: <http://www.thestepupapp.com/>



Step 2 As a requirement of participating in a PAT Process, its necessary that an individual has a email address, so that they can send their weekly physical acivity data, to a PAT, (Physical Activity Transaction), data mangagment business. If however you do not have an email address, its possible to gain one, from any link below.

Yahoo /yahoo-mail: <https://login.yahoo.com/config/mail?&.src=ym&.intl=au/>

Goggle / gmail:

https://accounts.google.com/SignUp?service=mail&continue=https%3A%2F%2Fmail.google.com%2Fmail%2F&.tmp_l=default/

MSN /hotmail:

<https://login.live.com/login.srf?wa=wsignin1.0&rpsnv=11&ct=1350951994&rver=6.1.6206.0&wp=MBI&wreply=http%3A%2F%2Fmail.live.com%2Fdefault.aspx&lc=1033&id=64855&mkt=en-us&cbext=mai&snsc=1>



Step 3: You can then engage in any physical activity.

Turn ON your StepUp mobile phone Pedometer **Step -2:** Walking. **Step -3:** Running **Step -4:** Cycling



Step 4: Once you have completed 7 days (weekly), worth of physical activity on your StepUp pedometer app, on your mobile phone. You can then share / send, your weekly physical activity data to your specific PAT, (Physical Activity Transaction), data management business.

The screenshot shows the StepUp app interface. At the top, there's a status bar with 93% battery and 6:08 AM. The app header includes the StepUp logo, a share icon, and a menu icon. Below the header, there are tabs for 'Today', 'Yesterday', and '7 day avg'. The main display shows 'Average Steps/Day' as 4,564.7, with 3.7 km and 334 Cal below it. A list of friends follows, with 'Active Bot' at 10,154.3, 'Peter' at 4,564.7, and 'Lazy Bot' at 2,156.3. At the bottom, there is an 'Invite friends' button.

Annotations on the screenshot:

- 1: click on your weekly Physical activity data (pointing to the '7 day avg' tab)
- 2: Share you weekly physical activity data via email, to your PAT data management business (pointing to the share icon)

Rank	Name	Steps
1	Active Bot	10,154.3
2	Peter	4,564.7
3	Lazy Bot	2,156.3



Part -5: Stepup physical activity data confirmed and reward awarded:

Step -1: All individuals stepup physical activity data is analysed, to eliminate any possible corruption within the measuring and monitoring processes.

Step -2: All individuals reward points are correlated and confirmed.

Step -3: reward points sent to client, via email /SMS text or Land mail.

Step -4: Your Membership Card receives your reward points you are entitled to.



Part 6: TheReward point transaction process:

Step -1:Membership card, with reward points allocated on it.

Step -2: Exchange yourReward points at a business premises - POS / Checkout.

Step -3:members gain % discounts onproducts and services.

NOTE - If you find any of the information on this instruction sheet hard to understand, please be aware, that on the web site, there is an animated instruction sheet demonstration process available. Alsoruns weekly, *instruction sheet - demonstration workshops*, incorporating much of the information on thisinstruction sheet. If you are interested in attending a weekly, *instruction sheet - demonstration workshop*, please contact

(NOTE) The use an iPhones - Step Up -pedometer app and an android - Step Up pedometer app used in conjunction with business, is only a temporary measuring monitoring process untilis financially viable, to implement its own measure - monitoring, Mobil device application. When this process develops, all members will be notified, so as to initiate the relevant change over process.

