

Foot/kick bike Tracker V.2.0.0

Foot/kick Bike track application, which tracks all relevant information during foot/kick biking. More information about developments and documentation can be found on:

http://www.007software.eu/apps/foot_kickbike-trackers-page/

Index

1	Usage Notes.....	2
1.1	Start screen.....	2
1.2	First data screen(Changeable) The first screen shows, (example):.....	3
1.3	Second data screen (Changeable)	3
1.4	Third data screen (Changeable)	3
1.5	Fourth data screen	4
1.6	Fifth data screen).....	4
1.7	Sixth data screen	5
2	Start/stop/pause	5
3	Locking keys.....	6
4	Thresholds	6
5	Adding your license key and select automatic fetching of weather data, set thresholds for detecting uphill/downhill laps and enable/disable auto pause	7
5.1	With the computer	7
6	On your phone.....	8
7	Trouble shooting	11
8	Notes	11
9	Software disclaimer.....	11

1 Usage Notes

- If you check the checkbox for fetching the weather data automatically in the settings of Garmin Connect, your watch should be paired with your phone and your phone needs to be connected to the internet.
- *The Free version will show all fields and functionality and recordings will be saved to Garmin connect, but after 6 times only 1 screen will be visible and the recordings will not be saved anymore. It took many hours to develop this App. For the price of a beer for me and a wine for my wife, you can purchase the Pro version and enjoy all features of this App.*
- Register at www.007software.eu. Once approved, you can buy the Pro version via the web shop. You get a license key, which you enter in the settings of the app via Garmin Express or through Garmin Connect on your phone. Instructions follow in this document. • When you use this app, it is better to disable all notifications from your phone. When cycling, you won't be able to check them anyway.

1.1 Start screen

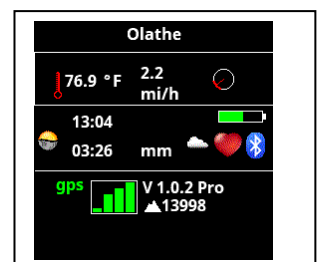
Once started the GPS will search for your location. The green lines on the bottom of the screen will show the signal strength.

A check is made to see if your phone, your tempe device and heart rate belt is connected. Also note that with a Tempe, it may take a minute or more before the temperature is shown. When the GPS strength is strong enough you can press the Start(enter) button to start recording.. If you do this before the strength is good, the watch will still try to get the GPS and starts automatically when the strength is oke.

When you don't press the Start(enter) button the screen will close after 2 minutes. After pressing the Start button. The record screen is displayed. This consists of 4 screens. You can change screens by tapping the top or bottom of the screen, or by swiping left or right (only touch screen devices). (For non touch screen devices use the up and down buttons see the button paragraph) To scroll through the screens:

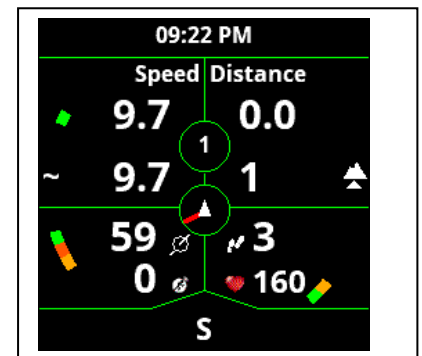
- On touchscreens. Tap at the top or bottom of the screen or swipe left or right on some watches swipe right is the "back" functionality
- On non-.touch screens. Press the up or down button

If you checked the checkbox for fetching the weather data automatically in the settings of Garmin Connect for this app, the weather data is fetched and shown on the first screen. When you don't move, and Auto pause is selected in the setting screen, the screen lines will be red, stating the app is paused. When you move again recording will resume.



1.2 First data screen(Changeable) The first screen shows, (example):

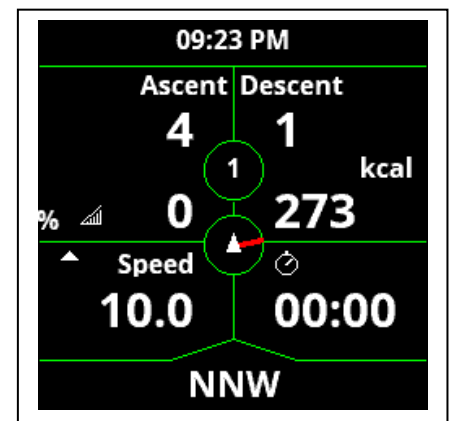
- Heading
- The speed
- The distance
- Steps
- Cadence
- Heart rate indicator, based on the heart beat setting in your profile
- Time



1.3 Second data screen (Changeable)

The second screen shows, (example):

- Ascent
- Descent
- Average speed
- Heading
- Time
- Pace
- Heart rate indicator, based on the heart beat setting in your profile



1.4 Third data screen (Changeable)

The third screen shows, (example):

- Time
- Altitude
- Maximum speed
- Heart rate
- Lap distance
- Timer
- Heart rate indicator, based on the heart beat setting in your profile
- Heading

1.5 Fourth data screen

This screen is the laps screen and shows:

- Timer
- Heart rate indicator, based on the heart beat setting in your profile
- Lap time
- Lap Distance
- Lap average speed
- Lap average cadence
- Lap steps

09:23 PM		
Laps	1	
Time	00:00	
Distance	0.1	
Speed	15.4	
Cadence	101	
	↗	28

1.6 Fifth data screen)

The fifth data screen is the take me home screen.

- On the bottom you will see direction in which you have to go to get to the starting point.
- On top you will see the direction which you are heading. This will be green if your heading towards your starting point.
- On the right top position you will see an arrow. This points you to the direction which you will have to take to go to the starting point.
- On the left is a number which shows you how far you are away from your starting point
- On the right is the unit of the number (miles or km's)
- In the middle you see a relative distance graph. The outer circle is default 3 miles/km. When you go past the 3 mile/km it will be scaled to 6 mile/km.



• Note:

-The "take me home screen" is not a navigation system. I tried it several times and it will indeed get you close to the starting point. Usage is at your own risk however.

1.7 Sixth data screen

The Sixth screen shows:

- The wind speed and direction
- The state of the battery
- If a temperature device is attached
- If you are connected to your phone
- If you are connected to your heart rate monitor
- The temperature in degrees or Fahrenheit (if a temperature device is attached the temperature comes from this device, otherwise it comes from the weather service)


If you did not check the checkbox for fetching the weather data automatically in the settings of Garmin Connect for this app. You can get the weather data by clicking the back button only on screen

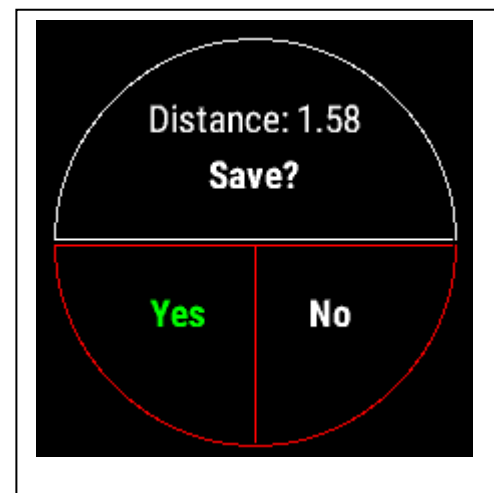
4

2 Start/stop/pause

The app is paused when no movement is detected (The line will become red). When you start moving again, registration resumes (The lines become green again). You will also feel a slight vibration. ***In the setting screen of the app in your phone, you can enable or disable the auto pause functionality.***

To stop the recording press the Start button again. A screen is shown in which you can select (tap on the image for touch screen devices):

- Remove. To remove your recording and stop the program
- Save. To save your recording and stop the program
- Return  to return to the recording



Once saved, the recording will be uploaded, if you are connected to your phone and you have set your watch to upload immediately. The recording can be seen in Garmin Connect.

- Number of laps
- Cadence graph
- Average cadence
- Number of steps

3 Locking keys

It is possible to lock the keys. For a Garmin Vivoactive HR/3, it is possible to use the normal button (press back key for 3 seconds) for that. For other watches I don't know.

This locking function is not for the Edge devices. The normal lock function can be used.

Note: Activation of the lock can only be done in screen 1.

- For watches with a touch screen tap 3 times on the top of the screen in the first record screen. Your watch will vibrate, stating that it is locked and an exclamation sign is behind the time. Tap 3 times on the top of the screen again to unlock. The watch vibrates again.
- For watches without a touch, press the UP button 3 times in the first record screen. Your watch will vibrate, stating that it is locked and an exclamation sign is behind the time. , press the UP button 3 times again to unlock. The watch vibrates again.

4 Thresholds

In the settings screen (see below) you can set the threshold for:

- Auto pause. Default is ON.
- Number of second before a new lap is recorded when the same location is reached.
- This makes sure a new lap is not recorded immediately
- Number of meters deviation from the starting point to detect a new lap
- Get the weather data automatically
- Set auto scrolling of the screen
- Number of seconds before the screen scrolls to the next screen
- Footpod available

If this is set, the foot pod determines your cadence, steps and pace. Otherwise it uses the next settings

- Average step length at 0-5 km/miles/hour
- Average step length at 5-15 km/miles/hour
- Average step length at 15-120 km/miles/hour
- Average step length at 20-30 km/miles/hour
- Average step length at 30-40 km/miles/hour

If this is set, your cadence, steps and pace are calculated based on the speed.

- Wind unit. You can set the wind unit to km/mi/hours or m/s
- Set the contrast color
- Relocation of the fields

Draw 3 screens on a paper and put in the fields you like to see per screen. This way you won't mix up or set too many fields on the same screen (you will get an warning for this on the start screen)

Now select per screen which fields has to be shown and on which location. As an example you see on the right an image where the distance field is on screen 1 in the top-left corner, the speed field is on screen 1 in the top right corner, steps field is on screen 1 in the bottom left corner, etc.

You can set the 15 fields to any screen you like.

Screen 1

Set heart rate field on/off

Position

Set power field on/off

Position

Set calories field on/off

Position

Set max. heart rate field on/off

Position

Set cadence field on/off

Position

Set average speed field on/off

5 Adding your license key and select automatic fetching of weather data, set thresholds for detecting uphill/downhill laps and enable/disable auto pause

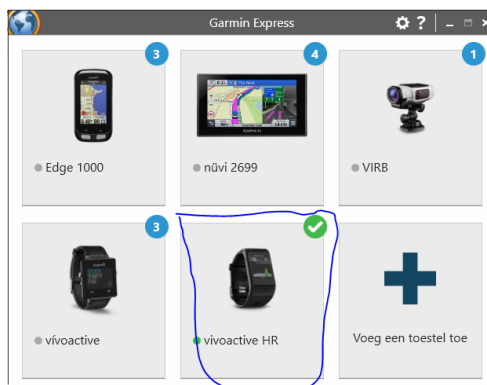
This can be done in two ways:

1. With your computer, via Garmin express
2. On your phone, via the Garmin connect app.

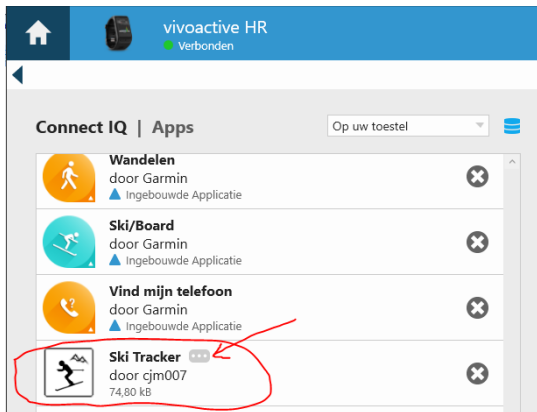
5.1 With the computer



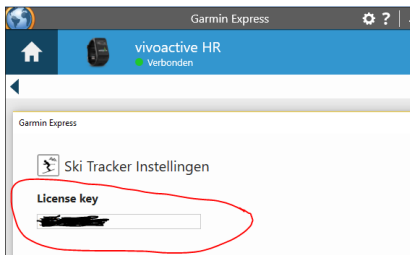
Attach your Garmin watch to your computer. Start the program Garmin express



Click on your watch symbol and then on the button Control App



Look for the Bike App in the list and click on the dots on the right of the description. (The image shows an example of the Ski tracker)

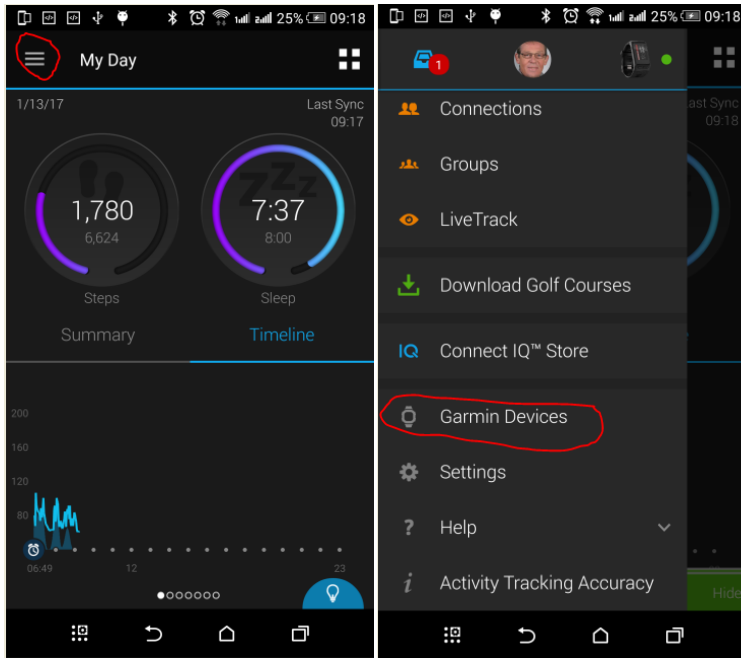


In the next screen you can enter your license key and save it.

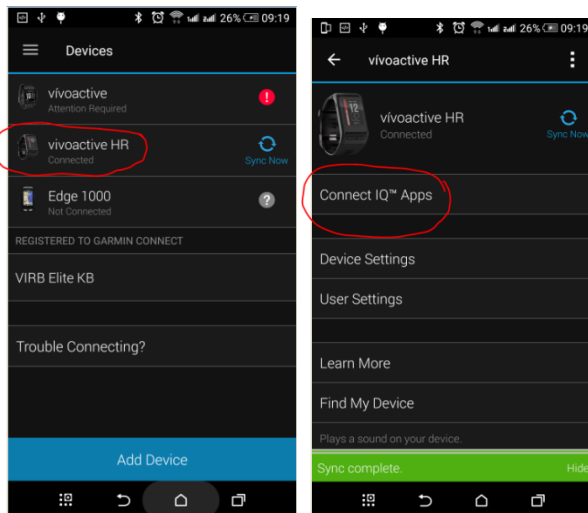
6 On your phone

Start the Garmin Connect App.

Click on the menu symbol and go to "Garmin devices".

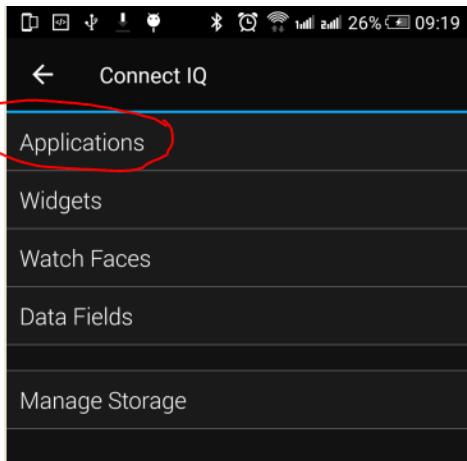


Select your Garmin watch

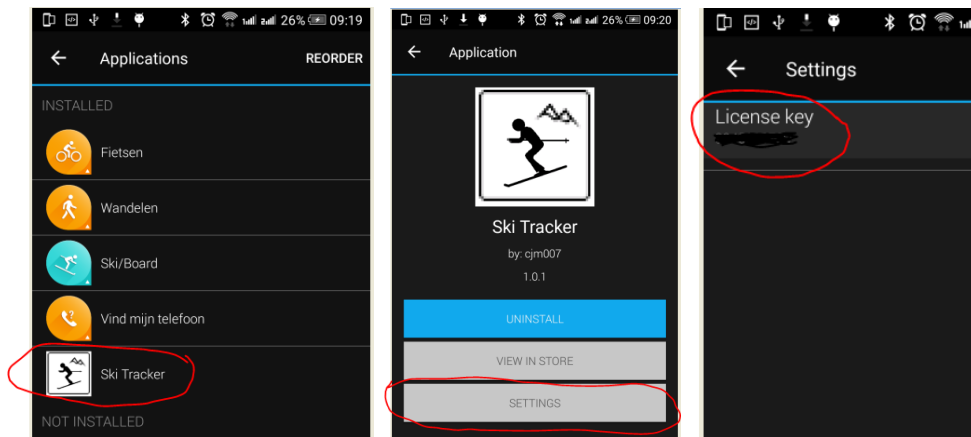


and click on "Connect IQ apps"

Then click on "Applications".

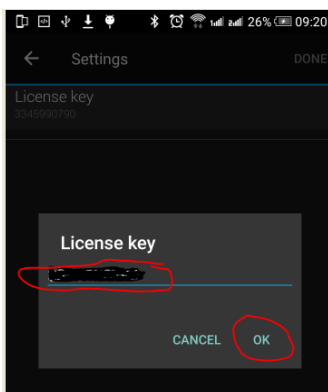


In the list with applications, click the Kick bike Tracker App (here the Ski Tracker is shown as an example)



and the button "Settings".

Click on the License key and fill in the key.

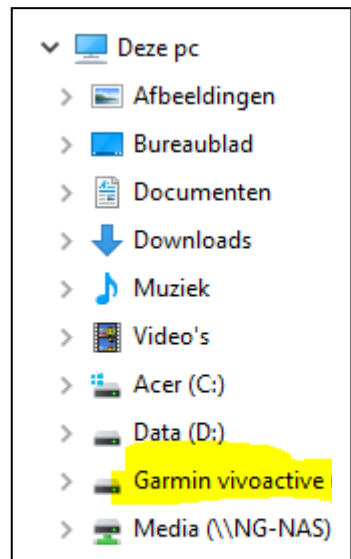
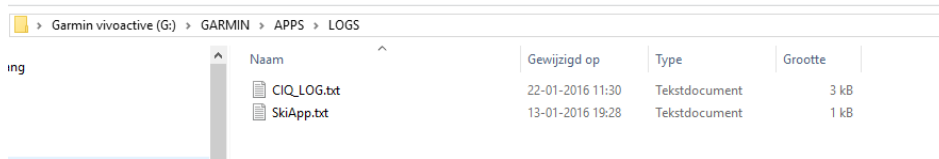


Save your entry and your done (click on OK and then on OK or Done in the right upper corner).

7 Trouble shooting

When you encounter problems with the app. Connect your watch with your computer. After a while you here a short sound. This means the watch is connected. Open your file explorer (mostly it will open up after connection is successful) and look for you Garmin directory.

Open the map GARMIN->APPS->LOGS, and add a file called CIQ_LOG.txt to this directory. Disconnect your watch an start the App again. When it crashes, the error is written in this file. Connect your watch to the PC again, go to the log-directory and mail the file CIQ_LOG.txt to kees@007software.eu



8 Notes

- The app can be used for the following languages English, Dutch, French, Polish and German. If you want a new translation in your language, send me a mail!
- Please report any mistranslations to kees@007software.eu. (I'm Dutch :))
- If you encounter any problems, please put the file "CIQ_LOG.txt" in the "GARMIN-APPS-LOGS" directory of your watch. Run the app again and send the file to my email address.

9 Software disclaimer

My apps which can be downloaded from the Garmin store is provided 'as is' without warranty of any kind, either express or implied, including, but not limited to, the implied warranties of fitness for a purpose, or the warranty of non-infringement. Without limiting the foregoing, I (Kees Bond) makes no warranty that:

1. the software will meet your requirements
2. the software will be uninterrupted, timely, secure or error-free
3. the results that may be obtained from the use of the software will be effective, accurate or reliable
4. the quality of the software will meet your expectations

Software and its documentation:

1. could include technical or other mistakes, inaccuracies or errors. I may make changes to the software or documentation made available on this web site.
2. may be out of date, and I make no commitment to update the software right away.
3. I assume no responsibility for errors or omissions in the software or documentation

In no event shall I be liable to you or any third parties for any special, punitive, incidental, indirect or consequential damages of any kind, or any damages whatsoever, including, without limitation, those resulting from loss of use, data or profits, whether or not I have been advised of the possibility of such damages, and on any theory of liability, arising out of or in connection with the use of this software.

The use of the software downloaded is done at your own discretion and risk and with agreement that you will be solely responsible for any damage to your computer system, watch of navigation device or loss of data that results from such activities. No advice or information, whether oral or written, obtained by you from me or