

FreedomTrack

User Manual

GPS Route Tracking for iOS

May 2026

1. Overview

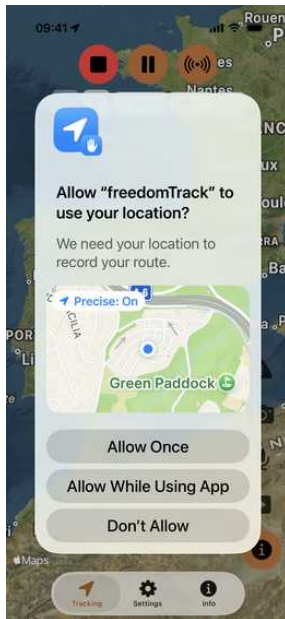
FreedomTrack is a GPS route-tracking app for iOS. It lets you record outdoor activities (runs, rides, hikes, walks, ski runs), attach photos and voice notes to your route, share live location links with others, and review or export your tracks afterward.

2. First Launch & Permissions

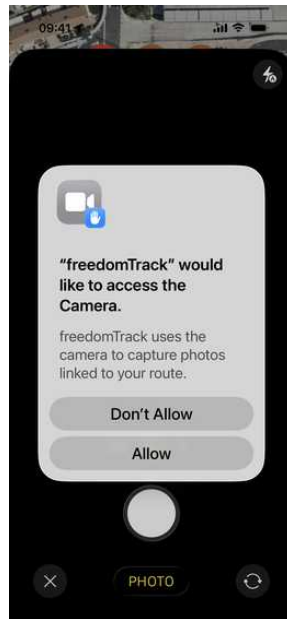
FreedomTrack requests the following system permissions the first time each feature is used. Granting them is required for the corresponding feature to work.

| Permission | When requested | Purpose |
|------------------------|---|---------------------------------------|
| **Location** | When starting the first recording | Tracks your GPS position in real time |
| **Camera** | When tapping the camera button during recording | Links photos to your route |
| **Microphone** | When tapping the voicepoint button during recording | Records voice notes |
| **Speech Recognition** | After granting microphone access | Transcribes voice notes to text |

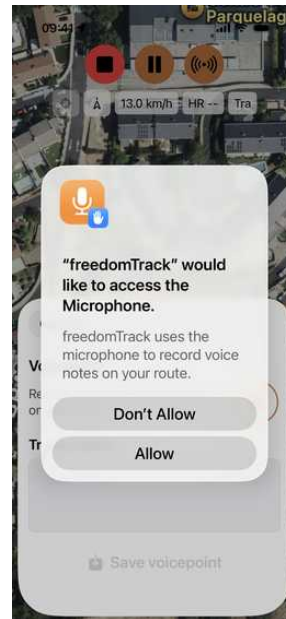
Tip: Choose **Allow While Using App** for Location so the route is recorded continuously without interruption.



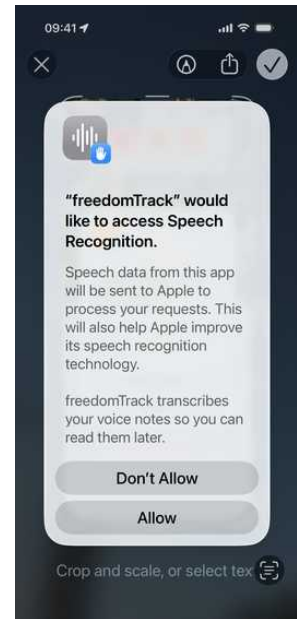
Location permission



Camera permission



Microphone permission



Speech recognition permission

3. Main Navigation

The app has three tabs at the bottom of the screen:

| Tab | Icon | Description |
|--------------|---------------|-----------------------------------|
| **Tracks** | Runner figure | List of all your recorded routes |
| **Settings** | Gear | App preferences and configuration |
| **Info** | Circle-i | Subscription plans and support |

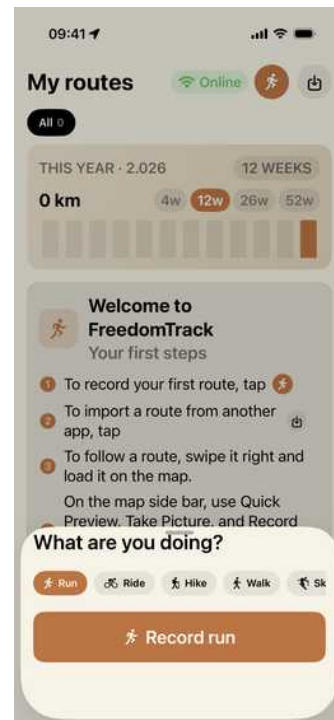
The **Tracking** tab (compass/map icon) appears automatically while a recording is in progress.

4. Recording a Route

1. Open the **Tracks** tab.
2. Tap the **runner icon** in the top-right area of the screen.
3. A bottom sheet appears asking "**What are you doing?**" — choose your activity:
 - Run • Ride • Hike • Walk • Ski
4. Tap **Record [activity]** (e.g. *Record run*).
5. If prompted, grant **Location** permission. Choose **Allow While Using App** for uninterrupted tracking.
6. The map opens and recording begins immediately.



My Routes — home screen



Activity selector

5. Tracking Screen Controls

While recording, the following controls are visible:

Top toolbar

| Button | Action |
|--------------------------|---|
| **Red square (Stop)** | Stop and close the current recording |
| **Orange pause (Pause)** | Pause the recording temporarily |
| **Antenna/signal icon** | Start Live Tracking and generate a shareable link |

Stats bar (below top toolbar)

Displays real-time data: **compass heading • speed (km/h) • heart rate (HR) • track info (Tra)**

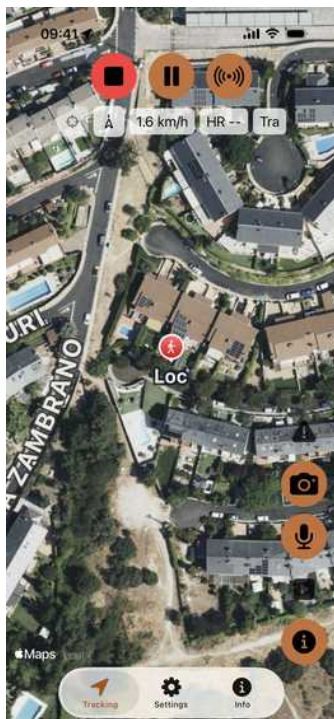
Right-side floating buttons

| Button | Action |
|---------------------|---|
| **Camera icon** | Take a photo linked to the current position |
| **Microphone icon** | Record a voice note (Voicepoint) |

| Button | Action |
|-------------------|-------------------------|
| **Info (i) icon** | View Live Track Details |

Map markers

- **Green play button** — Start point of the route
- **Runner figure (Loc)** — Your current position
- **Camera icon on map** — Photo taken at that location
- **Microphone icon on map** — Voicepoint recorded at that location



Active recording map

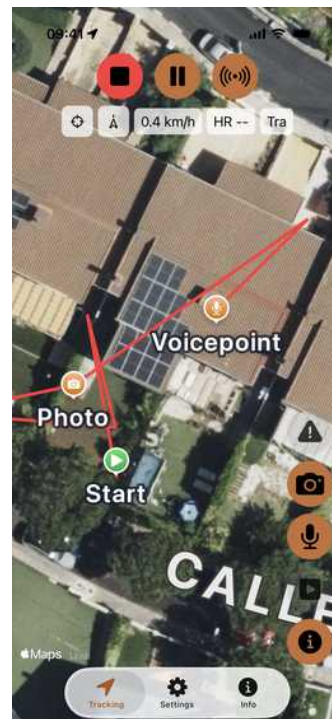


Photo & Voicepoint markers

6. Live Tracking

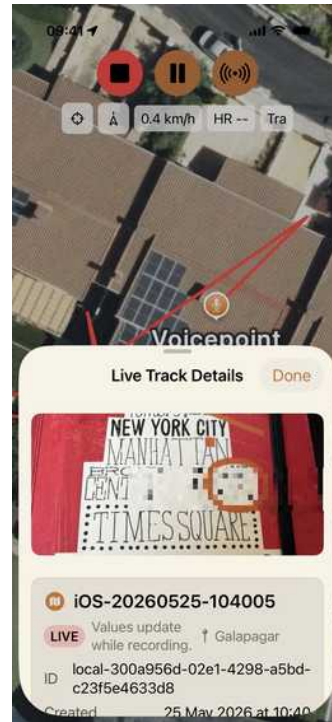
Live Tracking lets other people follow your movement in real time.

1. During a recording, tap the **antenna/signal icon** in the top toolbar.
2. A dialog confirms: "A link with the current track ID will be sent. On the next screen, choose which app you want to use to share it."
3. Tap **Yes**.
4. The iOS share sheet opens — choose any app (WhatsApp, Messages, Mail, etc.) to send the link.
5. The recipient taps the link and it opens in FreedomTrack, showing your live position.

Note: The Live Track Delay depends on your plan (5 minutes on Free, 1 minute on Expert).



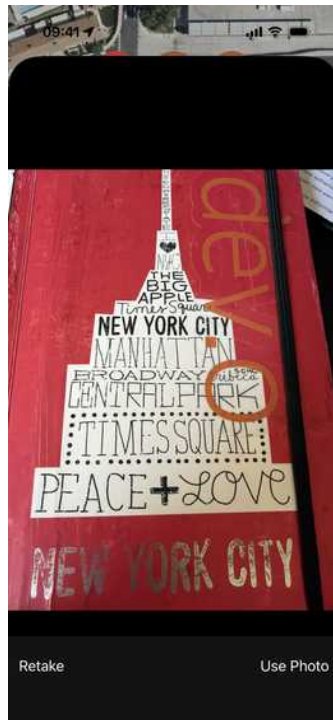
Live Tracking confirmation



Live Track Details panel

7. Taking Photos During a Route

1. During a recording, tap the **camera icon** on the right side of the screen.
 2. If prompted, tap **Allow** to grant camera access.
 3. The camera viewfinder opens. Take your photo.
 4. Tap **Use Photo** to attach it to the route at your current GPS position, or **Retake** to try again.
 5. The photo appears as a camera-pin marker on the map at the exact location where it was taken.
-



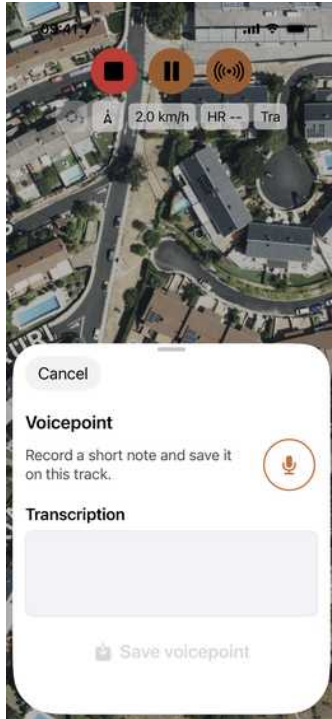
Camera viewfinder

8. Voicepoints (Voice Notes)

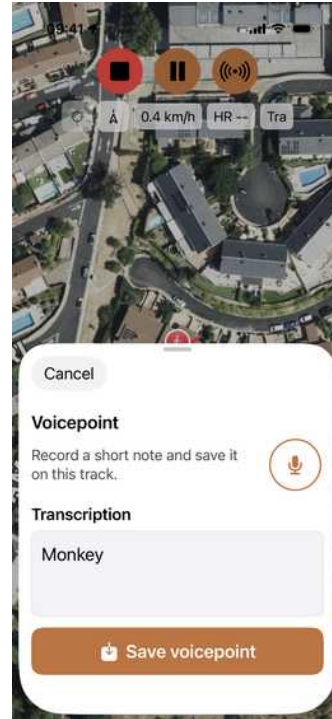
Voicepoints let you record short spoken notes that are saved to the route and transcribed to text.

1. During a recording, tap the **microphone icon** on the right side of the screen.
2. If prompted, grant **Microphone** and **Speech Recognition** permissions.
3. The **Voicepoint** panel slides up. Tap the **microphone button** to start recording.
4. Speak your note. The transcription appears in the **Transcription** field in real time.
5. Tap **Save voicepoint** to attach it to the route at your current location.
6. To discard, tap **Cancel**.

The Voicepoint appears as a microphone-pin marker on the map where it was recorded.



Voicepoint panel

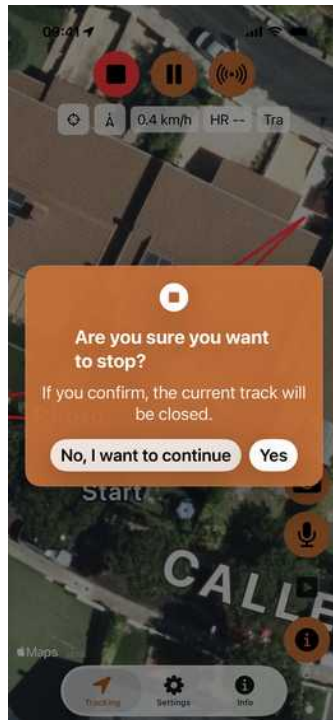


Transcription ready to save

9. Stopping a Recording

1. Tap the **red square (Stop)** button in the top toolbar.
2. A confirmation dialog appears: *"Are you sure you want to stop? If you confirm, the current track will be closed."*
3. Tap **Yes** to stop and save, or **No, I want to continue** to resume.

After stopping, the route is saved and appears in the **Tracks** list with the status **Local only**.



Stop confirmation dialog

10. My Routes List

The **Tracks** tab shows all your recorded routes.

Activity filter chips

Tap **All** or a specific activity chip (e.g. *Run 1*) to filter the list.

Yearly summary bar

Shows total distance for the current year (2026) with time-window options: **4w • 12w • 26w • 52w**.

Route card information

Each card displays:

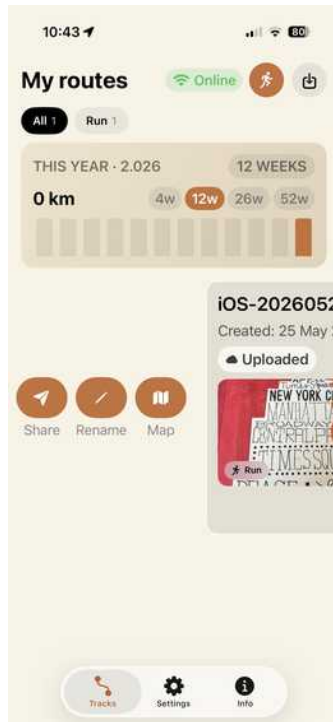
- **Route name** (auto-generated as `ios-YYYYMMDD-HHMMSS`, editable)
- **Created date & time**
- **Status badge**: Local only • Uploading... • Uploaded • Shared
- **Cover photo** (if a photo was taken during the route)
- **Stats**: Duration • Distance • Avg speed • Elevation gain • Score (after upload)

Swipe actions on a route card

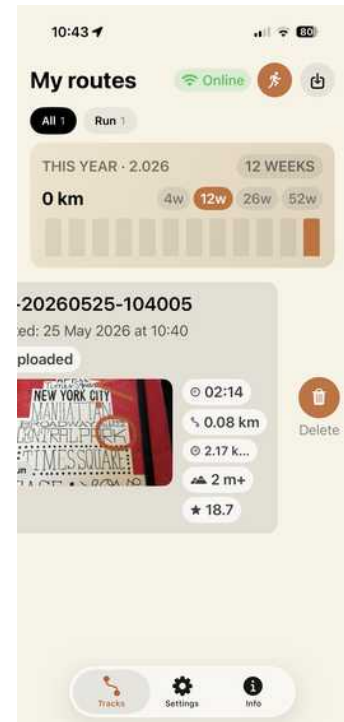
| Swipe direction | Actions revealed |
|-------------------------------|----------------------|
| Swipe **left** | Share · Rename · Map |
| Swipe further **left** | Delete |



Route card — Local only



Swipe left: Share / Rename / Map



Swipe further: Delete

11. Route Details & Actions

Tap a route card to open **Track Details**.

| Action | Description |
|-------------------|---|
| **Export** | Export the route file in GPX, GeoJSON, or CSV format |
| **Share** | Share a FreedomTrack Map Link via AirDrop, Messages, Mail, WhatsApp, etc. |
| **Rename** | Set a custom name for the route |
| **Delete** | Permanently remove the route |

The details panel also shows the route's unique **ID** and its snapshot status (*SAVED — Historical snapshot of this track*).



Track Details panel

12. Uploading a Route

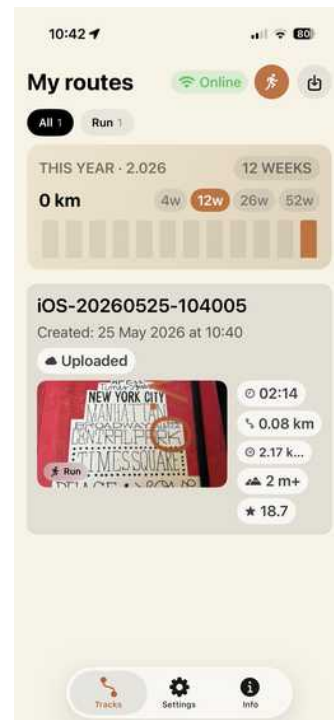
After a recording stops, the route is stored locally. To back it up to the FreedomTrack server:

1. On the route card, tap the **Upload** button (cloud icon).
2. The status changes to **Uploading...** and then to **Uploaded** once complete.
3. Uploaded routes receive a **score** (visible as a star rating on the card).

Uploading requires an internet connection and is subject to your plan's track limit.



Uploading in progress



Upload complete

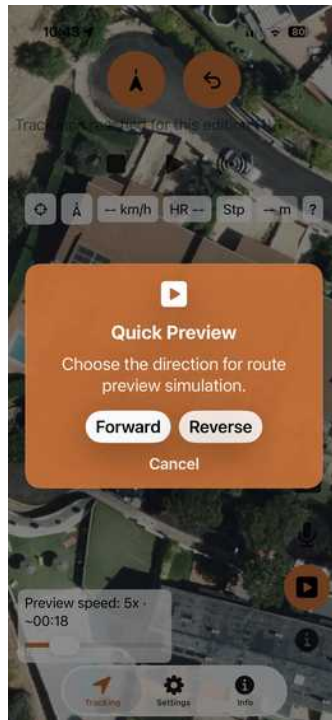
13. Quick Preview (Route Playback)

Quick Preview simulates your route on the map as an animation.

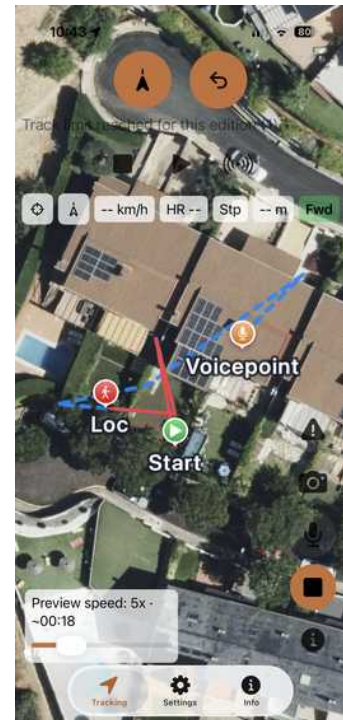
1. Open the **Tracking** tab while a saved route is loaded on the map (swipe the route card to the right to load it).
2. Tap the **play button** (orange, bottom-right).
3. Choose a direction: **Forward** or **Reverse**.
4. The animation plays, moving a marker along the route and showing Photo and Voicepoint pins at their recorded positions.
5. A **Preview speed** indicator (e.g. *5x • ~00:18*) is shown at the bottom left.
6. Use the **back arrow** (top-right) to reset the position.



Preview playing on map



Choose direction dialog



Forward preview with markers

14. Exporting a Route

1. Open **Track Details** for the route you want to export.
 2. Tap **Export**.
 3. Choose a format:
 - **GPX** — Standard GPS exchange format, compatible with most mapping apps (Wikiloc, MEB/IGN, etc.)
 - **GeoJSON** — Open geospatial format, useful for web mapping
 - **CSV** — Comma-separated values, useful for data analysis
 4. The iOS share sheet opens. Choose an app or action to save or send the file.
-



Export format selector



iOS share sheet with GPX file

15. Sharing a Route

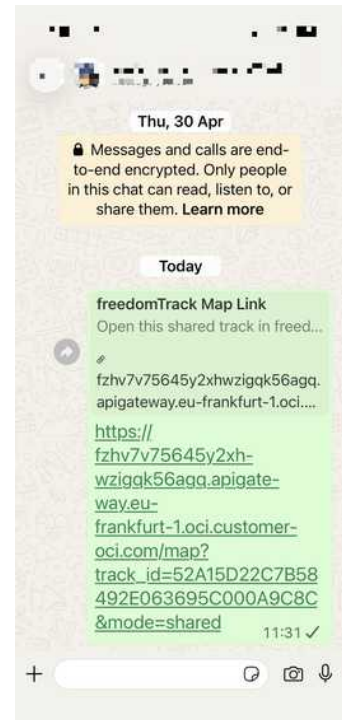
1. Open **Track Details** for the route.
 2. Tap **Share**.
 3. The iOS share sheet opens with a **FreedomTrack Map Link**.
 4. Select the destination app (AirDrop, Messages, Mail, WhatsApp, etc.).
 5. The recipient receives a URL. When they tap it, it opens in FreedomTrack and displays the route on a map.
-



Share Map Link sheet



Sending via WhatsApp

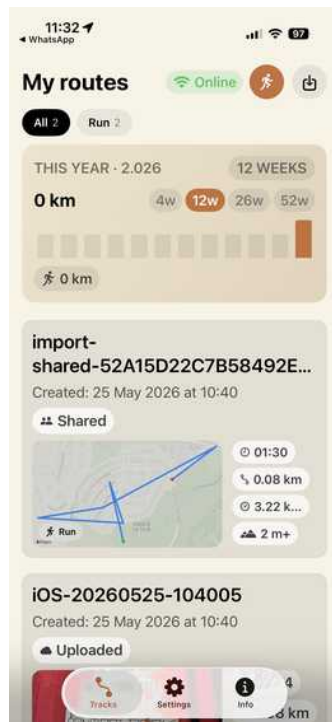


Link received in WhatsApp

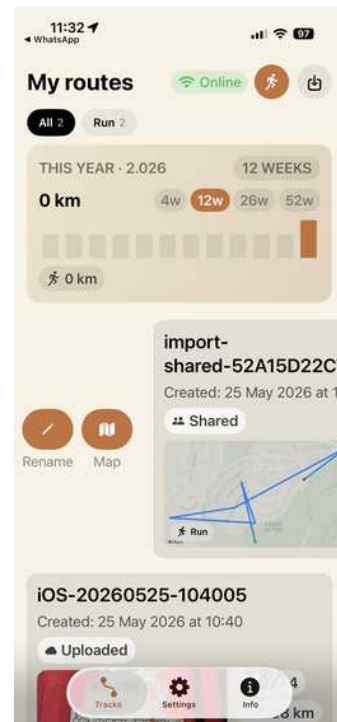
16. Importing a Route

To import a route file from another app:

1. From the **Tracks** tab, tap the **import icon** (upload arrow, top-right corner of the screen).
 2. Alternatively, open the file from another app and choose **FreedomTrack** as the destination via the iOS share sheet.
 3. The imported route appears in the list with the prefix `import-shared-...` and the badge **Shared**.
-



Imported shared route in list



Swipe actions on shared route

17. Receiving a Shared Route Link

If someone sends you a FreedomTrack Map Link (e.g. via WhatsApp):

1. Tap the link in the message.
2. FreedomTrack opens automatically and loads the shared route.
3. The route appears in your **Tracks** list with the **Shared** badge.
4. You can view the route on the map, rename it, or see all its stats and waypoints.

Watching a live route in real time

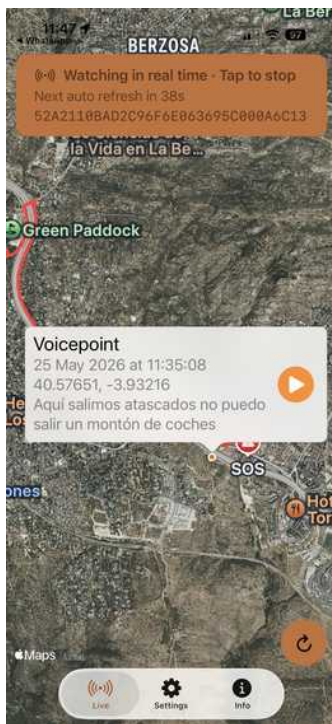
If the sender shared the link **during an active recording**, the app switches to the **Live** tab and you watch their movement in real time.

Live view interface:

- An **orange banner** at the top reads *"Watching in real time • Tap to stop"* with a countdown to the next automatic refresh (e.g. *Next auto refresh in 38s*). The track ID of the route being watched is displayed below.
- The sender's **route** is drawn as a coloured polyline on the map, updating automatically at each refresh cycle.
- A **refresh button** (circular arrow, bottom-right) lets you force an immediate update without waiting for the countdown.
- **Voicepoint markers** (microphone icon) appear on the map wherever the sender recorded a voice note. Tap any marker to see:

- Date and time of the recording
- GPS coordinates
- The **transcribed text** of the note
- A **play button** to listen to the original audio recording
- Tap the orange banner or the "**Tap to stop**" prompt to stop watching and return to the normal map view.

The frequency of live updates depends on the sender's plan (5-minute delay on Free, 1-minute delay on Expert).



Live view — Voicepoint detail



Live view — route with markers

18. Settings

Access via the **Settings** tab (gear icon).

Your user identifier

A unique ID assigned to your app instance. Use the icons next to it to:

- **Refresh** the identifier
- **View** it in full
- **Copy** it to the clipboard

Tracking Precision

| Option | Description |
|------------|---|
| **Normal** | Balanced GPS accuracy and battery usage |
| **High** | Maximum GPS accuracy (higher battery consumption) |

Handedness

Adjusts the position of on-screen controls for comfort:

- **Left-handed**
- **Right-handed**

Map Style

| Style | Description |
|---------------|---------------------------------|
| **Standard** | Default Apple Maps style |
| **Muted** | Low-contrast, minimal colours |
| **Satellite** | Aerial imagery |
| **Hybrid** | Aerial imagery with road labels |

Map on cellular

When **off**, only the route polyline is drawn over a blank background on cellular data — no map tiles are downloaded, saving mobile data.

Look & Feel

- **Theme:** Night • Day • Cream
- **Accent colour:** Orange • Green • Blue

Voice Transcription

Sets the language used to transcribe Voicepoints. Default is **Auto (Device)**, which uses the device's system language.

Turn Voice Guidance

When **On**, the app speaks upcoming turn instructions aloud while you follow a guided navigation route.

Voicepoint Announcements

Controls how nearby Voicepoints are announced during guided navigation:

| Option | Behaviour |
|----------------|---|
| **Off** | No announcements |
| **Voicepoint** | Audio chime when passing a voicepoint |
| **With Text** | Speaks the voicepoint transcription aloud |

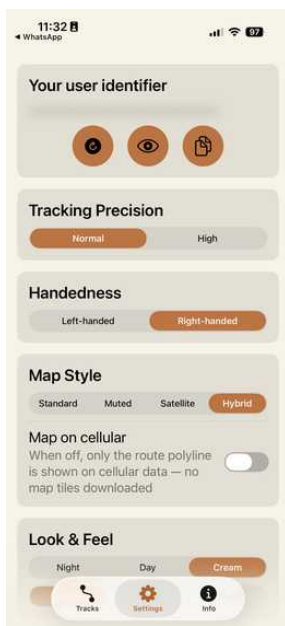
Calorie Profile (*Expert plan*)

Enter your physical data to get personalised calorie estimates:

- **Weight (kg)** • **Age** • **Height (cm)** • **Sex** • **Fitness Level**

Min # GPS points

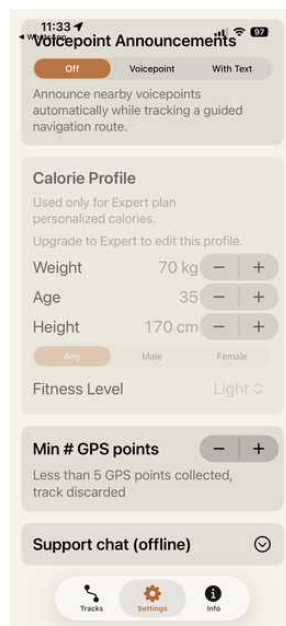
The minimum number of GPS points required to keep a recorded track. Tracks with fewer points than this threshold are automatically discarded.



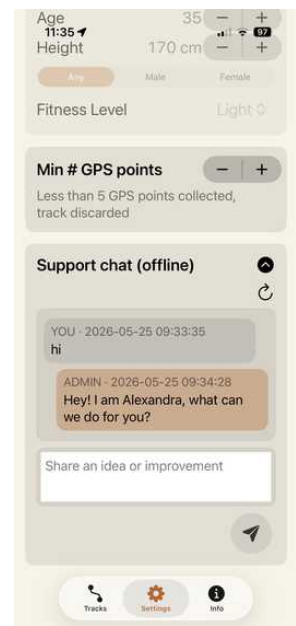
Settings — top section



Settings — Look & Feel / Voice



Settings — Calorie / GPS points



Settings — Support chat

19. Plans & Subscriptions

Access via the **Info** tab.

Plan comparison

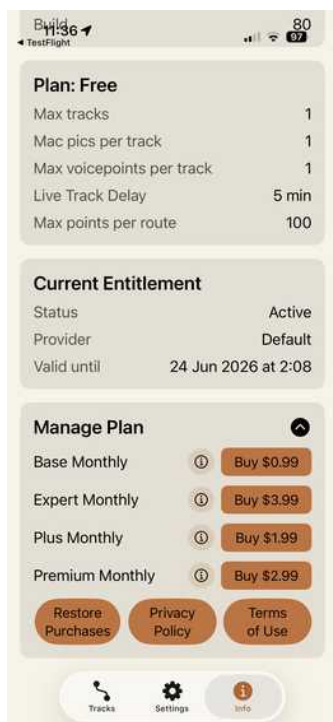
| Feature | Free | Base (\$0.99/mo) | Plus (\$1.99/mo) | Expert (\$3.99/mo) | Premium (\$2.99/mo) |
|---------------------------|-------|------------------|------------------|--------------------|---------------------|
| Max tracks | 1 | — | — | 200 | — |
| Max pics per track | 1 | — | — | 20 | — |
| Max voicepoints per track | 1 | — | — | 20 | — |
| Live Track Delay | 5 min | — | — | 1 min | — |
| Max points per route | 100 | — | — | 16,000 | — |

Tap the  icon next to any plan to see its full feature list before purchasing.

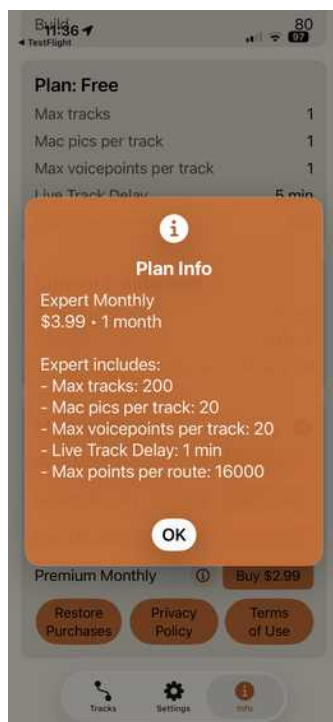
Managing your subscription

- **Buy** — Subscribe to the selected plan.
- **Restore Purchases** — Restores a previously purchased subscription on a new device.
- **Privacy Policy** — Opens the app's privacy policy.
- **Terms of Use** — Opens the app's terms of service.

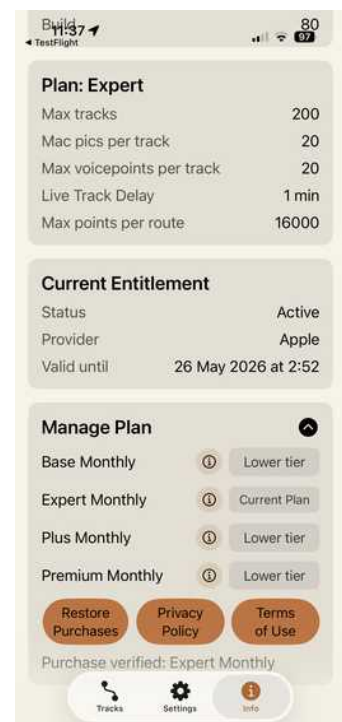
The **Current Entitlement** section shows your active plan status, provider (Apple / Default), and expiry date.



Free plan details



Expert plan info



Plan activated

20. Support

FreedomTrack includes an in-app support chat available from **Settings** → **Support chat**.

- Type your question or feedback in the text field and tap the **send** button.
- Support responses appear in the chat thread.
- The chat may be available **offline** (responses are delivered when a connection is restored).

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