

istep.org.uk

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iStep Website [istep.org.uk]

Introduction

iStep is an initiative developed by Sheffield Hallam University and the University of Sheffield and is part of a larger European wide research project called Innovage that aims to both promote and enable healthy, active lifestyles towards a reduction in levels of problematic obesity in increasingly aging populations. It was built as part of the primary deliverable for Innovage; WP4 Improving Obesity Related outcomes. iStep stands for 'Intergenerational Support To Encourage Physical Activity'.

At the heart of the iStep concept is the creation of younger and older person partnerships. We are developing ways for people to work together to achieve increased physical activity that is both tangible and rewarding by giving these couples (or dyads) pedometers that track how much physical activity they do, together. Users of the system can then see how much activity they have done, compare their progress with other dyads teams, and work towards a series of collective goals, by logging onto the on-line iStep environment.

This document is to provide a brief overview of the website functionality. The iStep website is currently live and publicly accessible at istep.org.uk

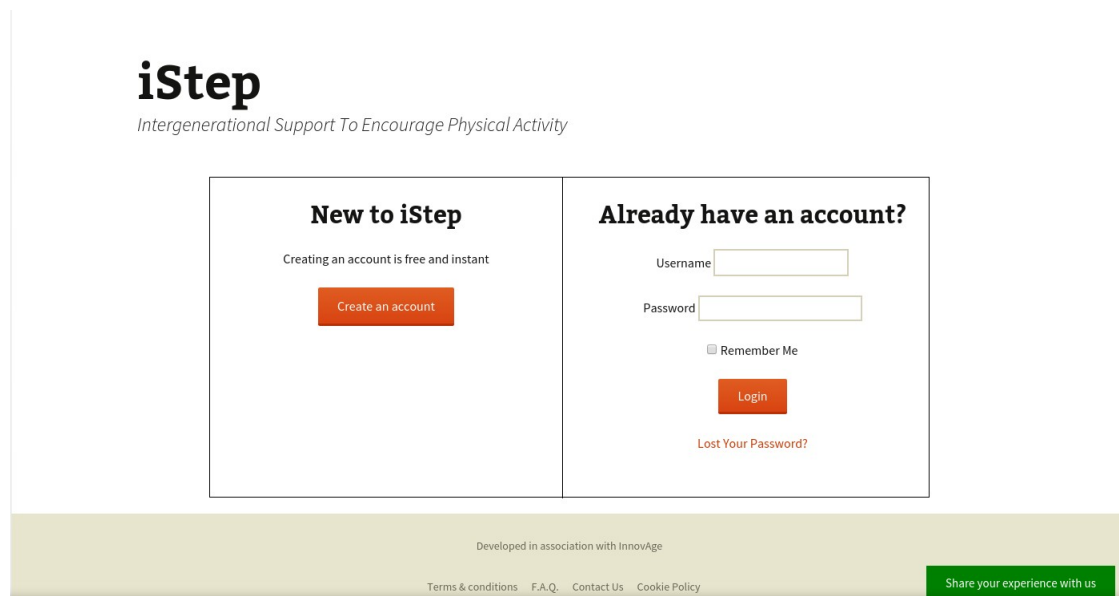


Using the Website

Using the iStep website is a simple 5 step process as detailed below.

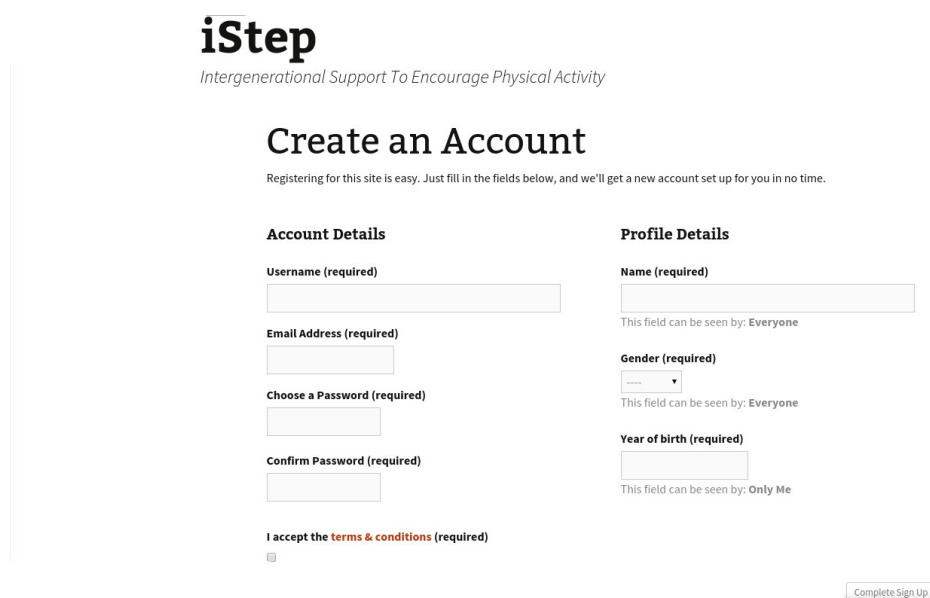
1. Register and login

In order to use the site a user must have an account. Users can create accounts by visiting the website and clicking on “Create an account”.



The image shows the iStep website's login and registration interface. At the top, the iStep logo is displayed with the tagline "Intergenerational Support To Encourage Physical Activity". Below the logo, there are two main sections: "New to iStep" and "Already have an account?". The "New to iStep" section states "Creating an account is free and instant" and features a red "Create an account" button. The "Already have an account?" section includes input fields for "Username" and "Password", a "Remember Me" checkbox, a red "Login" button, and a link for "Lost Your Password?". At the bottom of the page, there is a footer with the text "Developed in association with InnovAge", links for "Terms & conditions", "F.A.Q.", "Contact Us", and "Cookie Policy", and a green button labeled "Share your experience with us".

This will take the user to a registration page.

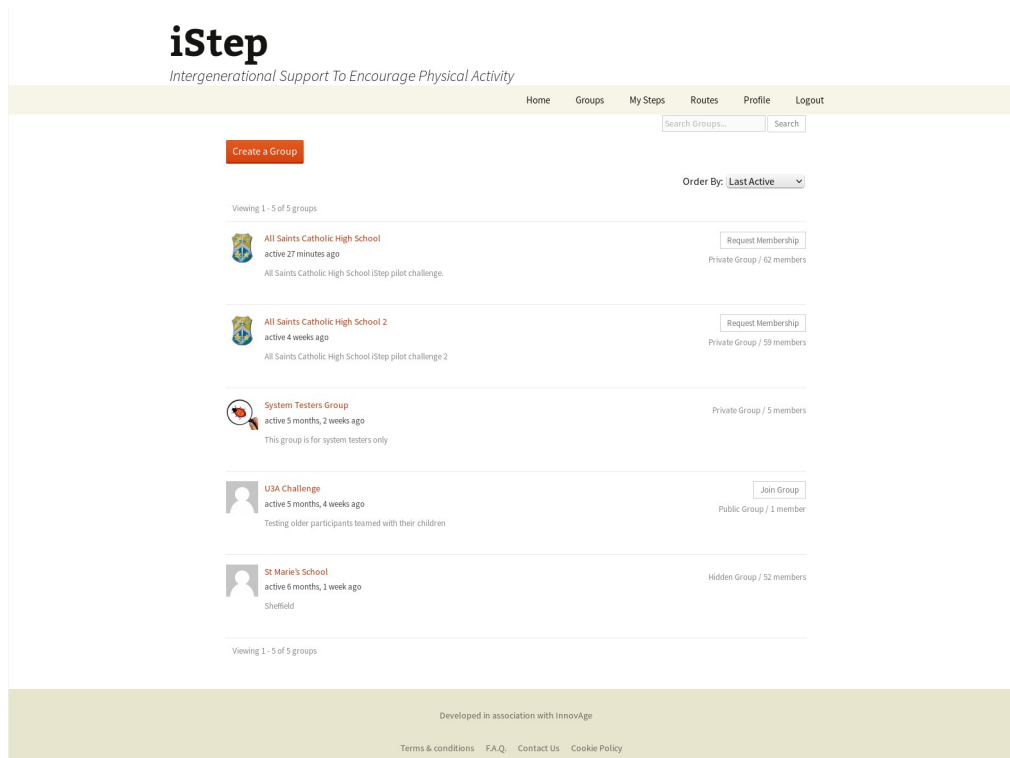


The image shows the iStep website's "Create an Account" page. At the top, the iStep logo is displayed with the tagline "Intergenerational Support To Encourage Physical Activity". Below the logo, the heading "Create an Account" is followed by the text "Registering for this site is easy. Just fill in the fields below, and we'll get a new account set up for you in no time." The page is divided into two main sections: "Account Details" and "Profile Details". The "Account Details" section includes input fields for "Username (required)", "Email Address (required)", "Choose a Password (required)", and "Confirm Password (required)", along with a checkbox for "I accept the terms & conditions (required)". The "Profile Details" section includes input fields for "Name (required)", "Gender (required)" (with a dropdown menu), and "Year of birth (required)", each with a privacy notice below it. At the bottom right, there is a button labeled "Complete Sign Up".

The user must fill in the form and click “Complete Signup” to complete the registration process. They will now be able to login to and use the website.

2. Join a group

Once the user logs in they will be taken to a dashboard. This dashboard will show that the user must join a group challenge. This is illustrated in the “Your Challenge” section of the dashboard. Clicking on “View group challenges” will take the user to a page to allow them to join a group.



Each group has a button to the left of it. If the group is public the button will say “Join Group”. To join the user simply clicks this “Join Group” button and they are instantly joined to the group. Some groups chose to be private. Private groups will have a button that says “Request Membership”. If the user wished to join one of these groups they may click on the “Request Membership” button however they must wait for the Group administrator to approve their request.

Each group has a virtual walking challenge affiliated with it. Some initial challenges available on the site were the Sheffield Round walk, the Trans Pennine Trail and a walk from Sheffield To Lourdes. The challenge associated with a group is decided by the group administrator.


If the user does not wish to join an existing group they also have the option of creating a new group from this page via the “Create a group” button on the top left hand side. Creating a group will automatically make this user the administrator for the group.

3. Find a partner

The next stage is to find a partner. Back on the dashboard the user can see that they are now joined to a group but that they do not have a partner.

Welcome to the iStep dashboard

Your Challenge:



System Testers Group

The challenge is: Round Sheffield Walk
(Competitive dyad challenge)

The challenge ends: 2014-11-30
The challenge goal is 70000 steps

View Group Challenges

Your Steps:

Since joining iStep you have walked **240125** steps

View/Add Steps

Not sure where to walk? [Click here to search for walks.](#)

Your Partner:

For group **System Testers Group** you do not yet have a partner. To find a partner please click on the 'Find/Create a Partner' below.



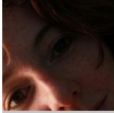


Find/Create Partner

Clicking on “Find/Create Partner” will take the user to a page to choose a partner.

Find a partner:

Choose your partner from the list below. In order to choose a partner they must be registered with iStep and a member of the same group challenge. It is not possible to partner with a member who already has a partner. These members will be marked as unavailable.

[Create a special managed user partner account](#)

	cherylgrindell joined 5 months, 2 weeks ago	Partner Up
	faketest joined 5 months, 2 weeks ago	Partner Up
	sinob joined 7 months, 1 week ago	Partner Up
	andy joined 11 months, 1 week ago	Partner Up
	captain joined 12 months ago	

The user simply clicks on the orange “Partner Up” button next to the person they wish to partner with. It is hoped that having a partner in a dyad and being part of a group to complete a challenge will encourage the user to walk more.

4. Get Walking

The user can record their progress on the site via the “My Steps” in the menu bar. This page will allow the user to add steps using a very simple form, view the steps they have taken in the last 30 days and see a graph of their progress in any group challenge they have joined.

iStep

Intergenerational Support To Encourage Physical Activity

HomeGroupsMy StepsRoutesProfileLogout

captain

@captain

active right now

@sinob Amazing! [View](#)

Year of birth : 1920

ActivityProfileNotifications1StepsGroups1Send InvitesSettings

Add your step count here

Number of steps:

Date from
2015-03-02to2015-07-28in the format YYYY-MM-DD

Save Steps

Steps taken by you over the last 30 days

DATE	STEPS	DELETE
2015-03-01	12000	
2015-02-28	12000	
2015-02-27	12100	
2015-02-26	12435	
2015-02-25	12586	
2015-02-23	165893	
2014-11-27	12000	
2014-08-19	1111	

System Testers Group Round Sheffield Walk (Competitive dyad challenge)

Category	Steps
captain	12000
Partner	12000
captain & Partner	12100

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5. View your progress

Users can view their progress as an individual within the group as a member of a dyad. As they progress there are graphs showing their steps, their partners steps, how these steps compare with other people in the group and an animated map of their progress along the virtual route.


The image below show the users progress in comparison with other individual members of the group.

iStep

Intergenerational Support To Encourage Physical Activity

HomeGroupsMy StepsRoutesProfileLogout

System Testers Group




Private Group active 5 months, 2 weeks ago

This group is for system testers only

The challenge is: Round Sheffield Walk (Competitive dyad challenge)

The challenge ends: 2014-11-30


The challenge goal is 70000 steps

Group Admins

Individual StepsPartner StepsMembers5

Competitive challenge

Round Sheffield Walk



USER	STEPS
captain	1311118%
andy	20%
sinob	00%
faketest	00%
cherylgrindell	00%
michaelgunning	00%

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The user can also compare the progress of their dyad against the other dyads within the group

iStep

Intergenerational Support To Encourage Physical Activity

[Home](#) [Groups](#) [My Steps](#) [Routes](#) [Profile](#) [Logout](#)

System Testers Group



Private Group active 5 months, 2 weeks ago

This group is for system testers only

The challenge is: Round Sheffield Walk (Competitive dyad challenge)

The challenge ends: 2014-11-30

The challenge goal is 70000 steps

Group Admins



[Individual Steps](#) [Partner Steps](#) [Members](#) 5

Round Sheffield Walk



The table below shows the collective steps walked by each partnership

PARTNERS	TEAM STEPS	
captain (13111 Steps) faketest (0 Steps)	13111	18% <div></div>
sinob (0 Steps) andy (2 Steps)	2	0% <div></div>

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Group Owner Features

Any one who creates a group challenge becomes the owner of that group challenge. As such they have permission to manage the group challenge. In addition to the standard group management features group one would expect some additional features have been built to make management of the group challenges easier.

To facilitate the fast creation of accounts for a group the group owner has access to a bulk group member creation tool. This allows the owner to create multiple user account and automatically join them to the group in one go.

iStep

Intergenerational Support To Encourage Physical Activity

Home

Groups


My Steps

Routes

Profile

Logout

System Testers Group



Private Group active 5 months, 2 weeks ago


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Group Admins



Individual Steps

Partner Steps

Partners

Members

Send Invites

Manage

Details

Settings

Photo

Members

Requests

Bulk add new users

Delete

Bulk add new users to this group

This tool will allow you register new users and make those new users members of your group automatically.

USERNAME	DISPLAY NAME	EMAIL ADDRESS	PASSWORD	YEAR OF BIRTH	GENDER
<input type="text" value="user1"/>	<input type="text" value="bob"/>	<input type="text" value="bob@here.com"/>	<input type="text" value="12345"/>	<input type="text" value="1/1/1897"/>	<input type="text" value="Male"/>
<input type="text" value="user2"/>	<input type="text" value="frank"/>	<input type="text" value="frank@here.com"/>	<input type="text" value="12345"/>	<input type="text" value="2/5/1865"/>	<input type="text" value="Male"/>
<input type="text" value="user3"/>	<input type="text" value="sue"/>	<input type="text" value="sue@here.com"/>	<input type="text" value="12345"/>	<input type="text" value="7/8/1967"/>	<input type="text" value="Female"/>
<input type="text" value="user4"/>	<input type="text" value="jane"/>	<input type="text" value="jane@here.com"/>	<input type="text" value="12345"/>	<input type="text" value="5/7/1578"/>	<input type="text" value="Female"/>

Add row

Save Changes

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F.A.Q.

Contact Us

Cookie Policy

Group owners can also manage user partnership. They can create or remove partnerships via a group partnership administration page.

System Testers Group



Private Group active 5 months, 2 weeks ago

This group is for system testers only

The challenge is: Round Sheffield Walk (Competitive dyad challenge)

The challenge ends: 2014-11-30

The challenge goal is 70000 steps

Group Admins



[Individual Steps](#) [Partner Steps](#) [Partners](#) [Members \(5\)](#) [Send Invites](#) [Manage](#)

Create a partnership

Choose the two people you would like to partner with one another in this group. It is not possible to create a partnership with a person who already has a partner in the group.

Partner the member with the member

[Create Partnership](#)

Existing group partnerships

Each row represents a partnership.

captain	faketest	Unpartner
sinob	andy	Unpartner

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The group owner can control the challenge the group is working towards. They may choose from a list of available routes, what type of challenge (collaborative, competitive, dyad or individual) and they may also set the end date.

System Testers Group



Private Group active 5 months, 2 weeks ago

This group is for system testers only

The challenge is: Round Sheffield Walk (Competitive dyad challenge)

The challenge ends: 2014-11-30

The challenge goal is 70000 steps

Group Admins



[Individual Steps](#) [Partner Steps](#) [Partners](#) [Members \(5\)](#) [Send Invites](#) [Manage](#)

[Details](#) [Settings](#) [Photo](#) [Members](#) [Requests](#) [Bulk add new users](#) [Delete](#)

Group Name (required)

System Testers Group

Group Description (required)

This group is for system testers only

Challenge Route

Round Sheffield Walk

Challenge Type

Competitive dyad challenge

Challenge End Date

2014-11-30

☐ Notify group members of these changes via email

[Save Changes](#)

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Routes are managed by the website owner. New routes can only be created and modified by a site administrator user, that is a user with the highest level of access. Regular users and group administrators do not have access to this feature.

Routes can be edited by clicking directly on the map or by updating the points manually in the “Route path” field.

iStep

Intergenerational Support To Encourage Physical Activity

Home

Groups

My Steps

Routes

Profile

Logout

Route Builder

Edit Round Sheffield Walk

Map

Satellite

10135

Search Box

+

-

Create a new route

Route title

Round Sheffield Walk

Route Description

A walk around Sheffield

Route Path

The route path must be in the format (lat1,long1),(lat2,long2),(lat3,long3) e.g. (53.367,-1.502),(53.367954,-1.503196),(53.36808,-1.503217) Please note:

* latitude and longitude points are separated by a single comma "," with NO blank spaces.

* each lat,lng pair is wrapped in round brackets (lat,lng).

* each (lat,lng) pair is separated from the previous and next pair by a single comma "," with NO blank spaces.

* the final (lat,lng) pair should have no trailing characters.

(53.367954,-1.5031960000000026),(53.36808,-1.50321699999999496),(53.368149,-1.50339399999999575),(53.36813,-1.50389300000000619),(53.368313,-1.5047090000000048),(53.368645,-1.50539500000000214),(53.368725,-1.5061779999999771),(53.368713,-1.5065809999999829),(53.368538,-1.5072509999999966),(53.368324,-1.5079859999999599),(53.368389,-1.5085709999999608),(53.368294,-1.50957900000000306),(53.368282,-1.5100569999999607),(53.368347,-1.5107169999999996),(53.368366,-1.511182999999996),(53.368534,-1.51219700000000147),(53.368778,-1.5131149999999707),(53.368893,-1.5136889999999994),(53.368874,-1.51411800000000531),(53.368835,-1.51461700000000438),(53.368946,-1.51485800000000038),(53.368877,-1.5152600000000012),(53.369114,-1.51570600000000229),(53.369053,-1.51700400000000427),(53.368862,-1.51736900000000306),(53.368816,-1.5176690000000069),(53.368839,-1.5178409999999758),(53.368839,

Step count goal

70000

Reset

Save

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FAQ

Contact Us

Cookie Policy

Basic Technical Information

The iStep prototype is being built on top of the WordPress CMS. WordPress is a free and open source content management system. Currently WordPress is used for over 22% [http://w3techs.com/technologies/overview/content_management/all] of the websites on the internet, making it the most popular content management software in the world.

WordPress Core

WordPress adheres to a standard LAMP/WAMP architecture. That is to say that it can be hosted on a Windows or Linux system and has three primary software components: Apache, MySQL and PHP. The core system code allows for the management of users, pages, posts and simple media content. In addition WordPress features a plug-in architecture and a theme system.

A large amount of the flexibility of WordPress comes from the wide variety of free high quality plug-ins. Plug-ins are tools that extend the functionality of a basic WordPress site. Each plug-in is a software component designed to perform a single specific task. The iStep platform is composed of a variety of plug-ins and themes from various sources. As well as using existing well known plug-ins such as BuddyPress the site also required the creation of various custom plug-ins, themes and language code.

Custom WordPress plug-ins and themes developed for Innovage are available for download from Bitbucket at <https://bitbucket.org/SinOB>

Technical documentation to recreate an instance of iStep can be made available on request.