NEEDFUL THINGX · USER GUIDE

Trackig

Every step. Every mile.

Record workouts with Apple Watch and iPhone – with a live map, split alerts, GPX and Apple Health.



Version 1.2 · needfulthingx.de/trackig/en/

WELCOME

Great to have you here.

With Trackig you start a workout on your Apple Watch, see your route live on the map and get your split time at every full kilometer or mile. Afterwards everything is on your iPhone – map, elevation profile, pace, heart rate and splits. Share routes as GPX files, and every workout goes to Apple Health.

1 At a glance
2 Setting up
3 Starting a workout
4 The watch screens
5 Split alerts and settings
6 Pause, lock, end
7 Widgets on the iPhone
8 Your activities on the iPhone
9 The detail view
10 Importing and exporting GPX
11 Apple Health
12 Statistics
13 Achievements and tiles
14 Privacy
15 Questions and tips

CHAPTER 1

At a glance

Apple Watch – this is where you record:

- Pick a sport, 3-2-1, go.
- Swipe between the map and your stats.
- The watch alerts you at every kilometer or mile.
- When you finish, the workout goes to your iPhone and to Apple Health automatically.

iPhone – this is where you look at everything:

- **Activities** – all workouts and tracks, by month.
- **Statistics** – week, month, year and personal bests.
- **Achievements** – badges and conquered tiles.
- **More** – language and units, Apple Watch, Apple Health, data and "About Trackig".



Activities

CHAPTER 2

Setting up

Trackig consists of an app for the iPhone and one for the Apple Watch. The watch app is installed together with the iPhone app. If not: open the **Watch** app on your iPhone, scroll to **Available Apps** and tap **Install** next to Trackig.

First start on the iPhone

1. Open Trackig. The welcome screen shows what the app can do.
2. Tap **Connect to Apple Health** and choose in the Health sheet what Trackig may read and write. Recommended: allow everything.
3. Choose **Start with sample activities** to get to know the app with four examples – or **Start empty**.

> **Removing the samples:** under **More › Delete sample activities**. Your own workouts are kept.

First start on the Apple Watch

1. Open Trackig on the watch.
2. Allow access to Apple Health. Trackig uses it to save your workouts and to read heart rate and calories during the workout.
3. Allow location with **Allow While Using App**. Without location there is no map and no route.
4. Allow access to **Motion & Fitness** – Trackig uses the altimeter.

Language and units

Trackig is available in English and German, with miles or kilometers. By default it follows your iPhone settings. To change: **More › Language and units** – **Language** (System language, Deutsch, English) and **Units** (Same as system, Kilometers, or Miles with feet and mph). The watch and widgets follow your choice; on the watch you can also set it separately under ⚙. Tiles always stay 500 × 500 m.

Requirements

Device	Required
iPhone	iOS 17 or later
Apple Watch	watchOS 10 or later, paired with the iPhone
Map on the watch	a connection via iPhone, Wi-Fi or cellular for the map background

CHAPTER 3

Starting a workout

The start screen on the watch lists all sports. One tap starts the workout.

Sport	Notes
Walking, running, hiking	shown as pace (min/km or min/mi)
Cycling	shown as speed (km/h or mph)
Climbing	with GPS and map
Climbing (indoor)	no GPS, no map – heart rate, calories, elevation



The start screen



Map with route

1. Tap a sport.
2. A countdown runs 3 – 2 – 1. Tap to skip it. Meanwhile the watch is already acquiring GPS.
3. Off you go: the watch vibrates and shows the map.

With a route

If you sent a route from the iPhone to the watch (chapter 10), it appears at the top of the start screen. The switch decides whether it shows as a **dashed line** on the map during your next workout. Tap **Remove route** below it – or swipe it left – to delete it from the watch.

> **Tip:** outdoors, wait a few seconds before you start moving until your location appears as a blue dot. Then your route is accurate from the very first meter.

CHAPTER 4

The watch screens

During the workout, swipe left and right between the screens. The dots at the bottom show where you are. The workout starts on the map.



1 · Controls 2 · Map 3 · Overview 4 · Heart 5 · Elevation

Screen	What you see
Controls	End, Pause/Resume, Lock
Map	Your route in the color of the sport, your position as an arrow, the start point, a dashed route and – if turned on – the tiles around you; at the bottom duration, watch battery and distance. The map rotates with your direction. Top left: compass (direction/north up), ⟲ rotate with your finger, ✥ pan with your finger (✓ ends the mode). Right, below the time: ➤ back to your position. Zoom with the Digital Crown.
Overview	Top right on all stats screens: watch battery (orange below 30 %, red below 15 %). Duration (yellow), distance, current pace or speed, heart rate and calories
Heart	current heart rate, zone 1–5, average and maximum
Elevation	current elevation, ascent and descent and a small elevation profile
Speed	current pace and speed, average, pace of the last kilometer or mile
Calories	active calories and calories per hour
Splits	all splits so far with heart rate

> With Always On enabled, the watch shows the overview when your wrist is down.

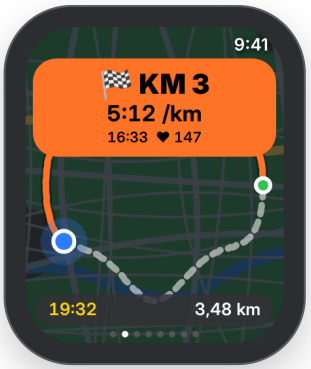
CHAPTER 5

Split alerts and settings

At every full kilometer – or mile, if you use miles – a banner in the color of the sport appears at the top:

- **KM 3** or **MI 3** – the distance reached
- **5:12 /km** – the time for this split (as a duration when cycling)
- below it the total time and the average heart rate of the split

The watch vibrates twice. The banner disappears after a few seconds or when tapped. All splits are on the Splits screen and later on the iPhone.



The split alert

Settings on the watch

On the start screen, tap the gear ⚙ at the top right:

Setting	Effect
Language, Units	Like on the iPhone; changes on the iPhone are taken over automatically
Voice feedback › Announcement	Off, every 250 m, 500 m, kilometer, 2 km or 5 km – with miles every ¼, ½, 1, 2 or 5 miles. The watch announces distance, pace (cycling: speed) since the last announcement, total time and heart rate – through its speaker or connected AirPods
Pace / speed, Total time, Heart rate	What is announced (default: all on)
Vibration	Vibration at every kilometer or mile (default: on)
Auto-pause	Pauses the workout when you stop (default: on) – see chapter 6
Tiles on the map	Shows the grid and your conquered tiles on the watch map (default: off – saves battery). New tiles are always announced
Max. heart rate	Basis for the heart rate zones. Rule of thumb: 220 minus age
Remove route	Deletes the route from the watch. It only comes back when you send a route from the iPhone

Heart rate zones

Zone	Share of max. heart rate	Color
1	below 60 %	blue
2	60–70 %	green
3	70–80 %	yellow
4	80–90 %	orange
5	above 90 %	red

CHAPTER 6

Pause, lock, end

Swipe all the way left to the controls.



Controls



Summary

Pause

Pause stops time and distance, and the watch jumps to the controls. **Resume** continues the workout. On the map and in the GPX export a new segment starts after a pause – movement during the pause is not counted.

Auto-pause

When you stop – at a traffic light, say – Trackig pauses the workout by itself: the watch vibrates and the map and stats screens show **AUTO-PAUSE**. As soon as you move on, it resumes automatically. Standing time doesn't count towards duration and pace.

Sport	Pauses below
Walking, hiking	approx. 1.6 km/h (1 mph)
Running	approx. 3.6 km/h (2.2 mph)
Cycling	approx. 5.4 km/h (3.4 mph)
Climbing	no auto-pause

It pauses only after 6 seconds below the threshold, not during the first 15 seconds after the start and not when GPS is inaccurate. It resumes as soon as you are faster or have moved more than 20 m. A manual pause is only ended by **Resume**. To turn it off: settings ⚙ › **Auto-pause**.

Lock

Lock turns on Water Lock: the display no longer reacts to touch, e.g. in the rain. To unlock, turn the Digital Crown.

End

1. Tap **End**.
2. Choose **Save** – or **Discard** if the workout should not be saved.
3. The summary shows duration, distance, pace, calories, heart rate, elevation gain and splits.
4. **Done** returns to the start screen.

> **Out without your iPhone?** No problem. The workout is stored on the watch and transferred automatically as soon as the iPhone is nearby again. Until then the start screen shows "… waiting for the iPhone".

CHAPTER 7

Widgets on the iPhone

With the Trackig widgets you see your week right on the Home Screen or Lock Screen – without opening the app. Tapping a widget opens Trackig.

This week

- **Small:** a ring towards your weekly goal with this week's distance.
- **Medium:** distance, count and time, daily bars Monday to Sunday and the ring in percent.
- **Large:** additionally your latest activity plus tiles and badges.
- **Lock Screen:** as a ring, a bar or a text line like “8.1 mi this week”.



“This week” and “Latest activity” widgets

Latest activity

Small or medium: the shape of your latest track with name, date, distance, duration and elevation gain – in the color of the sport.

Adding a widget

1. Long-press the Home Screen until the icons jiggle.
2. Tap **Edit** at the top, then **Add Widget**.
3. Search for **Trackig** in the list.
4. Swipe through the sizes and tap **Add Widget**.

For the Lock Screen: long-press the Lock Screen › **Customize** › **Lock Screen** › tap the area below the time › **Trackig**.

Weekly goal

Set the goal for the ring in the app under **More › Widget › Weekly goal** – the default is 20, in your chosen unit. The widgets update after every workout and import and when you open the app; on Monday the week starts again at zero.

CHAPTER 8

Your activities on the iPhone

The **Activities** tab shows all workouts, imported tracks and planned routes – sorted by month, newest first.

- **Summary card** – distance, count, time and calories in the chosen period (default: this week, with dots for active days).
- **Each row** shows a small preview of the track, name, date, distance, duration and elevation gain. On the right you see where it came from: watch, GPX, Health or sample.
- **Search** – pull down at the top of the list and type a name, note, sport or date. The search covers all activities, regardless of the chosen period.
- **Filter** ⚟ top left – show only one sport or only planned routes.
- **Add** ⊕ top right – import a GPX file or a workout from Apple Health.
- **Rename** – swipe the row right or long-press it. **Delete** or **GPX** – swipe left.

Tapping a row opens the detail view.



Activities

Choosing a period

Tap the summary card. At the very top is the **Today** button; below it Yesterday, This and Last week, This and Last month, This year, Last 7 and 30 days, and All time. Under **Custom range** you pick From and To. The card **and the list** then show only that period; **Show all** clears the selection.

New workouts from the watch appear automatically. They are named after the sport and time of day, e.g. “Evening run”.

CHAPTER 9

The detail view

Map

At the top you see the route with start ▶, finish 🏁 and kilometer or mile markers. The color shows the speed: from slow (blue) to fast (red).

Tapping the map opens the **full-screen map**. There you choose the coloring – Speed, Elevation, Heart rate or Single color – and at the top left the map style Standard, Hybrid or Satellite.

Stats

Distance, duration, avg. pace or avg. speed, max. speed, ascent and descent, lowest and highest point, active calories, average and maximum heart rate.



Detail view

Charts and splits

- **Elevation profile** along the route.
- **Pace** or **speed** – the dashed line is the average.
- **Heart rate**.

Drag your finger across a chart to see the value at that point.

Splits: the fastest kilometer or mile is yellow. Next to it the elevation change and heart rate. A * marks the last, shorter segment.



Charts

Edit and more

Tap the name to rename the activity. Edit at the top right: change name, sport and notes. At the bottom you find Export as GPX, Send to Apple Watch as route, Save to Apple Health and Delete.

CHAPTER 10

Importing and exporting GPX

GPX is the standard format for tracks. Almost every sports and route app can read and write it, e.g. Komoot, Strava, Garmin Connect or AllTrails.

Importing

Way	How
In Trackig	Activities tab › ⊕ › **Import GPX file** – choose one or more files
From Mail, Files or AirDrop	Tap or long-press the GPX file › **Share** › **Trackig**
From another app	Choose “Export as GPX” there and open it with Trackig

Trackig imports tracks with time, elevation and heart rate (Garmin extension). After the import the app asks:

- **I did this one** – the track counts with duration, pace, elevation gain and splits towards statistics, badges and tiles.
- **Planned route** – it is kept as a track only, without values, and counts nowhere. Ideal as a route for the watch.

Files without timestamps are always saved as a planned route. You can switch later under **Edit** › **Planned route**.

Sending a route to the watch

1. Open the track in the list.
2. Tap **Send to Apple Watch as route**.
3. The route appears at the top of the watch's start screen. During your next workout it shows as a dashed line on the map.

The watch holds at most one route; a new one replaces the old one. You can remove it in the detail view, under **More** or directly on the watch.

Exporting

- **From an activity:** detail view › ⬆ at the top right or **Export as GPX**.
- **From the list:** swipe the activity left › **GPX** or long-press › **Export as GPX**.

Trackig writes GPX 1.1 with time, elevation, heart rate and sport. Pauses are stored as separate segments.

CHAPTER 11

Apple Health

Every workout you save on the watch is stored by Trackig as a workout **with route** in Apple Health – just like Apple's Workout app. So it also counts towards your **Activity rings**.

Importing workouts from Health

Workouts recorded with another app, such as Apple's Workout app, can be imported via Activities › ⊕ › From Apple Health. One tap imports a workout with route and heart rate. **Import all matching** imports all walking, running, hiking, cycling and climbing workouts from your entire Health history with one tap; workouts already in Trackig and those recorded by Trackig itself are skipped. The iPhone stays awake during the import.

Saving imported tracks to Health

A GPX-imported activity with timestamps can be saved as a workout in the detail view with Save to Apple Health.

Changing permissions

Health app › profile picture at the top right › Apps › Trackig. Keep reading and writing turned on so everything works.

CHAPTER 12

Statistics

The Statistics tab summarizes your activities. At the top choose Week, Month or Year, and optionally a sport at the top right.

- **Totals** for the current period: distance, count, time, elevation gain, calories, avg. heart rate.
- **Bar chart** of the last weeks, months or years – colored by sport.
- **Totals per sport.**
- **Personal bests:** longest distance, most elevation gain, longest duration, fastest kilometer. Tap to open the activity.

Planned routes without timestamps are not counted.



Statistics

CHAPTER 13

Achievements and tiles

Badges

For many milestones you earn a medal in **bronze, silver, gold** or **platinum** – 53 in total. You find them in the Achievements tab.

Group	Examples
First steps	first activity, first GPX and Health import
Keep going	10, 50, 100, 250, 500 activities
Total distance	10 to 5,000 km (6 to 3,107 mi)
Big tours	5K, 10K, half marathon, marathon, 50/100 km rides, 2 and 5 hours
Elevation gain	500 and 1,000 m in one activity, Everest (8,849 m / 29,032 ft) in total
Streaks	3, 7, 30 days or 4 and 12 weeks in a row
Tiles	1 to 1,000 tiles, squares 3×3 to 10×10
Special moments	early bird, night owl, all-rounder, km under 5:00 and 4:00



Achievements

Grey badges are still missing; the ring shows your progress. Tap for details; new ones are marked “NEW”.

Tiles

The world is divided into tiles of about **500 × 500 m** (0.3 × 0.3 mi). Every tile one of your workouts passes through is yours. The goal: as many tiles as possible, the largest complete **square** and a large connected **area**.

- **On the go:** when you enter a new tile, the watch shows “New tile!” and vibrates. If you like, the watch map shows the tiles around you – green conquered, purple new today, free ones as outlines (settings ⚙ › “Tiles on the map”, default off).
- **On the iPhone:** the ▦ button – in the activity list, under Achievements and in every activity – opens the tile map. Opened from an activity, it shows that activity's tiles with the route as a blue line: orange the newly conquered ones, green those already known. Tap the boxes at the top to switch the view – Tiles (all), largest square, largest area, new – and zoom there.



New tile

After every workout the iPhone announces new badges and tiles. **Tip:** open Trackig on the iPhone once before your first tile workout – then the watch knows your existing tiles and only announces really new ones.

CHAPTER 14

Privacy

Only on your devices

Workouts, tracks and measurements stay on your iPhone and Apple Watch. No account, no Needful ThingX server.

Location only during workouts

The watch uses GPS only while a workout is running. Map tiles are loaded from Apple.

Apple Health

Trackig only reads and writes what you allow. Health data is never shared.

No tracking

No ads, no analytics. GPX files are only shared if you export them yourself.

The full privacy policy (in German) is at needfulthingx.de/datenschutz.html and in the app under **More › About Trackig**.

CHAPTER 15

Questions and tips

The map on the watch stays empty.
For the map background the watch needs a connection via iPhone, Wi-Fi or cellular. Your route is recorded anyway and appears in full on the iPhone.

No route is recorded.
On the watch, check under Settings › Privacy › Location Services that Trackig may use your location. With “Climbing (indoor)” GPS is off on purpose.

Heart rate or calories are missing.
Allow Trackig access in the Health app (iPhone). The watch should sit snugly on your wrist.

The workout isn't on the iPhone.
Open Trackig on the iPhone and keep the watch nearby. Under More you can see whether the watch is paired and Trackig is installed on it.

Can I switch between miles and kilometers?
Yes, any time under More › Language and units. Trackig stores everything internally in meters, so nothing changes in your workouts.

What does Trackig cost?
A one-time €2.99 (or the equivalent in your country). No subscription, no in-app purchases, no ads. With Family Sharing the whole family uses Trackig with one purchase.

> Questions, wishes, found a bug? Write to frank@needfulthingx.de – every message is read.

Needful ThingX · Frank Vogelskamp · Bahnhofstr. 16 · 42781 Haan · Germany
Phone +49 2129 348438 · frank@needfulthingx.de · www.needfulthingx.de
Apple, iPhone, Apple Watch, Apple Health and Digital Crown are trademarks of Apple Inc. The screenshots show the German version of the app.