

# User Guide

## Gokhale PostureTracker™

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## Introduction

Follow this user guide to set up the PostureTracker. If you stumble along the way, don't worry. Our Customer Support team will be reaching out to you shortly to go through a comprehensive tech setup of the PostureTracker before your lessons begin.

### **What is the PostureTracker?**

The Gokhale PostureTracker sensors and app are designed to support our [Gokhale Elements course](#), daily live [Gokhale Exercise program](#), and Advanced PostureTracker Study course. Combining our methodology with state-of-the-art sensor technology and live feedback through the app enhances understanding of the Gokhale Method concepts and techniques.

PostureTracker consists of two sensors and a wireless charging station. The sensors can be placed in various configurations on and around the body to track and give live feedback on the user's posture. This allows students greater autonomy in judging their posture against their personal targets, and in measuring their progress. Feedback and reports can be shared with Gokhale Method teachers to further fine-tune and support teaching.

### **Can I use the PostureTracker with any phone or device?**





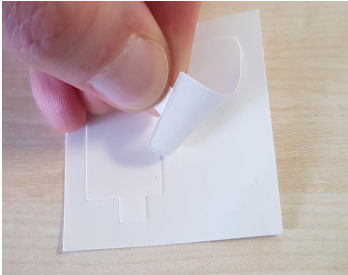
You can use the PostureTracker app with any recent Android phone (Android 10+) or iPhone (iOS 13+) device.

### **Will someone help me set up my PostureTracker before I start my lessons?**

Yes, our customer support team will schedule a tech set up session with you before your lessons to make sure your set is working correctly, and to help you become more familiar with the various settings.

**What will I receive in my PostureTracker pack?**

- 2 sensors
- a charging bay
- USB-A to USB-C cable
- stickers to apply to the sensors

<p>Two sensors</p>	<div style="display: flex; justify-content: space-around; align-items: center;">   </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <p>Front</p> <p>Back</p> </div>
<p>One charging bay</p>	
<p>USB-A to USB-C cable</p>	
<p>Several sheets of stickers for applying the sensors to your body</p>	

## Setting up your PostureTracker:

### Downloading the app

To download and install the app, please follow these steps:

1. On your phone, visit our download page:  
[https://gokhalemethod.com/posturetracker\\_app](https://gokhalemethod.com/posturetracker_app)  
**OR**  
Scan the QR code on the right and select "Open [www.gokhalemethod.com](http://www.gokhalemethod.com) in your browser."
2. You will be redirected to the correct app store for your device.  
Otherwise, tap the link to the App Store (iOS).  
**OR**  
Tap the link to Google Play Store (Android).
3. Install the app from the app store.



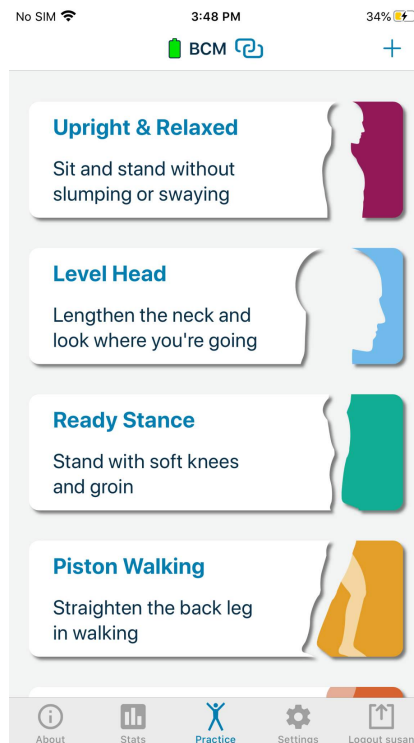
## Charging and prepping your sensors

1. Your sensors will arrive already secured into the charging bay.
2. To charge the sensors, plug in the charging unit.
  - a. The Gokhale PostureTracker Wireless Charger does not contain a power switch. Simply connect the USB-C cable end to the Gokhale PostureTracker Wireless Charger and the USB-A cable end to the wall adapter power supply.
  - b. When charging, the sensors have to be in “advertisement state,” i.e., they must be not connected to a phone (app) or another device.
  - c. When not charging, the Gokhale PostureTracker Wireless Charger is in standby mode.
3. Once connected, the charging unit will flash blue for approx. 30 seconds.
4. As charging commences, the sensors will flash red (see image below).
5. Once the sensors are charged, the charging bay will show a solid green light.  
Note: A full charge takes between 5–6 hours.
6. Once charged, remove the sensors by removing the clear lid and lifting them out of the charging bay.



## Connecting the sensors to the app

1. Connect your iPhone to Wi-Fi and turn on Bluetooth.
2. Make sure your PostureTracker sensors are removed from the charger and both sensors are blinking blue.
3. Open the PostureTracker app.
4. The app will ask you to: "Pair Device?" **Choose "Sensor Set."**
  - a. A three-letter code should appear.
  - b. Tap on the code.
5. Give the sensors a moment to connect via Bluetooth. Note: See [Troubleshooting](#) for more info.
6. Once connected, you will enter the main screen. The three-letter code will appear on the top of the screen.



## Logging in to your account

You will have the option to login to the PostureTracker app using your gokhalemethod.com account. By logging in, your data will be synchronized with your profile and PostureTracker data will become available in your dashboard.

The PostureTracker app supports the following two ways to log in:

### Using email and password

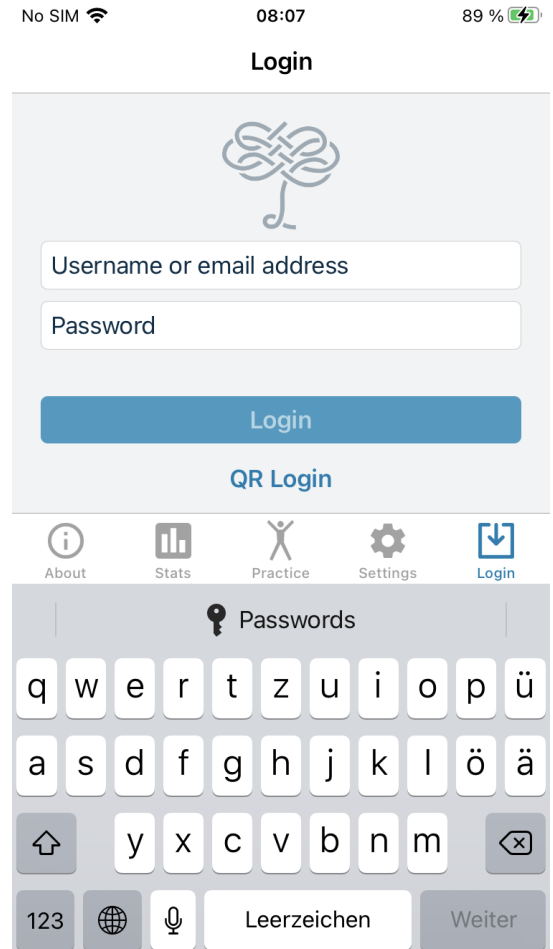
When on the login screen (see image on the right), enter your email address and password and tap “Login.” After successful login, you will be taken to the “Practice” screen.

### Using a QR code

**If you don't want to enter your email and password on your phone, you can instead login using a QR code.**

1. Login on your computer to gokhalemethod.com, and go to your dashboard, by clicking “Me” in the top navigation.
2. On your dashboard a QR code will appear.
3. In the PostureTracker app, tap “QR login.”
4. Allow the app to use your camera.
5. Scan the code from your account.

Once login is complete, the app will take you to the practice screen.



## Applying stickers to the sensors

- Your first step is to apply a sticker to the back (blue side) of your sensors.
- Starting above the tab, gently push the backing of the stickers away from the sticker, then hook your finger over and around the tab, and catch the sticky part of the sticker. Carefully peel the sticker and backing from the white paper.



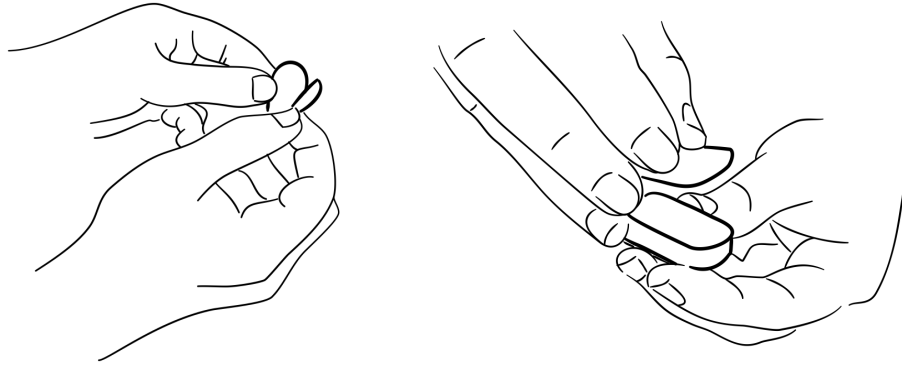
- Note: If the white backing comes up but the clear sticker is still attached to the backing, lay the white backing back down. Peel it up again, being sure to use your nail or finger to coax the sticker up along with the white backing.
- Align the flat end of the sticker with the flat end of the sensor, and smooth upward.
- Peel off and discard the white backing when you are ready to apply the sensor to your back.

## Applying the PostureTracker sensors to your body

Your teacher or Elements prep/homework will give you instructions on which PostureTracker setting to use. When you open the app to the setting they have chosen, you will find directions on how to apply your sensors.

1. Make sure the back (blue panel) of each sensor has a sticker affixed to it.
2. Remove the sensor from the charger and remove the white backing from the sticker. (Once you have removed the white sticker cover, you should find a sticker underneath, attached to the sensor).





3. Click on the first setting at the top of your screen: Upright & Relaxed.
4. Tap on “Where to place the sensors?”
5. Look at your sensors, one will have a blue light and one will have a green light.
6. The app will tell you where to place your blue sensor first. Place the sensor on your body with the tree logo facing right side up. When you have attached your sensor, click on the right arrow, or swipe the screen to the left.
7. Next you will apply your green sensor. Place the sensor with the sticky side on your body at the location the app indicates. Make sure that the tree logo is facing right side up.
8. Click again to the right or swipe left. This brings you back to the main screen for Upright & Relaxed.
9. Follow the prompts and instructions for Upright & Relaxed, and then tap on the Calibrate button.
10. You are now ready for your lesson!

### **Reinforcing sensor application**

If there is concern about the sensors falling off (e.g., excessive sweating, hair, long sessions, obstructive clothing, etc.), place an additional piece of tape over each sensor to secure it to the skin. Note: KT tape is most effective.

When you are ready to remove the sensors:

- When you have finished your lesson, and/or using the PostureTracker for the day, you will need to remove the sensors, and apply new stickers.

## Removing the sensors and reapplying the stickers

- Sensors can be peeled off the skin most easily by lifting at one corner. Tape rarely sticks to the skin, but rather comes away with the sensor. If your skin is hairy, however, you may have to work carefully to slowly remove it. Place each sensor back in the charger bay as you remove it, so it doesn't get misplaced or lost.
- Find a corner of the used sticker and gently peel it away from the sensor. The back of the sensor should feel like smooth plastic, and you should be able to see the white writing on the blue panel clearly.
- Following the instructions in [the previous section](#), reapply stickers to your sensors in preparation for their next use.

### **Do I need to reapply new stickers after using the sensors once?**

Yes, once removed from the skin, the stickers lose their stickiness and need to be replaced.

## Placing the sensors in the charging bay

Once you have used the sensors, and are ready to charge them, the sensors should be placed gently in the charging bay with the flat (thin) side down in the charging equipment. The sensor will commence charging within a few seconds. Sensors may be placed in any bay position.



- Note: A Gokhale PostureTracker Wireless Charger is always matched to one set of Gokhale PostureTracker Sensors. Do not try to charge your Gokhale PostureTracker Sensors with a charger from another set.

## Exploring your PostureTracker/User information

### **What are the benefits of using the PostureTracker during or outside of my Elements or Alumni lessons?**

The sensors can be placed in various configurations on and around the body to track and give live feedback on the user's posture. This allows the student greater autonomy in judging their posture against their personal targets, and in measuring their progress. Feedback and reports can be shared with Gokhale Method teachers to further fine-tune and support teaching.

Combining our methodology with state-of-the-art sensor technology and live feedback through the app enhances understanding of the Gokhale Method concepts and techniques.

### **What are the various app settings? How do they help me to improve my posture?**

There are several ways to measure your posture in the PostureTracker app. The seven settings are called:

- *Upright & Relaxed* – Sit and stand without slumping or swaying
- *Level Head* – Lengthen the neck and look where you are going
- *Ready Stance* – Stand with soft knees and groin
- *Piston Walking* – Straighten the back leg in walking
- *Soft Landings* – Land with a bent front knee in walking
- *Bending* – Bend without rounding or swaying
- *J-Spine* – Keep my behind behind me

## Charging

### **Should I have my sensors charged before my lesson? For how long?**

Yes, please charge your sensors before your lesson until the charging bay front light turns green.

### **How long does it take to charge?**

Charging an empty battery should take up to six hours. The sensors should work for at least 10 hours.

### **How long can I wear my PostureTracker set before needing to charge it again?**

Depending on how much you use your PostureTracker set, you should be able to get one to two days use out of each full charge.

### Explanation of the charging lights on the PostureTracker Wireless Charger

<b>No lights on</b>	→ <b>no power</b> to charger → or charger powered but no sensor on charger (not charging) → or charger powered and sensors on charger (charging)
<b>Blue light blinking</b>	→ charger blinks blue 30 seconds after power up
<b>Green light steadily on</b>	→ sensors are <b>fully charged</b> and ready to use

### Explanation of the charging lights on the PostureTracker Sensor

<b>No lights on</b>	→ not charging
<b>Red light blinking</b> slowly	→ sensor is charging
<b>Magenta light on</b> for one second	→ sensor was put into the charger and enters charging mode

### Explanation of the lights on the PostureTracker Sensor

<b>No lights on</b>	→ sensor in standby (move it to wake it up) → or sensor connected to the PostureTracker app
<b>Blue light blinking</b>	→ sensor can be detected by the PostureTracker app

## Calibration

### How do I calibrate my posture?

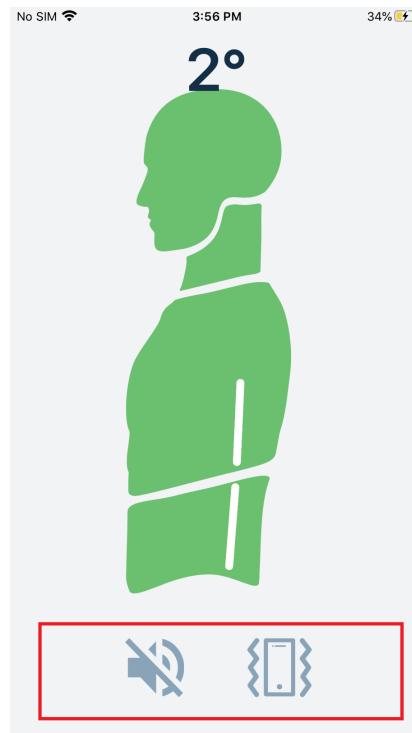
1. Place the sensors as shown in the app.
2. Bring yourself into a good position, follow the instructions of your teacher and the reminders in the app.
3. Tap the “calibrate” button in the app.

The calibration step is finished and you’ll be taken to the live screen.

### I connected my sensors and opened “Upright & Relaxed”. I tapped “calibrate” but nothing happened.

This could mean that your sensors disconnected or that there is a slight delay. Try another setting first. If you are unable to calibrate in that setting, close and reopen the app, reconnect your sensors, and try again.

### What do the icons at the bottom of the screen mean when PostureTracker is on and active?



The icons stand for sound and vibrate. You can tap both icons to activate/deactivate sound and vibration feedback.

### What are the purpose and functionality of Tolerance and Delay?

These sliders appear when you first calibrate any setting, and subsequently when you tap on the screen.

When you have calibrated your posture, you can choose values for Tolerance and Delay.

- “Tolerance” selects the degrees of deviation or movement that you want to allow away from your calibrated posture. For example, a 2° Tolerance would allow you to deviate from your calibrated posture by a 2° angle before vibrating and the color leaving the green zone.
- “Delay” refers to how long you may deviate from your calibrated pose before the app will alert you and can be chosen in seconds.

## Stats/Data collection

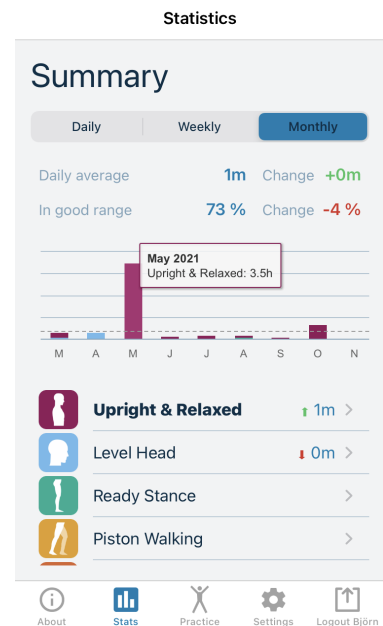
### What is the collection period for the data?

The sensors start recording data from when the student opens the calibration screen until the exercise is ended. This happens regardless of why the exercise is ended (stopped by user, empty battery, lost connection, etc.).

### How do I track my stats? What is it that is being tracked?

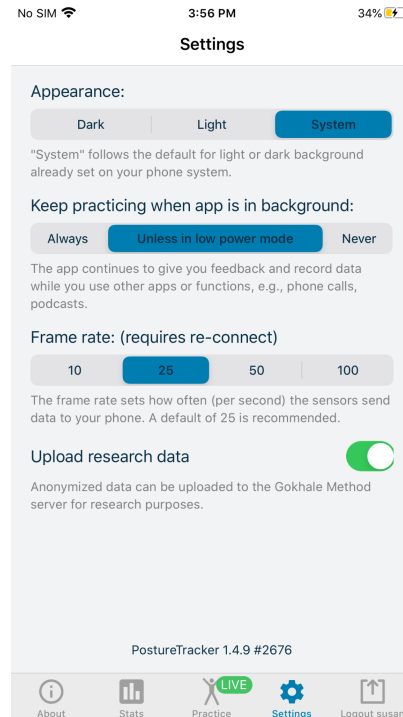
Whenever you use the PostureTracker, it will track the time you use it for, and the exercises you use. Your stats are a summary of your time and exercise. You can see what percent of the time you stayed inside of the sensitivity you selected.

For example, if you were practicing the rib anchor using the Upright & Relaxed setting, using a 5% sensitivity, you would be able to see what you were practicing, how long you practiced, and how long you managed to stay within the 5% range.



## PostureTracker app settings

When you click on your PostureTracker app settings, you will see this interface:



### Appearance

Allows you to decide if the PostureTracker app appears in light or dark mode. If you select “System” the app follows the default for light or dark background already set on your phone system.

### Keep exercising when app is in background

Let’s you decide if the PostureTracker app continues to give you feedback and record data while you use other apps or functions on your phone, e.g., phone calls, podcasts.

### Frame rate

The frame rate sets how often (per second) the sensors send data to your phone. A default of 25 is recommended.

### Upload research data

Anonymized data can be uploaded to the Gokhale Method server for research purposes.

## General questions

### Who owns this technology?

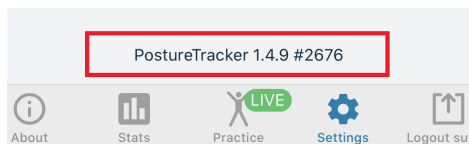
The PostureTracker is owned by Gokhale Method Enterprise.

### How will I know if I have the latest version of the app?

The PostureTracker app will be updated to the latest version automatically.

If you want to check the current version of the app on your device:

1. Open the PostureTracker app.
2. Go to Settings (gear icon located on the bottom right of the app screen). The current version of the app is indicated at the bottom:



You can also check on [gokhalemethod.com/posturetracker\\_app](https://gokhalemethod.com/posturetracker_app) and follow the links to the App Store (iOS) and Play Store (Android) to check if a newer version of the PostureTracker app is available.

### How much radiation is generated by PostureTracker sensors?

PostureTracker's Bluetooth radiation is comparable to the phone's Bluetooth radiation. The stronger radiation from the phone comes from the connection to the GSM (cell network) and Wi-Fi connections.

The Specific Absorption Rate (SAR) is used to define regulatory limitations.

"The SAR limit is 1.6 watts per kilogram in countries that set the limit averaged over 1 gram of tissue and 2.0 watts per kilogram in countries that set the limit averaged over 10 grams of tissue."

An iPhone 8 for example has the following values: 1.6 W/kg (over 1 g) SAR Limit; Head: 1.20; Body: 1.13 (Source: <https://www.apple.com/legal/rfexposure/iphone10,1/en/>)

The Bluetooth chip we use for the PostureTracker has a value of: 0.087 (Source: <https://fcc.report/FCC-ID/O7P-14585/5001983.pdf>)

So, generally speaking, the radiation exposure caused by the PostureTracker sensors is ~13 times lower than the exposure caused by an iPhone 8.



## Troubleshooting

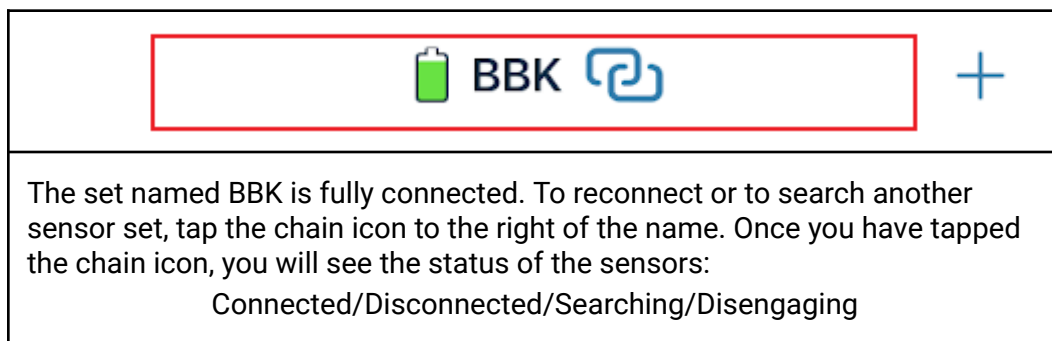
### Connection

#### **My PostureTracker set isn't connecting to the app. What do I do?**

1. Make sure you have the most recent version of the app.
2. Close the app (double tap home icon, then flick the PostureTracker screen upwards to close the app).
3. Reopen the app.

#### **How will I know that the sensors are already connected?**

The upper bar shows a battery symbol and the name of your sensor set.



#### **What do I do when connection status says "Disengaging"?**

1. Wait for a moment, this should disappear.
2. If this does not disappear, make sure the sensors are charged. Put the sensors in the charging bay and take them back out.
3. Close and reopen the PostureTracker app.

#### **The app isn't recognizing my PostureTracker sensors.**

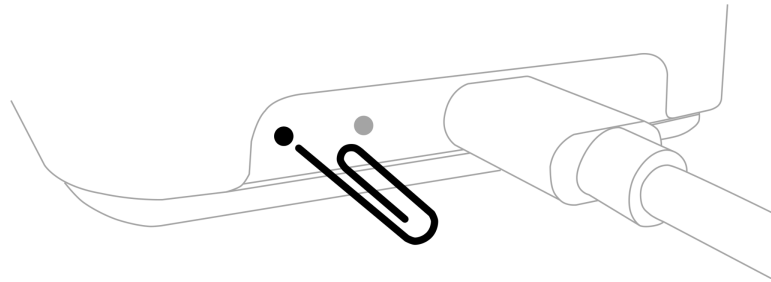
When switching sensors, or using them for the first time, the PostureTracker app may not pick up the sensors. Hard quit the app by pressing the home button twice and swipe the PostureTracker app up. Reopen the app and try connecting the sensors again.

## Charging

#### **My PostureTracker sensors aren't charging. What do I do?**

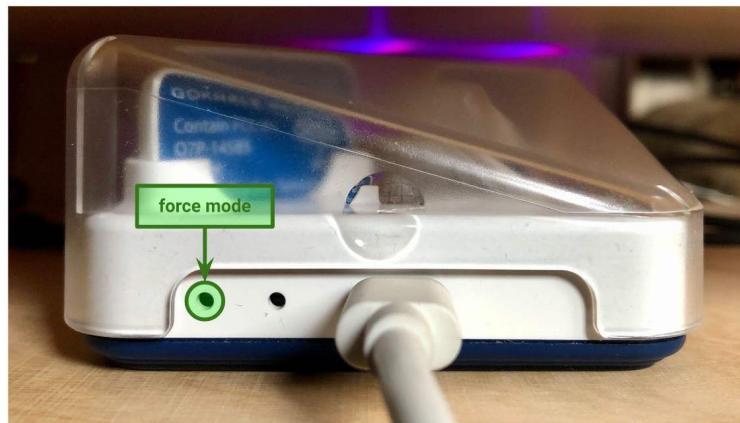
1. Make sure that the PostureTracker app is not running.
2. Make sure that the PostureTracker charger is properly plugged-in.

3. Place both PostureTracker sensors into the charging bays and close the lid.
4. Wait a moment. The sensors should start blinking red indicating that they are charging.
5. If a sensor does not start blinking red or if it continuously glows magenta, activate the charger **force mode**:
  - a. Locate the pinhole **force mode button** at the back of the charger
  - b. Gently insert a paperclip into the hole and tap the **force mode button** for one second



- c. After 1-3 minutes both sensors should start charging and blink red.
- d. Keep sensors charging for about 10 minutes.
- e. Unplug the charger and plug it back in to set it back to regular charging mode.

**Caution: Do not keep the charger in this “force mode” longer than 30 minutes. The charger as well as the sensors will heat up.**



## Bug report

### **I need to send a bug report because my PostureTracker app isn't working. How do I report it?**

- **iOS app:**

Please, write a short description of what is not working and send it to [bugs.pt-app-ios@gokhalemethod.com](mailto:bugs.pt-app-ios@gokhalemethod.com). If you can, please also provide screenshots for illustration and details about your device ([model name, software version](#)).

- **Android app:**

Shaking the phone will open a screen to file a bug report. Please, write a short description of what is not working and tap "Send" in the upper right corner.

### **I was using my app, but it stopped and opened up a bug report email during a lesson. What should I do?**

- If you don't want to file a bug report, tap the red X in the upper left corner to go back to the screen you were using.
- If you want to file a bug report, please write a short description of what went wrong and tap "Send" in the upper right corner.