



## **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](http://istep.org.uk)

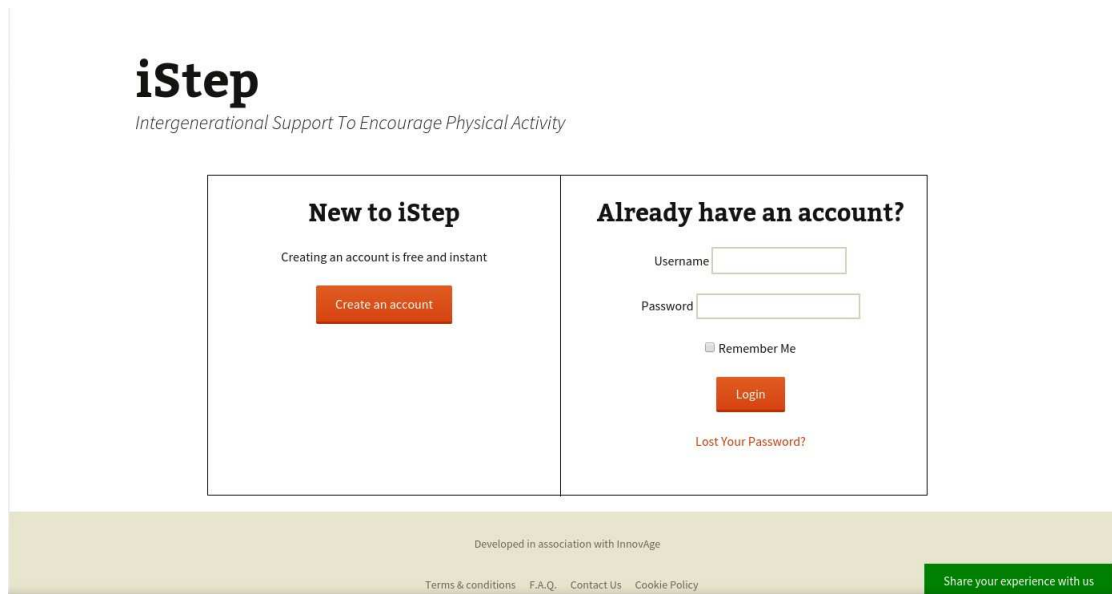


# Using the Website

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”.



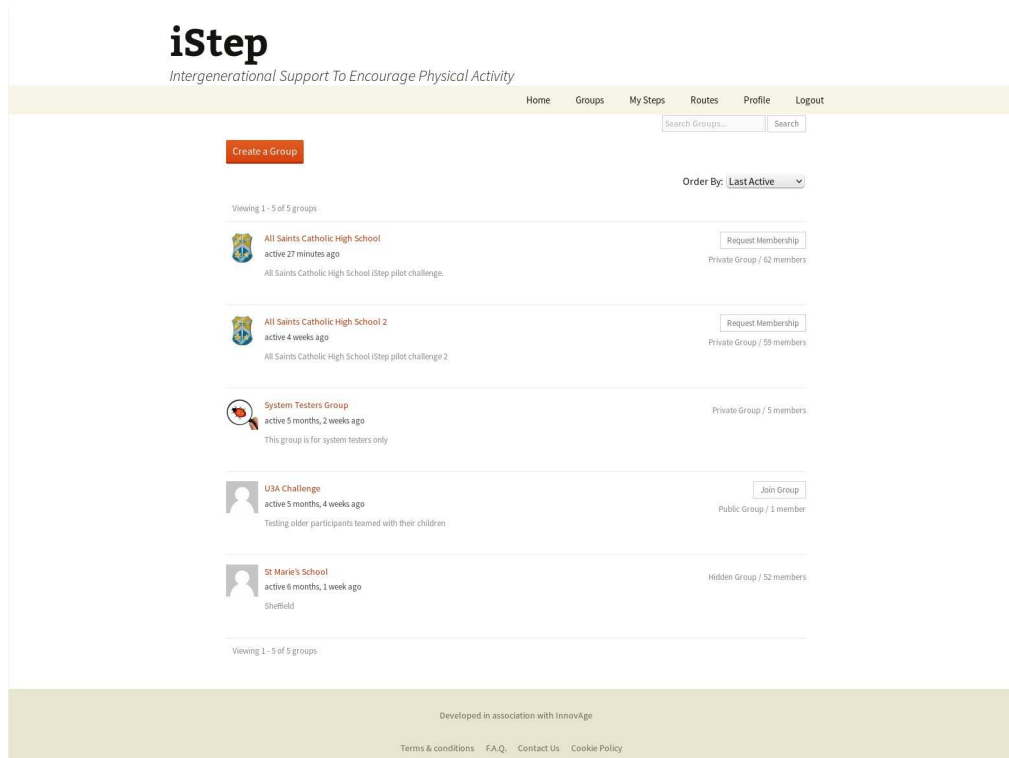
This will take the user to a registration page.

The image shows a screenshot of the iStep "Create an Account" registration page. At the top is the iStep logo and tagline. The main heading is "Create an Account" with a subtext: "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 form is divided into two columns: "Account Details" and "Profile Details". Under "Account Details", there are four required input fields: "Username (required)", "Email Address (required)", "Choose a Password (required)", and "Confirm Password (required)". Below these is a checkbox for "I accept the terms & conditions (required)". Under "Profile Details", there are three required fields: "Name (required)" with a visibility setting of "Everyone", "Gender (required)" with a dropdown menu and a visibility setting of "Everyone", and "Year of birth (required)" with a visibility setting of "Only Me". At the bottom right of the form 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.


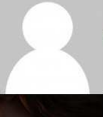



[Find/Create Partner](#)

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	<a href="#">Partner Up</a>
	faketest joined 5 months, 2 weeks ago	<a href="#">Partner Up</a>
	sinob joined 7 months, 1 week ago	<a href="#">Partner Up</a>
	andy joined 11 months, 1 week ago	<a href="#">Partner Up</a>
	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

Home Groups My Steps Routes Profile Logout

## captain

@captain  
active right now  
@sinab Amazing! View  
Year of birth: 1920

Activity Profile Notifications Steps Groups Send Invites Settings

### Add your step count here

Number of steps:

Date from  to  in the format YYYY-MM-DD

### 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	12000

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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

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

### Competitive challenge

#### Round Sheffield Walk



USER	STEPS	
captain	13111	18% <input type="text"/>
andy	2	0% <input type="text"/>
sinob	0	0% <input type="text"/>
faketest	0	0% <input type="text"/>
cherylgrindell	0	0% <input type="text"/>
michaelgunning	0	0% <input type="text"/>

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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

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### 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	<div style="width: 18%;"><div style="width: 18%;"></div></div> 18%
sinob (0 Steps) andy (2 Steps)	2	<div style="width: 0%;"><div style="width: 0%;"></div></div> 0%

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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.

The screenshot shows the iStep website interface. At the top, the logo 'iStep' is displayed with the tagline 'Intergenerational Support To Encourage Physical Activity'. A navigation bar includes links for Home, Groups, My Steps, Routes, Profile, and Logout. The main content area is titled 'System Testers Group' and features a magnifying glass icon over a ladybug. Text on the page indicates it is a private group, active 5 months and 2 weeks ago, with a challenge goal of 70000 steps. A 'Group Admins' section shows a profile icon. Below this is a menu with options like 'Individual Steps', 'Partner Steps', 'Partners', 'Members', 'Send Invites', and 'Manage'. A sub-menu includes 'Details', 'Settings', 'Photo', 'Members', 'Requests', 'Bulk add new users', and 'Delete'. The 'Bulk add new users to this group' section contains a descriptive text and a table for user registration.

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"/>

Buttons: Add row, Save Changes

Footer: Developed in association with InnovAge. Links: Terms & conditions, 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 (3) 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 (3) 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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# Route Builder

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.

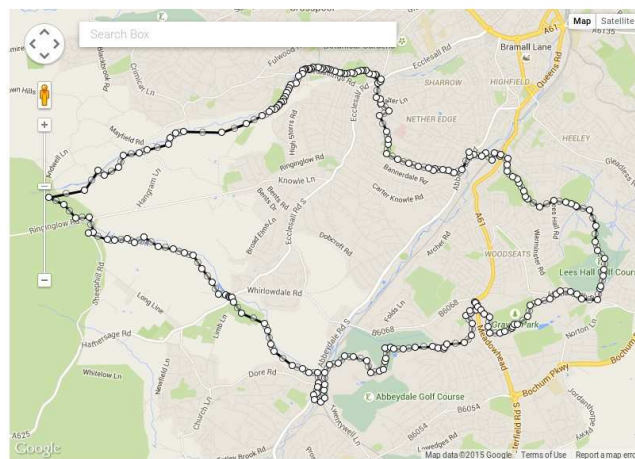


Intergenerational Support To Encourage Physical Activity

Home Groups My Steps Routes Profile Logout

## Route Builder

### Edit Round Sheffield Walk



### 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,-1.5032169999999946),(53.368149,-1.5033939999999575),(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,-1.5121970000000147),(53.368778,-1.5131149999999707),(53.368893,-1.5136889999999994),(53.368874,-1.51411800000000531),(53.368835,-1.5146170000000438),(53.368946,-1.5148580000000038),(53.368877,-1.5152600000000012),(53.369114,-1.5157060000000229),(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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## 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.