

Sports & Walking

User Manual

Jeffrey-Apps | 19 October 2026 | Android smartphone & tablet

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1. About the app

Sports & Walking is an Android app for tracking walks and runs, saving and following routes again, and using an interval timer for workouts.

Activity data is stored locally on your device. Route and map features require location services and may require an internet connection for map display.

2. Getting started

Open the app and choose an activity from the home screen.

Allow location access when Android requests it if you want to record a walk or run. Make sure device location services are enabled.

Use Back to return to the previous screen. Button placement may vary by screen size.

3. Walking and running

Open the walking or running tracker from the home screen. It displays distance, elapsed time, pace and your route on a map.

Wait for an adequate location fix before moving and keep your phone with you.

End the recording when finished and use the available save action. Check the saved routes list afterwards.

4. Saving and following routes

Open your saved walking routes to find earlier recordings.

Select a saved route to view or follow it again. Route following can warn you when you move away from the route.

Keep location services enabled and pay attention to your surroundings. The app does not replace road signs or safe navigation.

5. Interval timer

Open the interval timer for strength or fitness training. Configure the available work and rest intervals, then start.

Use the large controls to manage your session. Voice cues can announce events such as the start of a rest period.

If you cannot hear cues, check media volume and Android text-to-speech settings.

6. Languages and voice cues

The app supports Dutch, English, Spanish and German. It has no separate in-app language selector: the first supported language in Android's preferred-language list is used. English is the fallback.

Change the order in Android Settings > General management > Language (labels may differ by device). Restart the app if the change is not reflected immediately.

Voice cues follow the app language. German speech requires a German text-to-speech voice installed on the device.

7. Troubleshooting

No route on the map? Check location permission, location services and, if needed, internet access for map tiles.

Distance remains at zero? Move outdoors for a better GPS fix and verify tracking has started.

No spoken cues? Check volume and installed Android text-to-speech voices.

Wrong language? Check Android language priority and restart the app.

8. Data and important notes

Activities and routes are stored locally. Do not uninstall the app or clear its data without considering whether you need to keep your records.

This guide covers confirmed features. Exact labels and controls may differ between app versions and devices.