

Garmin

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! If you have already installed Garmin Connect, proceed directly to Step 3.

Step 1: Installing the Garmin Connect app



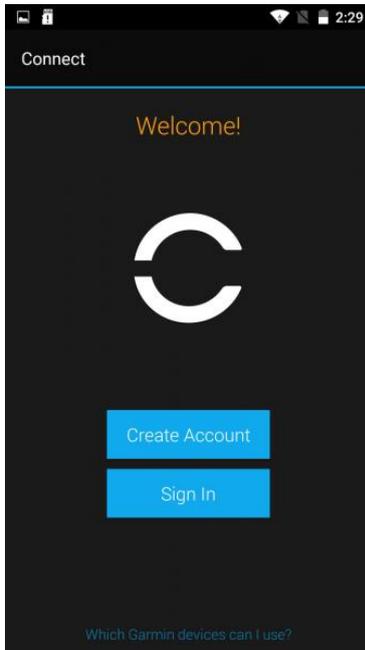
Go to the Apple App Store or Google Play Store and install the Garmin Connect app.



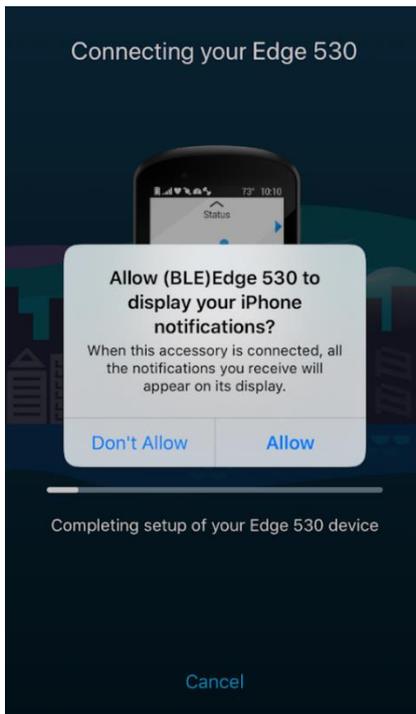
Step 2: Creating a Garmin Connect account

Please note: Make sure you have a good network connection when creating an account.

1. Open the Garmin Connect app and tap 'Create Account'.



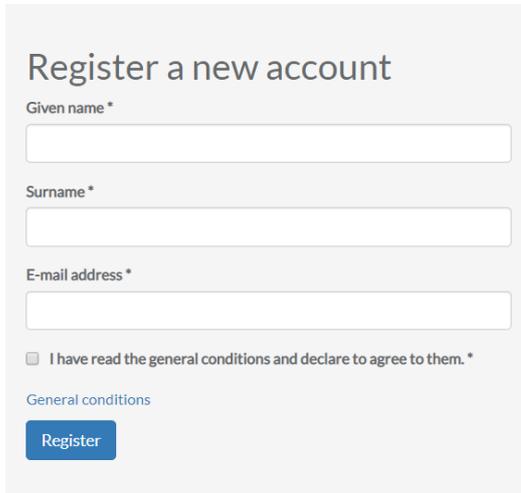
2. Follow the steps, enter your details, and tap 'Next' after completing each step.
3. Select the appropriate device and follow the steps to pair your device.



4. Specify how you will use the Garmin Connect app.

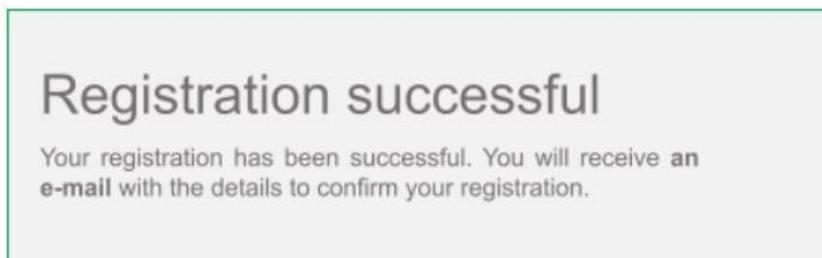
Step 3: Creating an account on the Improver Platform

1. Create an account on the Improver Platform with your company link.



The registration form is titled "Register a new account". It contains three input fields: "Given name *", "Surname *", and "E-mail address *". Below the fields is a checkbox labeled "I have read the general conditions and declare to agree to them. *". A link for "General conditions" is provided below the checkbox. A blue "Register" button is located at the bottom of the form.

2. Register. Enter your first name, surname, and email address, and then indicate that you agree to the general terms and conditions. Tap 'Register'. Once everything has been filled in correctly, there will be a visual confirmation.



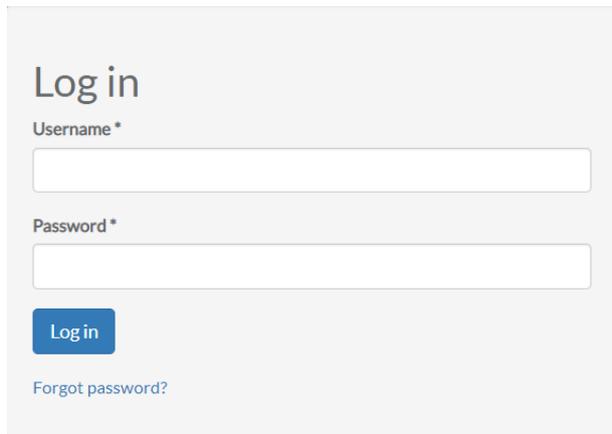
3. Open the activation email you just received. The registration email contains a link to complete registration. Click on the link to complete your registration.
4. Now that registration is complete, all you have to do is enter your initial password. Once you have this password, you can log in.

Please note!

- Always use a valid email address.
- If anything goes wrong, please contact coach@fitstebedrijf.com. Do NOT create a new account.

Step 4: Pairing Garmin with your Improver account

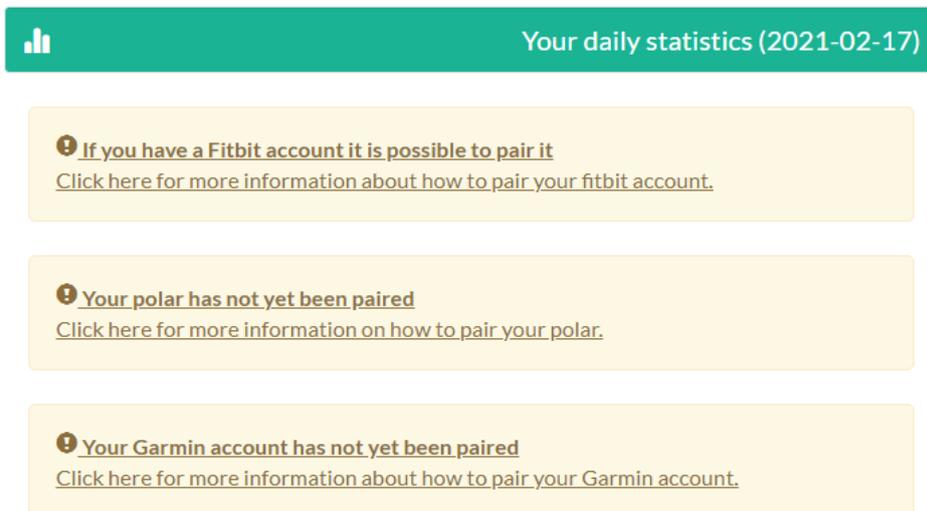
Log on to the [Improver Platform](#) with your email address and password. Then tap Log in. If your login name and password are correct, you will be taken to your dashboard.



The screenshot shows a login form with the following elements:

- Log in** (Section Header)
- Username *** (Label above a text input field)
- Password *** (Label above a text input field)
- Log in** (Blue button)
- [Forgot password?](#) (Link below the button)

Go to profile ('your name')> paired devices. Tap Garmin below to pair your Garmin account and follow the instructions.



The screenshot shows a dashboard with a green header and three yellow notification boxes:

- Header:**  **Your daily statistics (2021-02-17)**
- Notification 1:**  **If you have a Fitbit account it is possible to pair it**
[Click here for more information about how to pair your fitbit account.](#)
- Notification 2:**  **Your polar has not yet been paired**
[Click here for more information on how to pair your polar.](#)
- Notification 3:**  **Your Garmin account has not yet been paired**
[Click here for more information about how to pair your Garmin account.](#)

- Profile
- Remove account
- Couplings
- Calendar
- Communication preferences
- Change password
- Logout

Coaches

Companies

Seppe test NV (Code: seppenv)

PT Consulting (Code: PTConsulting)

Teams

Fitbit

 If you have a Fitbit account it is possible to pair it
[Click here for more information about how to pair your fitbit account.](#)

Garmin

 Your Garmin account has not yet been paired
[Click here for more information about how to pair your Garmin account.](#)

Polar

 Your polar has not yet been paired
[Click here for more information on how to pair your polar.](#)

connect



Connect with Improver Platform?

By connecting with Improver Platform, you agree to share information from your Garmin Connect account to enhance your experience with Improver Platform. This may include activities, location, heart rate and related metrics, calories burned and other health or personal data.

Do you agree to share information from your Garmin Connect account with Improver Platform? You can opt out and disconnect from Improver Platform at any time in your Garmin Connect settings.

[Improver Platform Privacy Policy](#)

Garmin Account Sign-In

Email

Password ([Forgot?](#))

Remember Me

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Privacy Policy

connect



Connect with Improver Platform?

By connecting with Improver Platform, you agree to share information from your Garmin Connect account to enhance your experience with Improver Platform. This may include activities, location, heart rate and related metrics, calories burned and other health or personal data.

Do you agree to share information from your Garmin Connect account with Improver Platform? You can opt out and disconnect from Improver Platform at any time in your Garmin Connect settings.

[Improver Platform Privacy Policy](#)

Logged in as Tjorven Bollingh

[Not you?](#)

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Privacy Policy

Step 5: Installing the Improver App



1. Go to the Apple App Store or Google Play Store and install the Improver App.



2. Open the app and log in with your Improver account.

Synchronisation

To add all your steps to the challenge result you need to sync regularly. Please note! The Garmin Connect app must be running in the background at all times for this to happen.