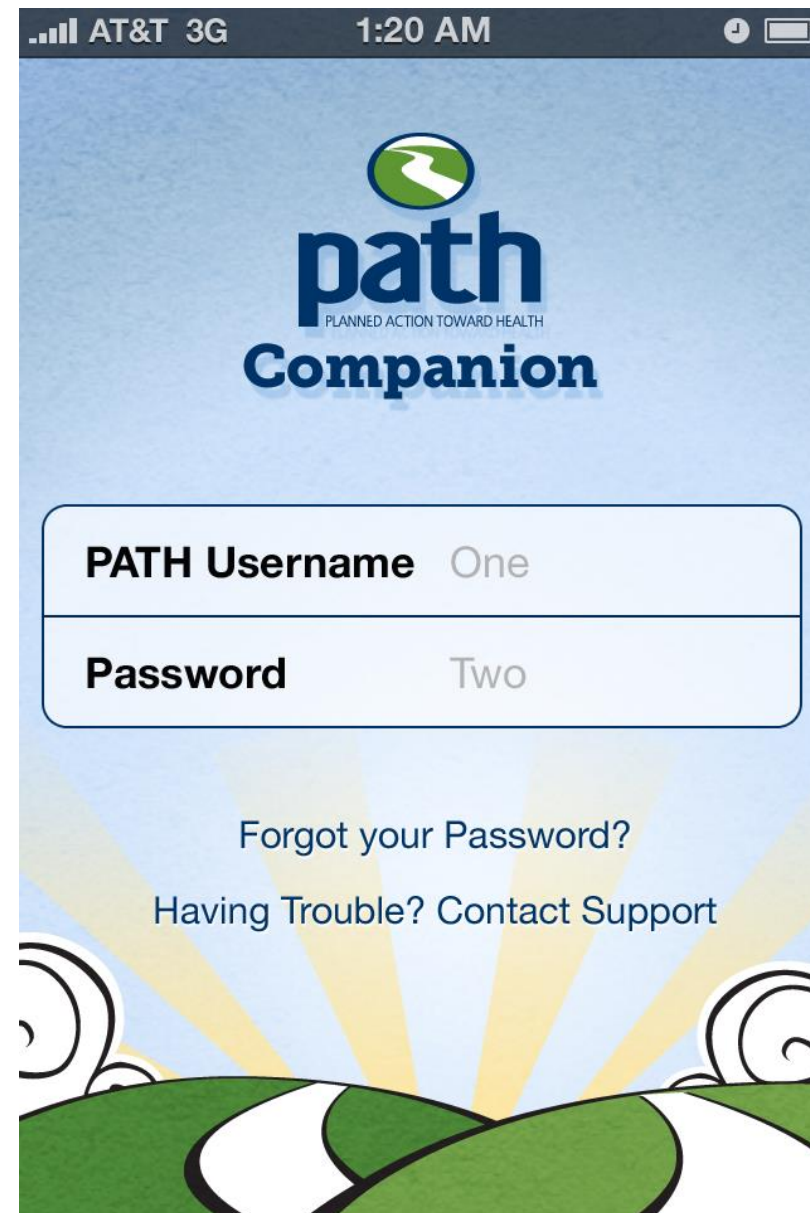
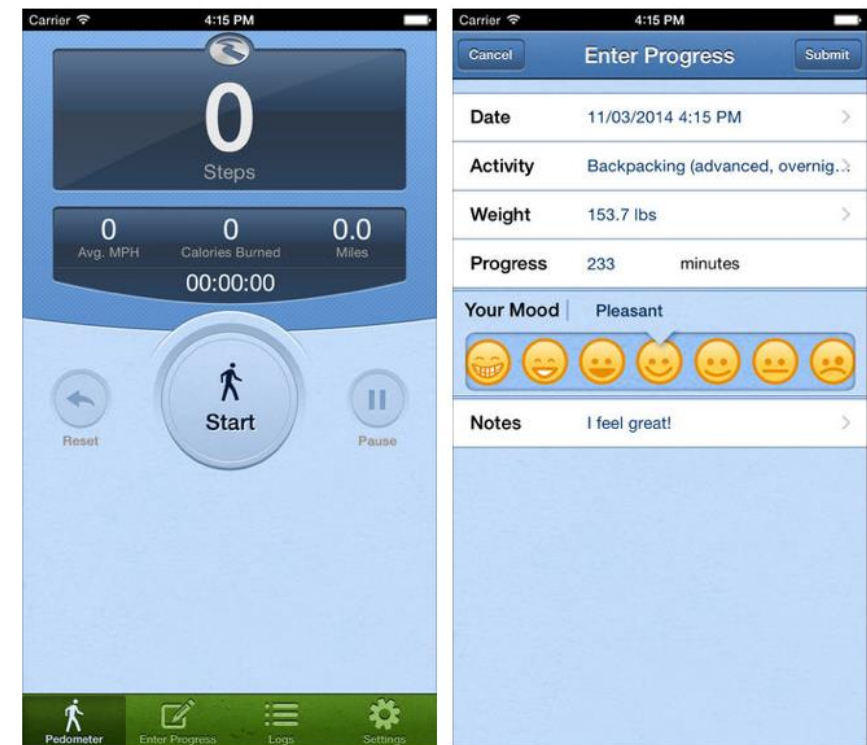
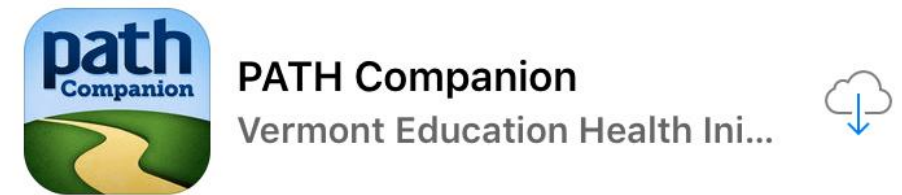


THE PATH COMPANION! Our iPhone and iPad mobile app for the PATH Enter Progress tool.

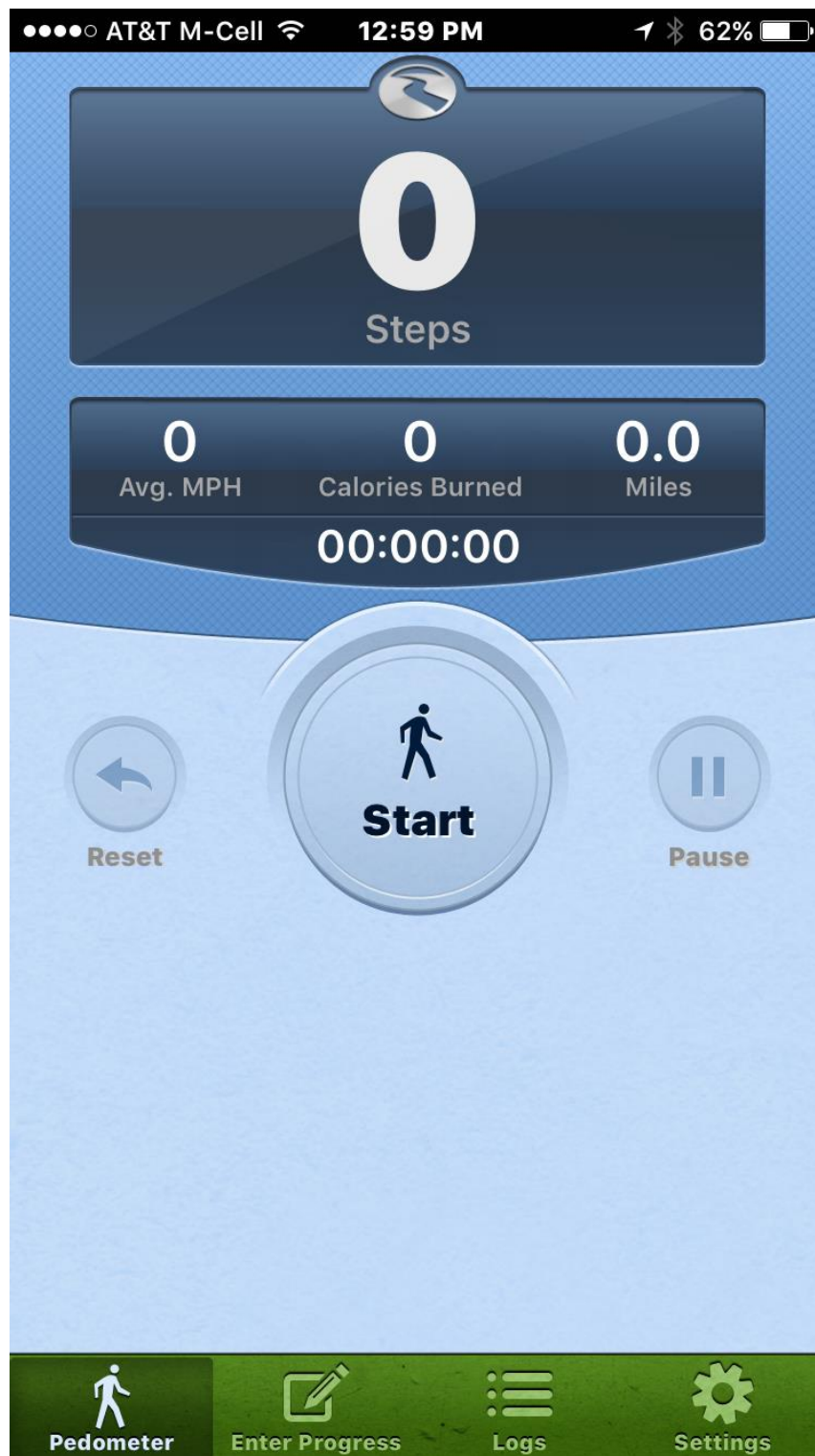


It'll look like this in the Apple Store:



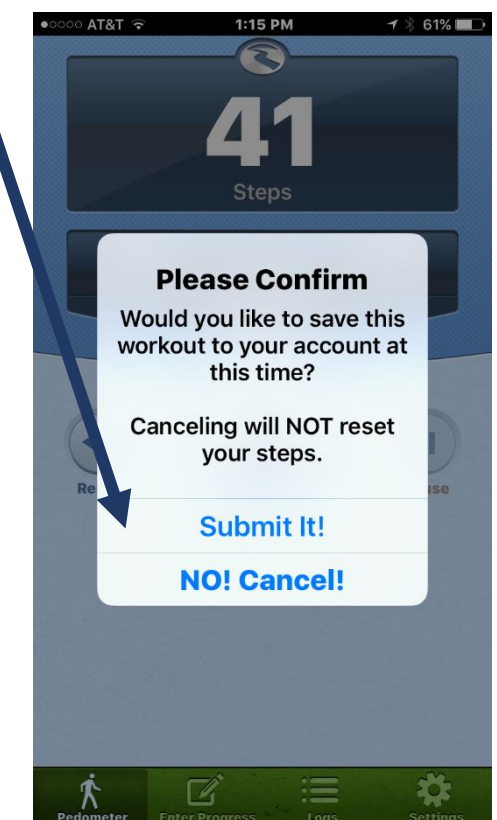
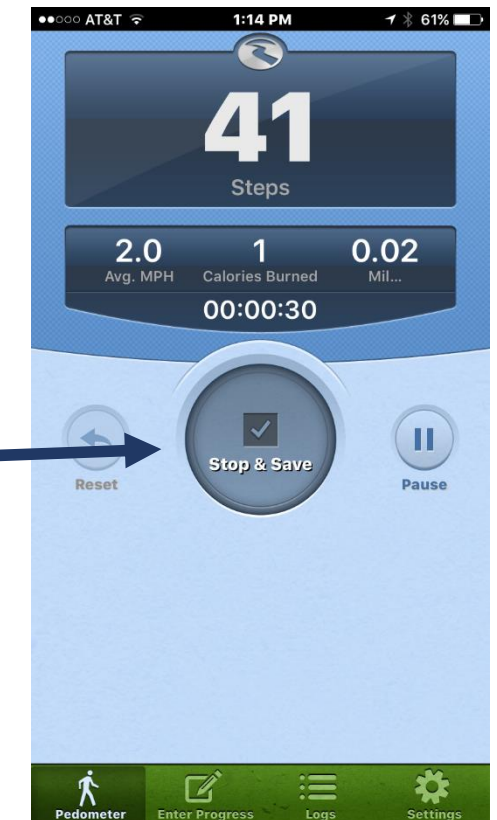
Log in just like you would on any computer. The app will recognize you and synchronize whatever you do here to your web account. You'll only have to make the log-in connection once! [Type "PATH Companion" in the search box of the Apple App Store.]

It comes complete with a pedometer that automatically uploads to your PATH account.

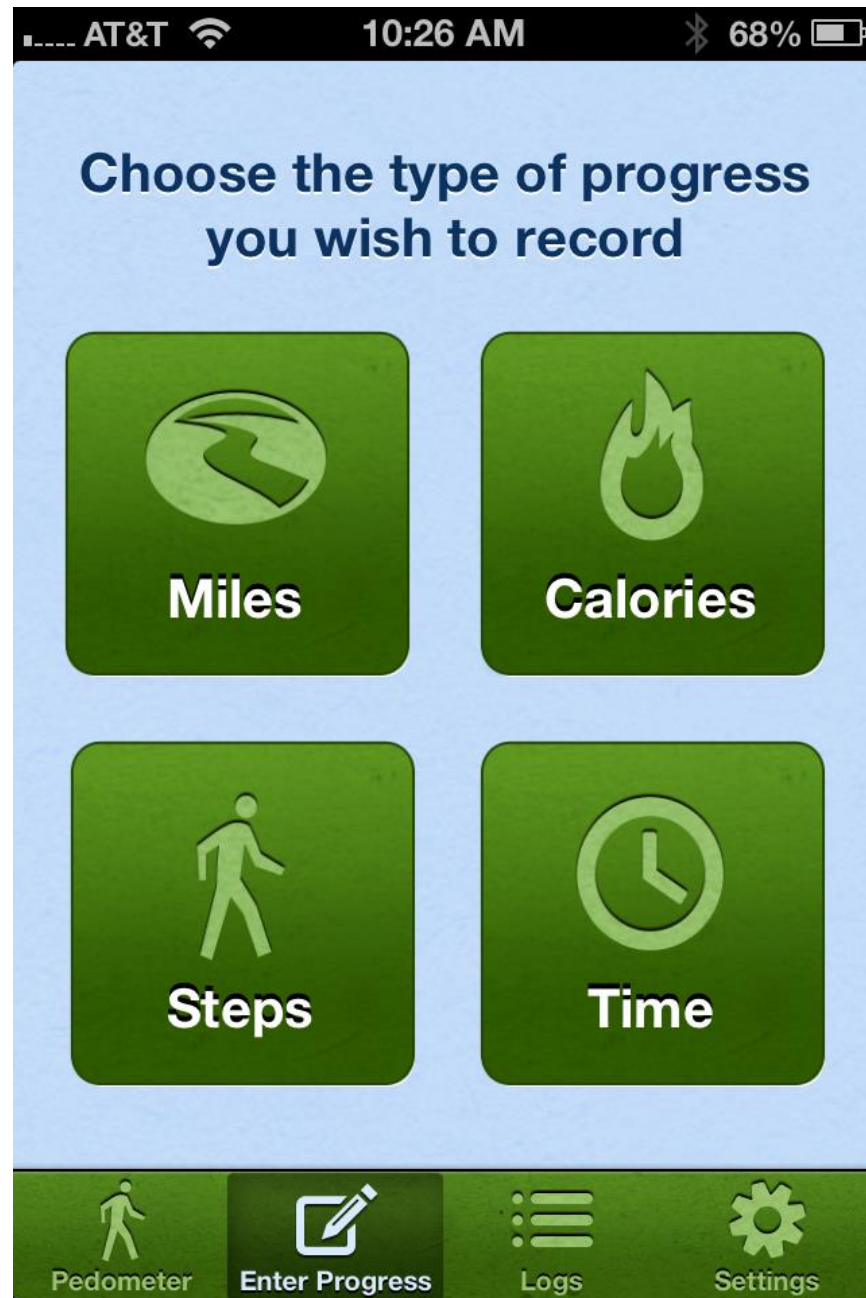


How to use it:

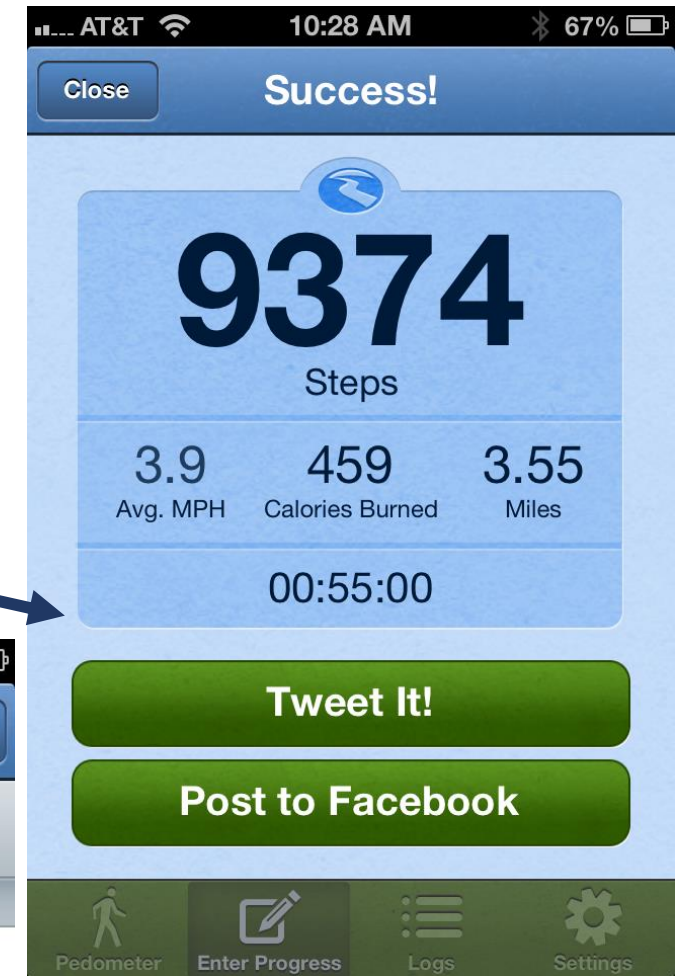
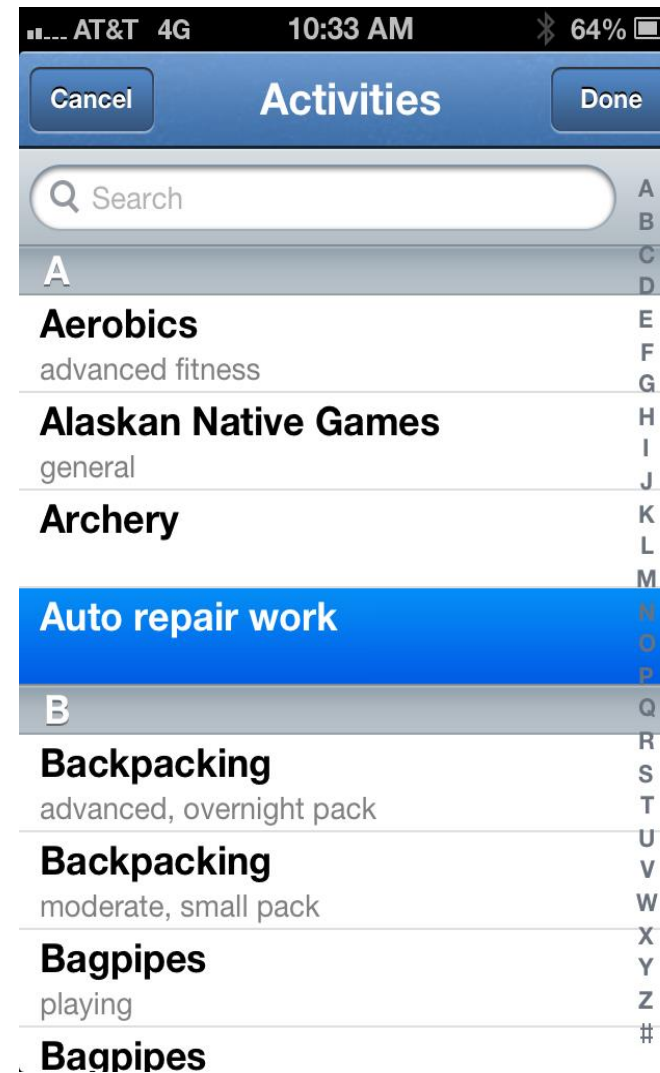
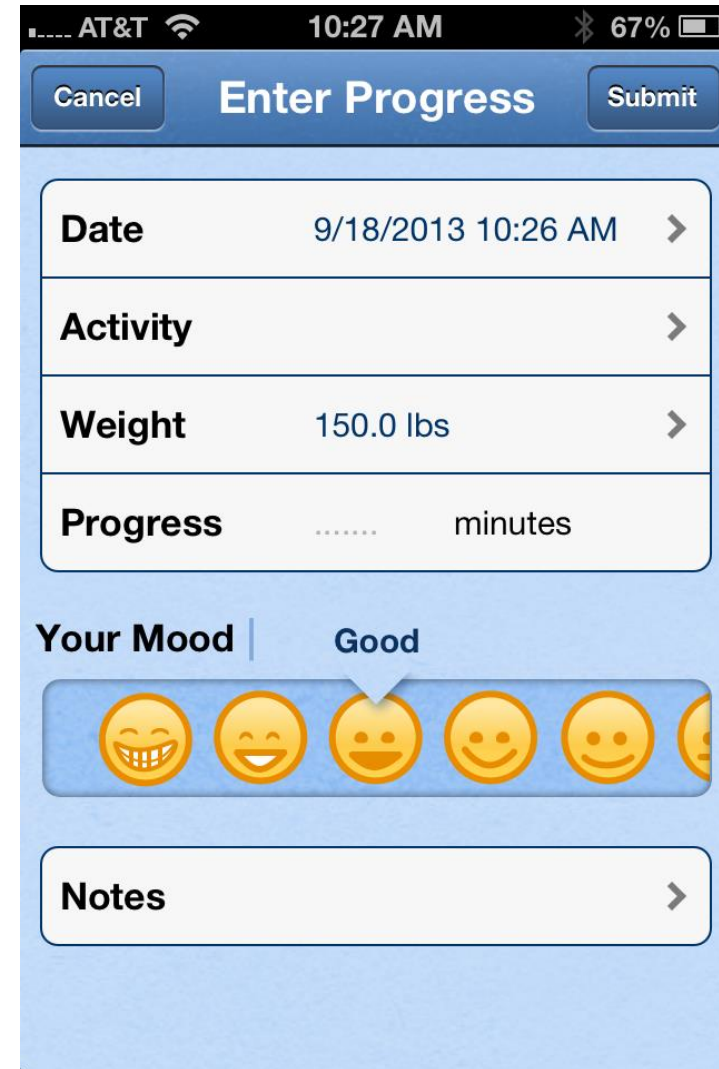
- Hit the “Start” button on the screen.
- Walk, run, jog, hike, dance...
- Hit “Stop and Save”
- You’ll be asked if you want to save the workout to your account or cancel it. Hit “Submit it!” if you’re happy with it and BOOM! You’ve got a saved entry to your account.
- That workout then counts in Keeping Fit and for all PATH Adventures.



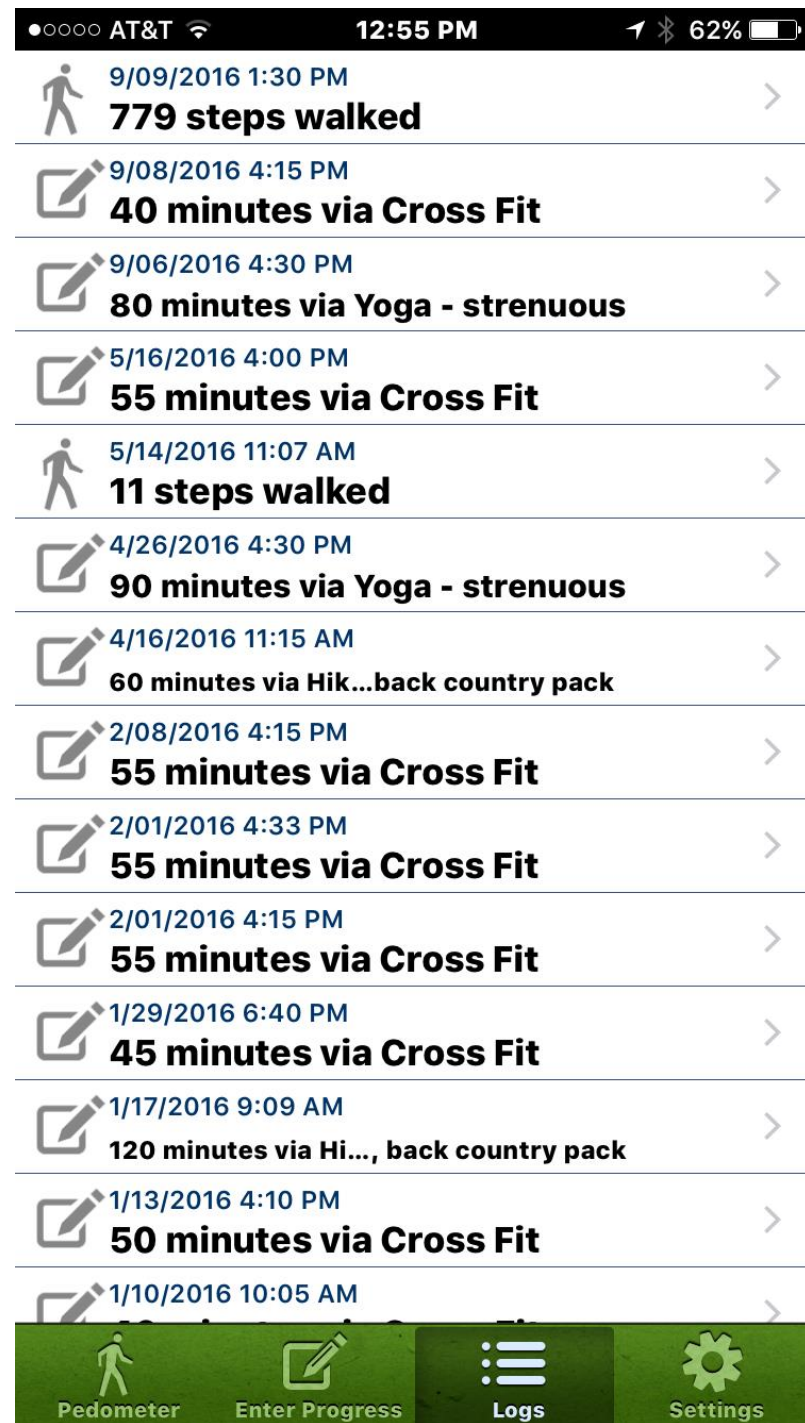
OR, Use the Enter Progress Tool manually



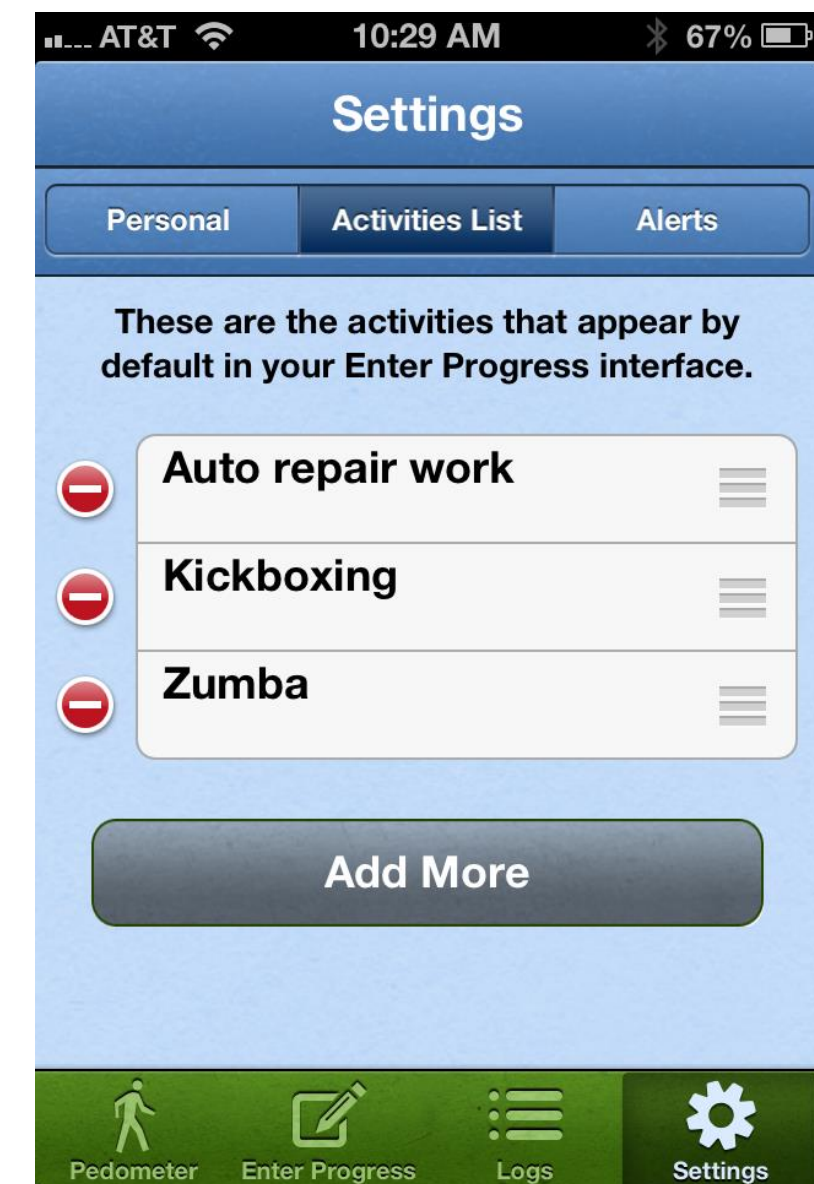
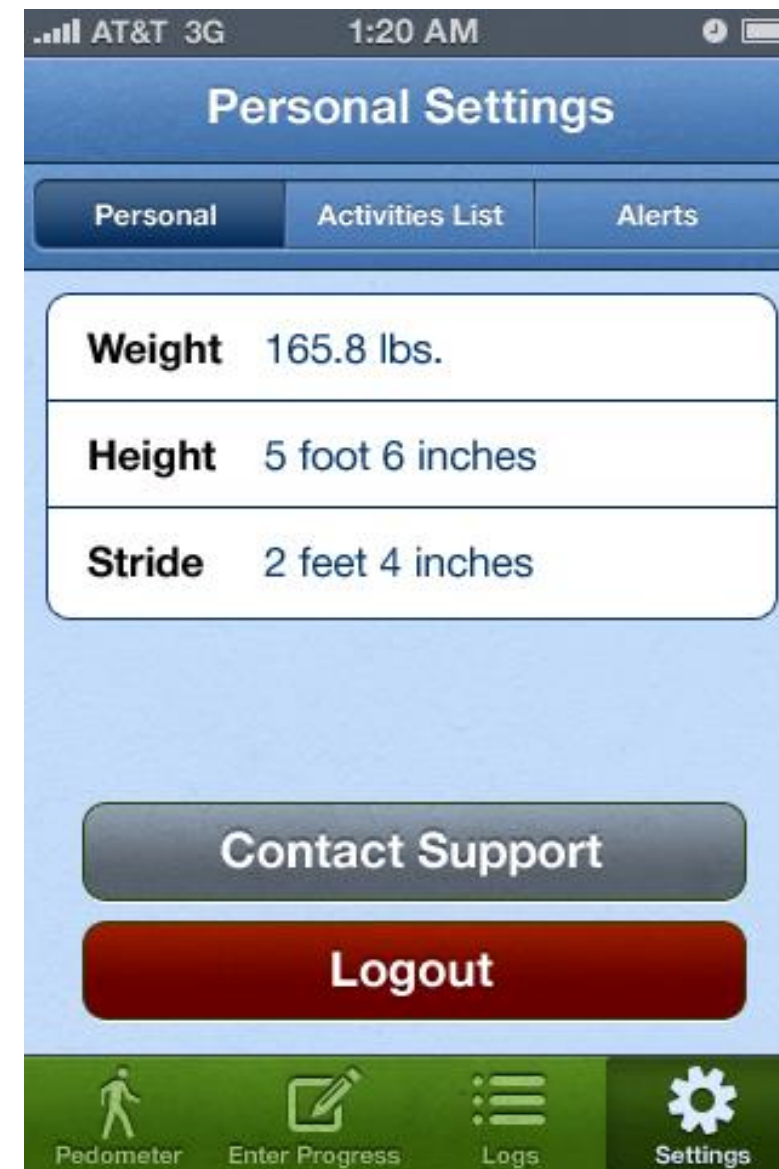
It's just like our online tool and will count toward your PATH account as well. Save your activities in your settings (choosing from our familiar list). Then, if you want, send it to social media for some peer support!



You can see a “LOG” and change “Settings” as well:



Click on any of the logged entries to see details of what you entered.



Change your weight, stride, activity list, or alerts preference here.