



How to Manually Sync your Tracker

- 1. Go to the More screen by tapping the icon in the top left corner of your Home Screen.
- 2. This will take you to your basic Settings. Scroll to the bottom of the options list and select "Sync Tracker".
- 3. Choose a date up to 14 days previous and confirm by pressing "OK". This will trigger any data that has not been received by the app.
- 4. You will then be brought back to the Settings screen, where the "Sync Tracker" option will display your last recorded Sync.



