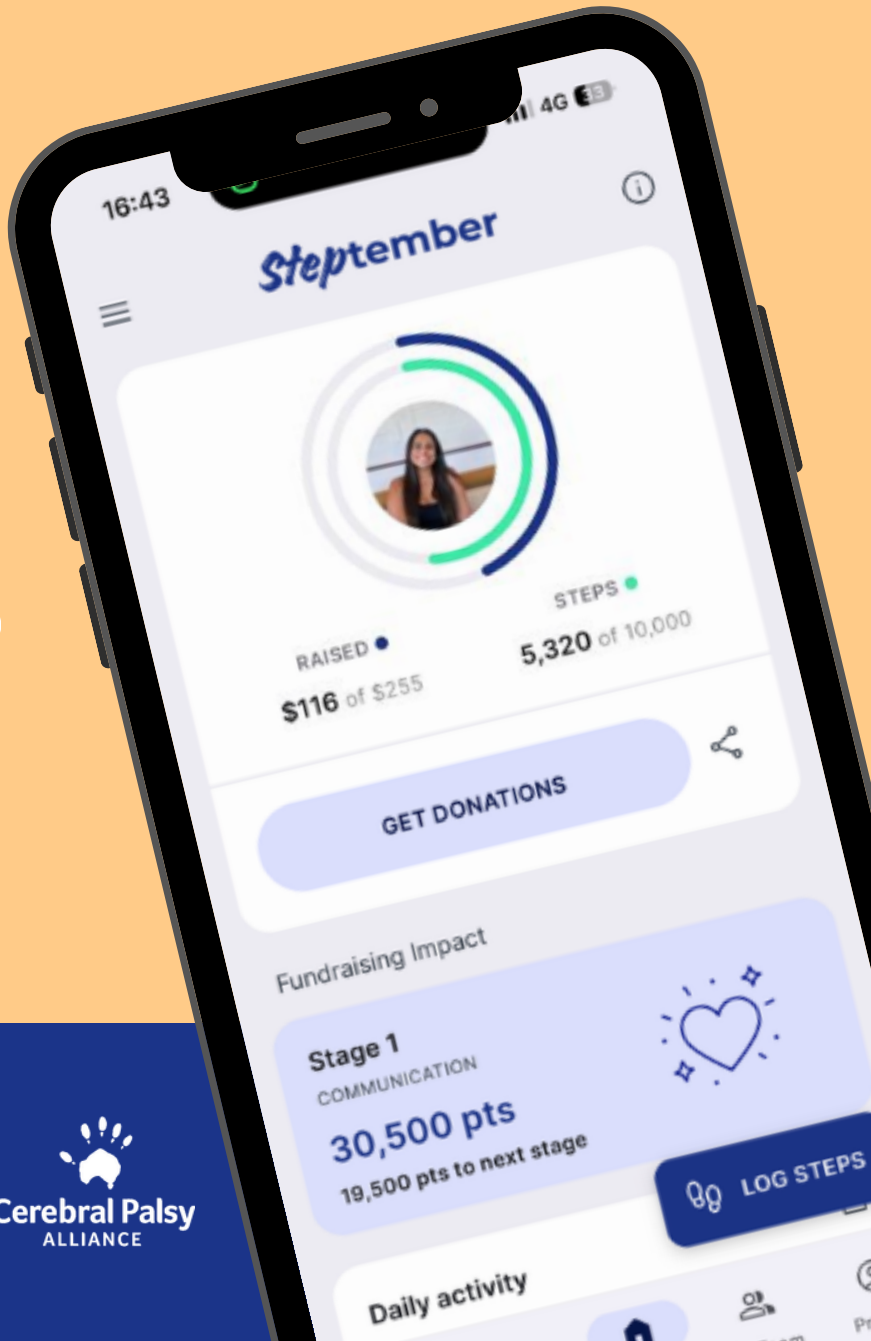
# Steptember App Guide 2026




Steptember | Cerebral Palsy ALLIANCE

# Let’s get started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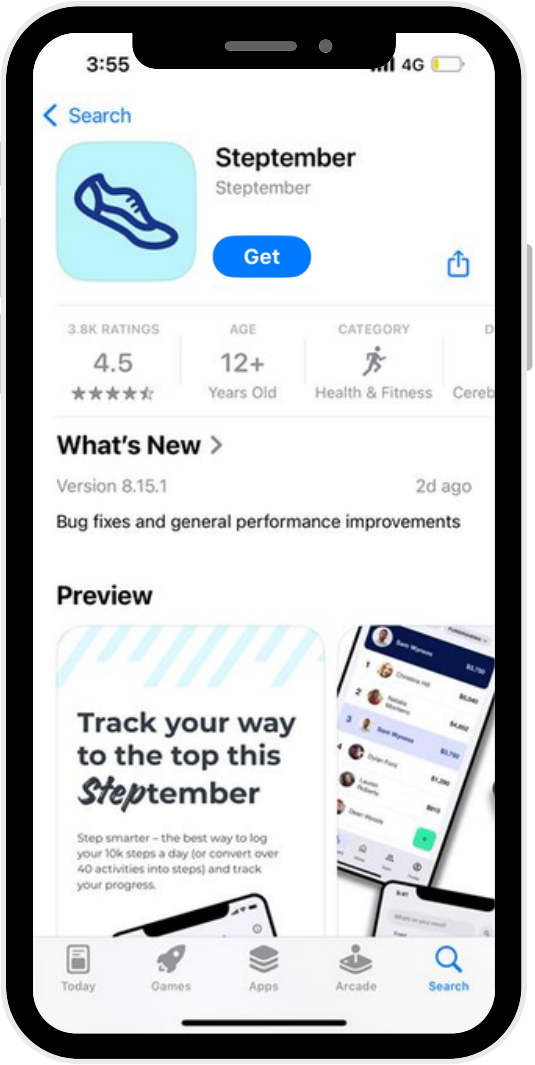
# Download the app



Download on the App Store

GET IT ON Google Play

# Logging into the app

1. **Select your country:** Australia

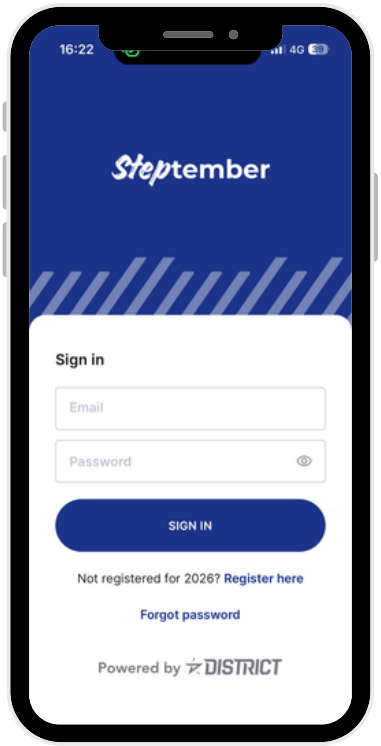
2. ***If you've registered:***
Sign in using the same email address and password you registered with

   ***If you still need to register for 2026:***
Click 'Register now'

3. You'll be asked to agree to our Terms and Conditions, and Privacy Policy before continuing

1

2

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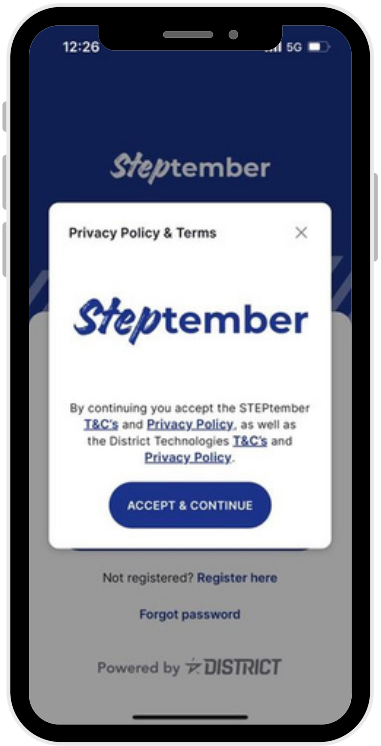


# Setting up the app

**After logging in and connecting to your September profile, the app will seek your permission to send notifications and access your location.**

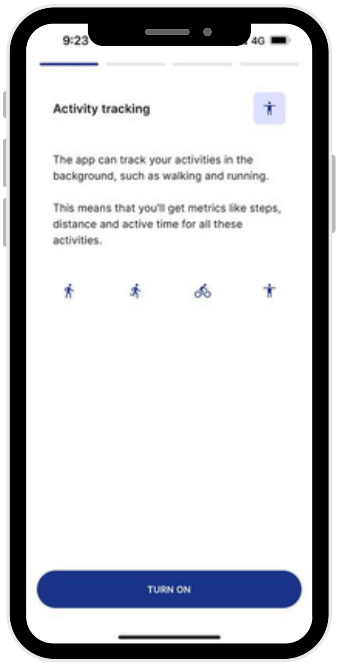
Note: All of these are required so that the September app will function as it's been designed, and to ensure you have the best September experience.

1. Allowing notifications will ensure you're kept up to date with updates from September as well as your friends, family and colleagues.

2. Providing permission for the app to access your location and motion activity will ensure the built-in GPS can track and map your activity.

3. Most importantly, enabling notifications means you'll be notified whenever a team member logs their activity – encouraging some friendly competition!

1

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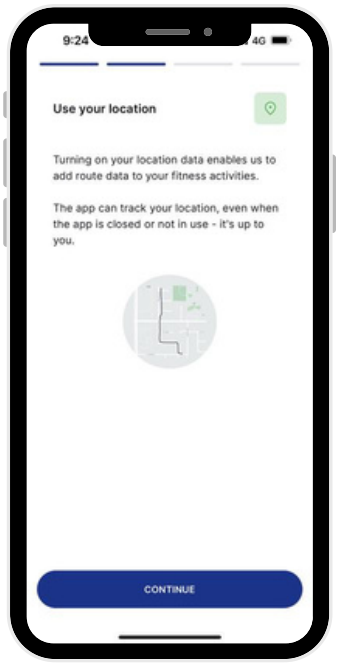


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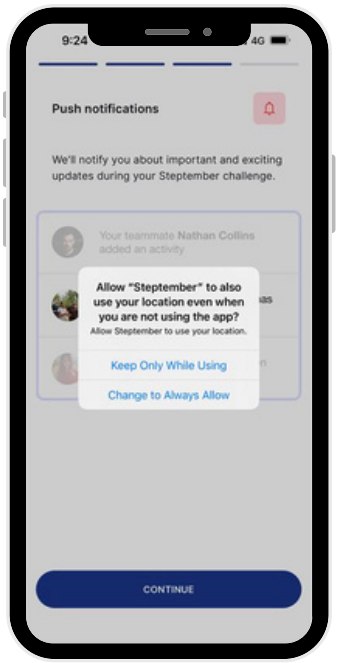


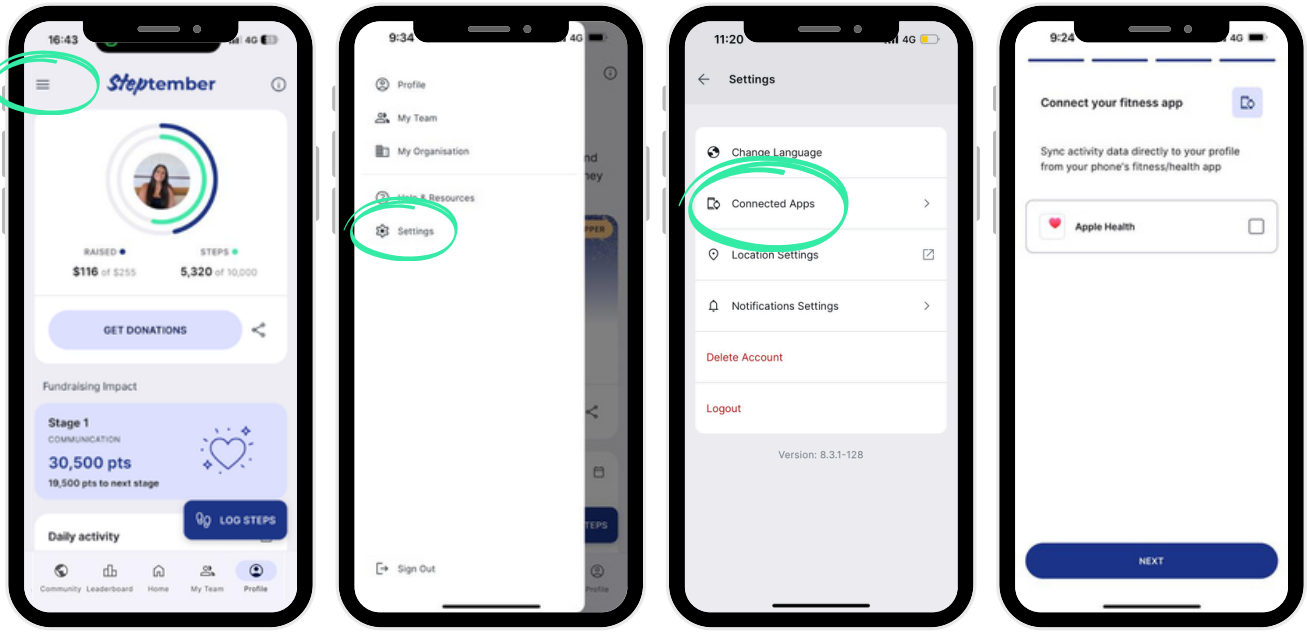
# Connecting your fitness tracker

**The Steptember app will connect to health kits that are built in, Apple (Apple Health) and Android (Google Health Connect).**

The app will detect what smartphone you have and what fitness/health app options are available for you to connect.

1. After logging in, click the 3 lines in the top left hand corner
2. Click ‘Settings’
3. Click ‘Connected Apps’
4. Connect your app

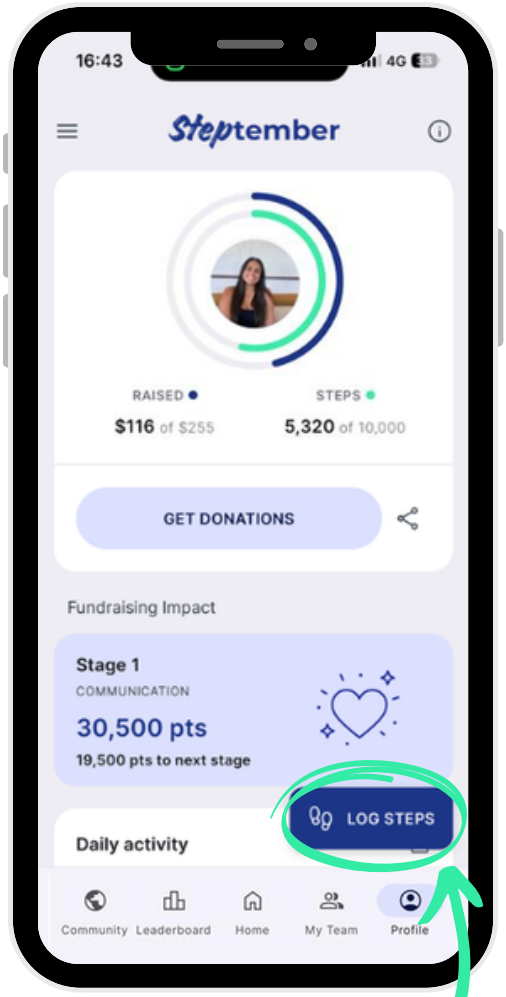
1 2 3 4



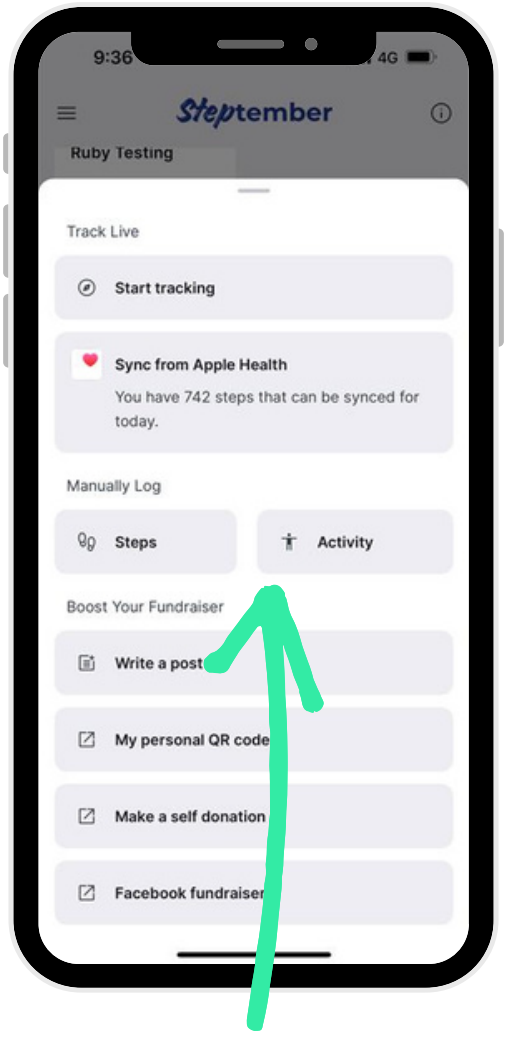

**Note: If you use a fitness wearable like a Fitbit, Apple Watch, or Garmin, simply connect this to your phone’s health app and your health app will sync your steps across to the Steptember app.**

# Tracking activity

**Tracking your activity is made super easy on the Steptember app!**

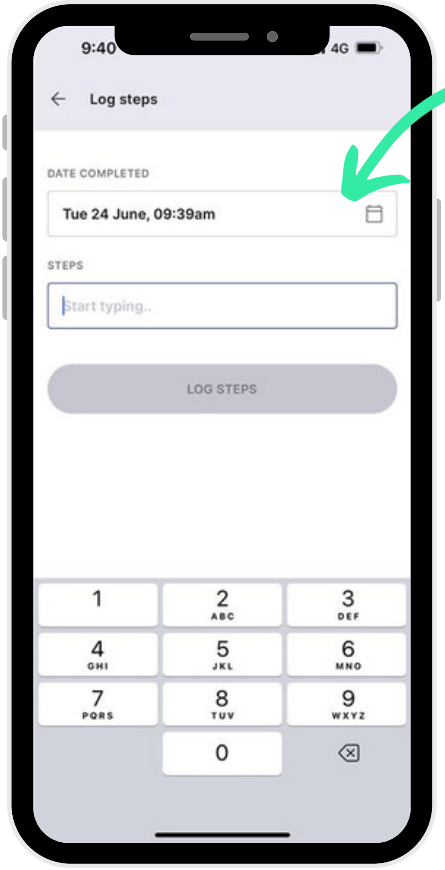



**Click the 'LOG STEPS' button**
from any screen to add your activity




**You can log activity by**

1. Log steps
2. Log activity
3. Fitness tracker
4. Sync from app




## 1 Log steps

**Click ‘Steps’ to manually enter your steps.**

Simply put in the number of steps and it will count towards your total. The maximum number steps you can manually enter per day is 30,000.

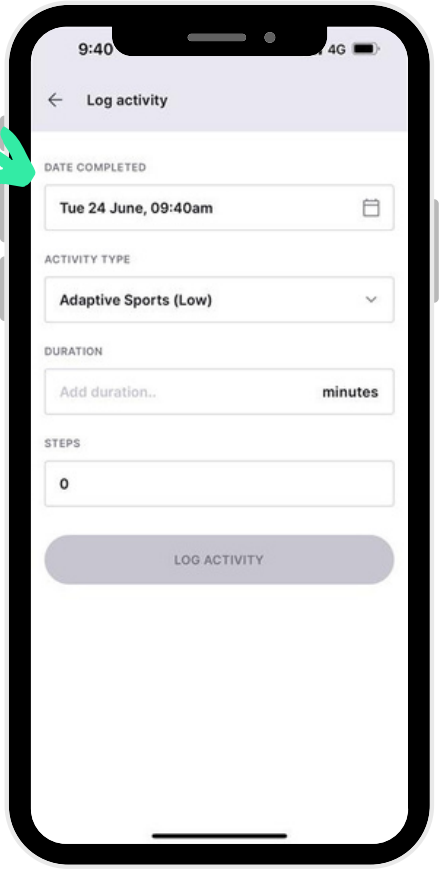
You’ll then have the option to add a photo and post to your feed!

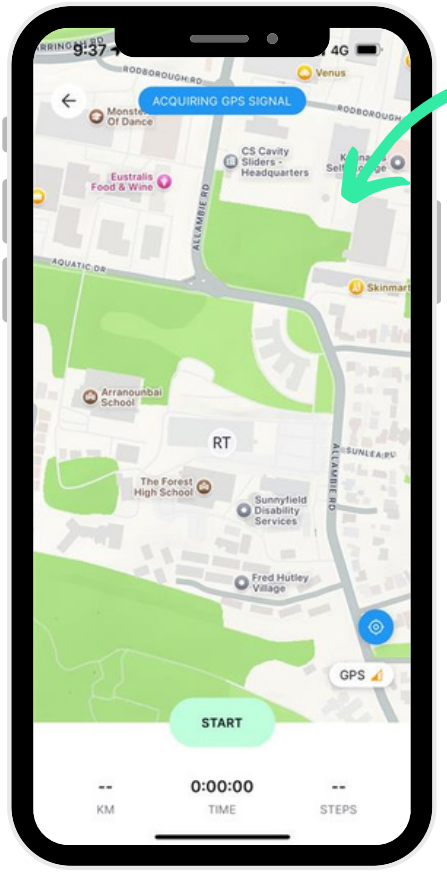
## 2 Log activity

**Click ‘Activity’ to manually convert your activity into steps.**

Steptember is all about getting active in a way that works for you. That’s why we offer over 40 activities that convert to ‘steps’ for the challenge.

Whether that’s running, gardening, physical therapy, wheelchair sports, dancing, or playing with the dog, you can enter your activity & duration, and our Steptember app will convert this into steps.






## 3 Fitness tracker

**Click ‘Start tracking’ to use our built-in fitness tracker to track your walk or run using GPS.**

Simply press the ‘Start’ button and start walking. When you’re done press ‘Stop’ to log your steps.

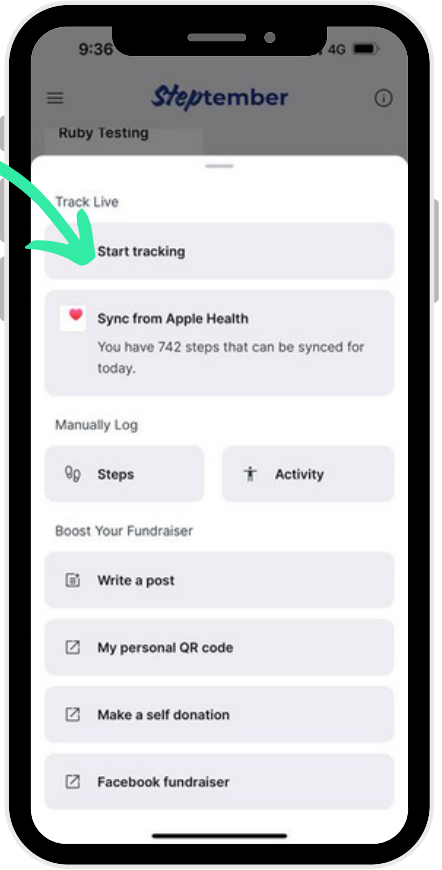
**Note:** Only activity of 200m and more will be counted.

## 4 Sync from app

**After connecting health app** (page 6)**, click ‘Sync from Apple Health/Google Health Connect’ to import steps.**

Syncing from your health app will log all the steps you’ve taken so far that day. You can log once at the end of the day, or throughout the day.

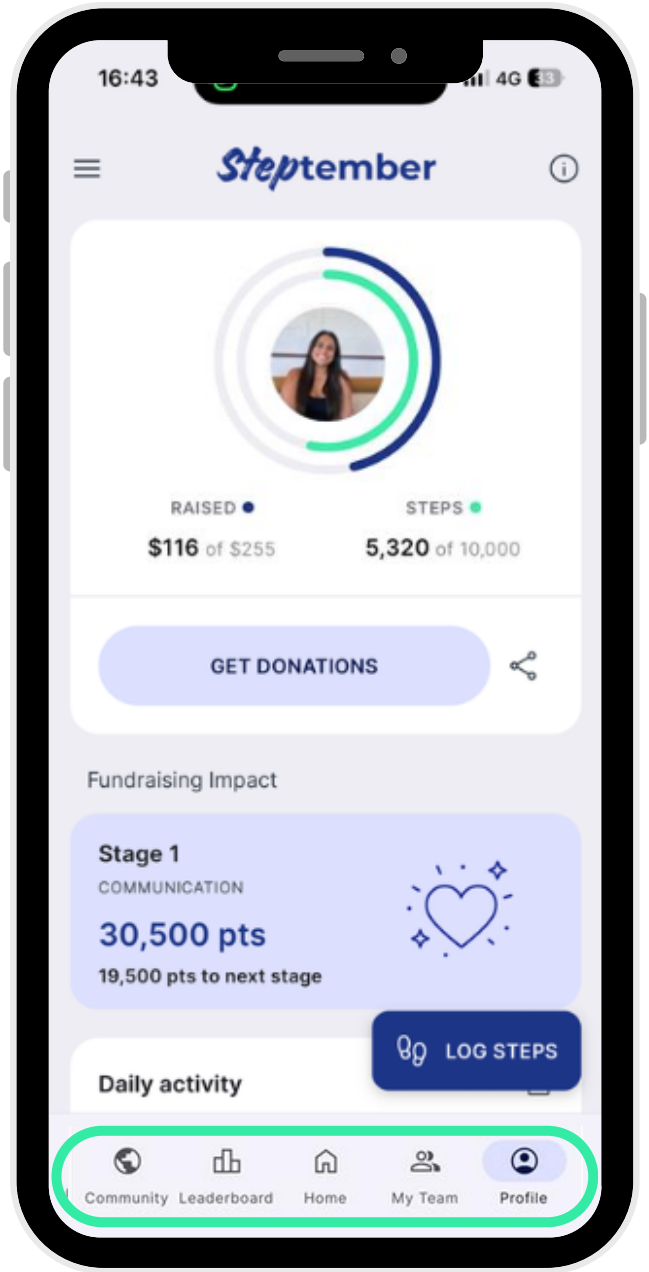
If you've forgotten to log steps from a previous day, you have the option to sync from previous dates.




**Note: Syncing steps from your health app is not automated and requires manual logging each day**

# Toolbar navigation

**The toolbar navigation is always available across the bottom of the app screen – providing quick access to other pages.**




1. **Community:** Your social feed to keep up to date with your friends, family, colleagues and Steptember updates.

2. **Leaderboard:**
Keep up to date with fundraising and activity progress, not only for yourself, but for your friends, family, colleagues and organisation too.

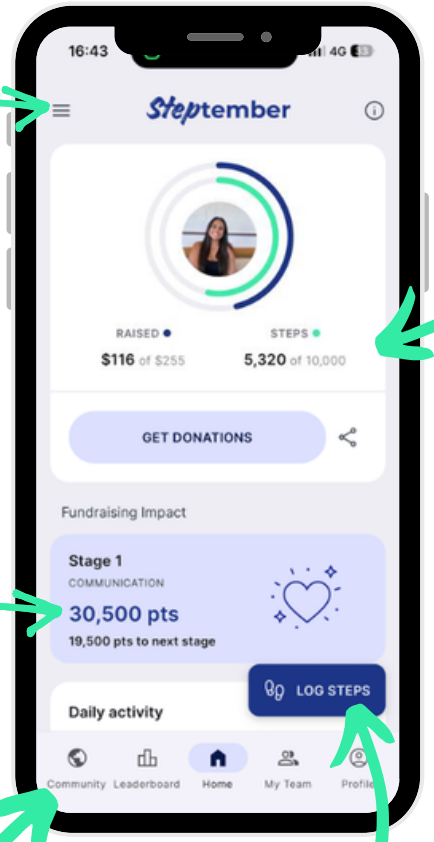
3. **Home:**
Easy access to your home page to check out your progress and access quick links.

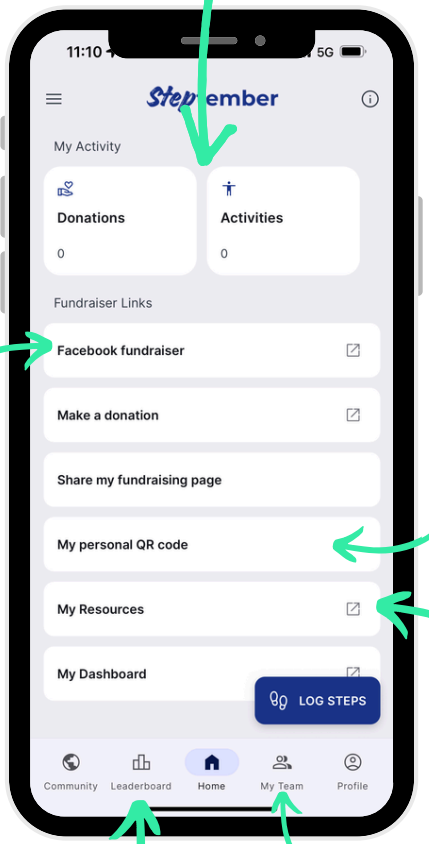
4. **My Team:**
Check out your Team's fundraising and activity progress and use it as an opportunity to hold each other accountable.

5. **Profile:**
Easy access to edit your profile, as well as view donations, activity history and view your impact stages & points.

# Home page

**The Steptember app's home page has everything you need to log your steps, share your challenge, and optimise your fundraising efforts! Check out key features below:**




Access your profile, team, org, resources & settings

Check your daily fundraising and activity progress

Check out your donations & activites

View your impact stage and point score

Create & share a Facebook Fundraiser to boost donations

Get your personal QR code for quick & easy donations

Click here to log your steps each day

Access resources

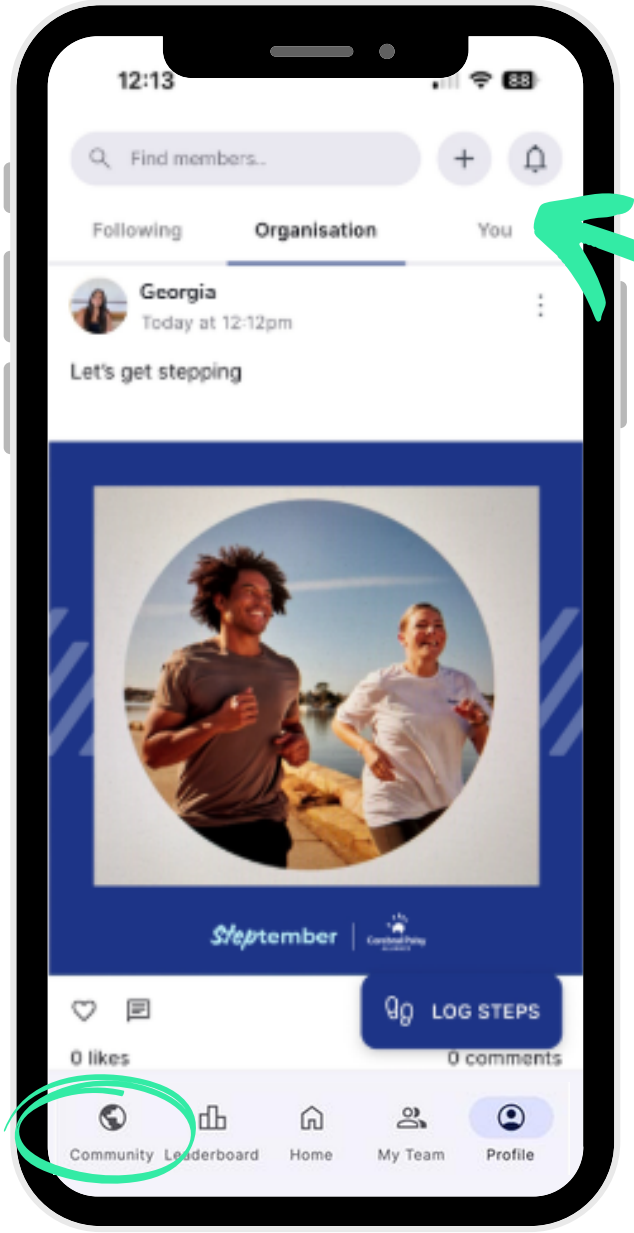
Check out the social feed with updates from Steptember, your team & followers

Keep an eye on the leaderboards and track your progress

Keep up to date with your team's progress and keep each other accountable

# Community page

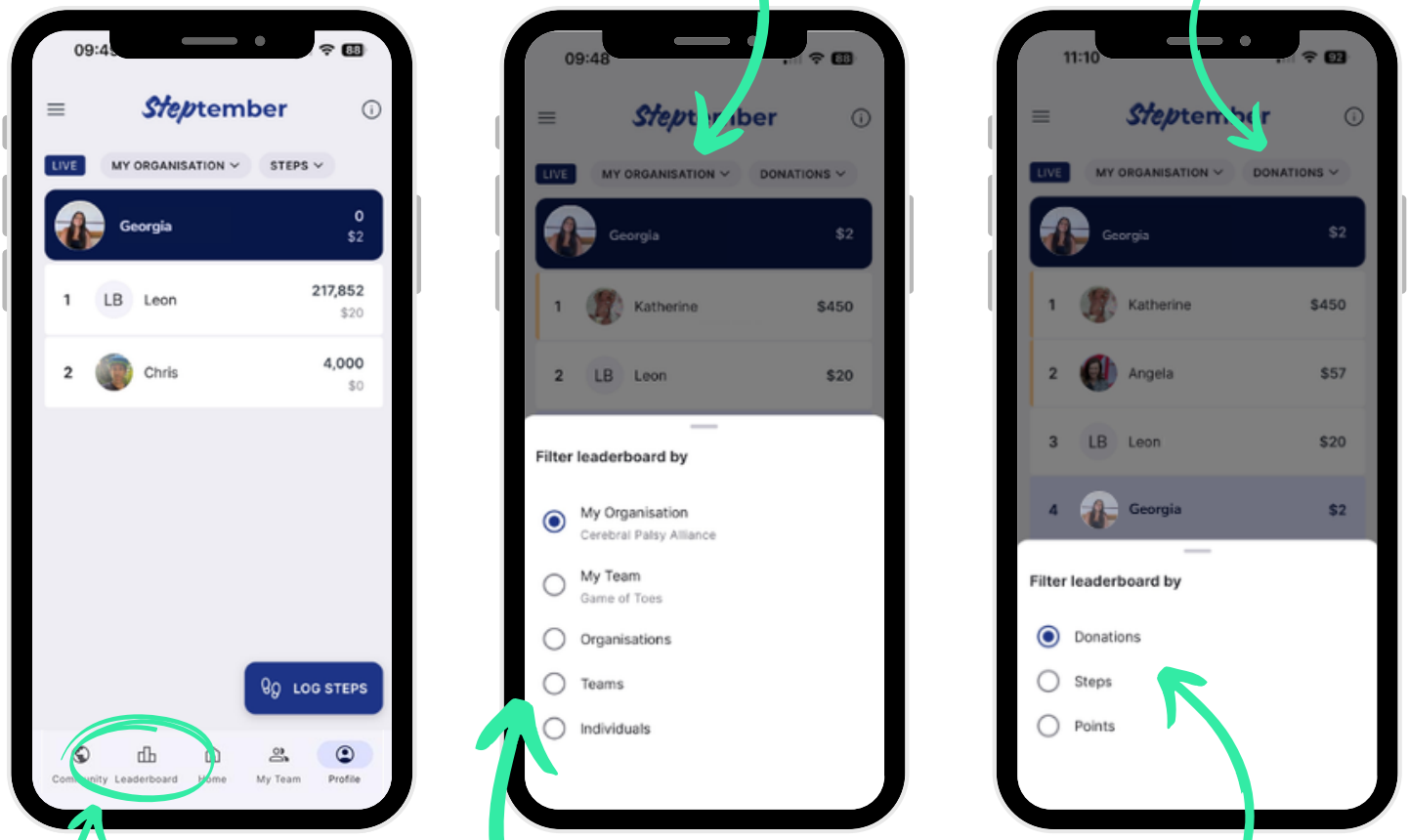
**Your social feed to keep up to date with your friends, family, colleagues and Steptember updates, all in one place.**




**Flick through the tabs here to check out who you're following, your organisation and your personal feed.**

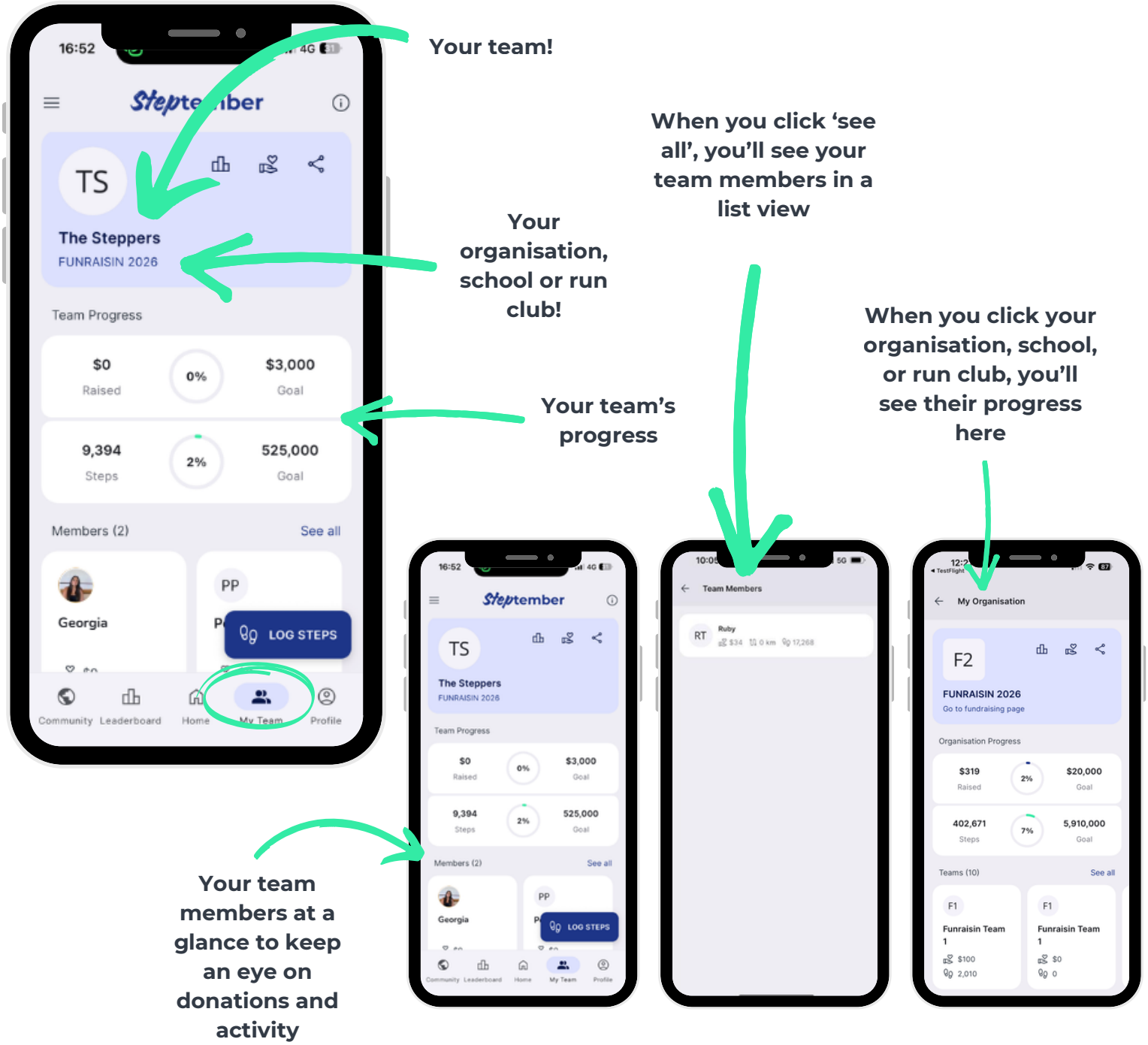
# Leaderboards page

**Track your progress and keep up to date with your team, friends, family and colleagues - let the friendly competition begin.**



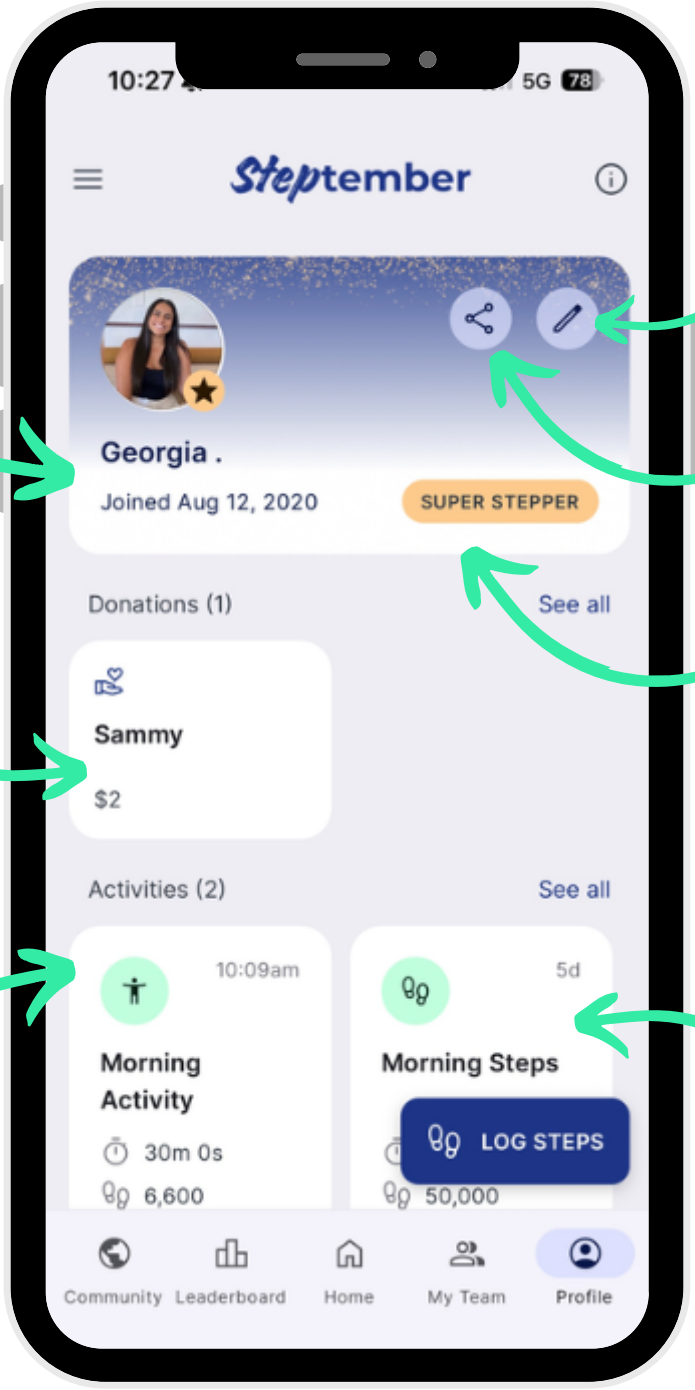
# My team page

**If you're in a team and/or part of an organisation, school or run club, you can view the progress for all in this tab.**



# My profile page

**You can view your profile easily via the 'Profile' tab at the bottom of the screen OR by clicking the 3 lines in the top left hand corner, then clicking 'Profile'.**




Quick view of your profile, photo and Super Stepper Status

Make any edits to your profile via the pencil icon

Click here to share your personal fundraising link

Check out all your donations, including self donations

If you are a Super Stepper, it will show up here!

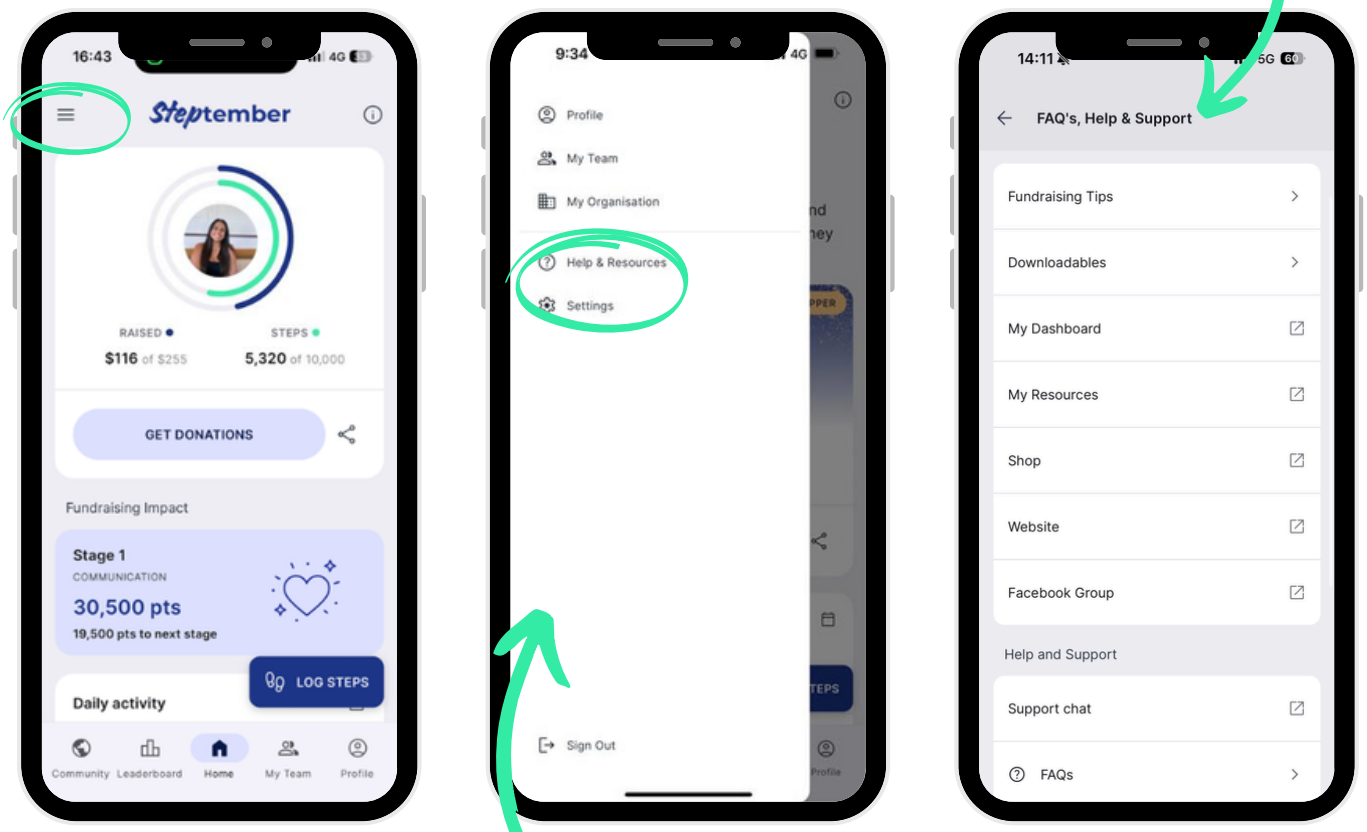
Check out your activity history and click 'See all' to show a list view

To delete an activity: click the activity entry > 3 dots in top right-hand corner > 'Delete'

# Help & Resourses and Settings

**Click the 3 lines in the top right hand corner of the home page to access your tabs, help & resources and settings.**

**See ‘Help & Resources’ to access support (FAQs & support chat), resources, fundraising tips & more**




**See ‘Settings’ to manage location and notifications & logout options**

# Still have questions?

No problem!

## Get in touch with our Customer Support Team

### Email

Send an email to the team via **support@steptember.org.au**

### Live Chat

Chat directly with the Steptember support team using our live chat feature via our website **steptember.org.au**

Available between 9AM and 5PM (AEST/AEDT) from Monday to Friday.

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