



1: Log-in

Tarnook > Safety & Wellbeing >



2: Allow location

Let your device automatically convey your location/s to JourneyMate during check-ins / check-out

3: Profile



One-off data entry about you, contact details, activity risk, notification preferences etc.

4: Activity



Change any details copied from your Profile (as required)

5: Start Activity



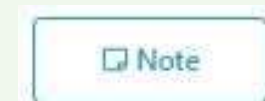
Click Moves activity from Planned to Active

6: Check-in



at agreed times via app, or reminder [link](#), or radio-in and get someone to check-in for you via app

7: Add



Optionally, add comments and/or record another lat/long

8: Check-out



Ends the activity, all tracking & reminders

9: Dashboard



Access every Activity ever recorded in JourneyMate