

FreedomTrack

User Manual

GPS Route Tracking for iOS

June 2026

1. Overview

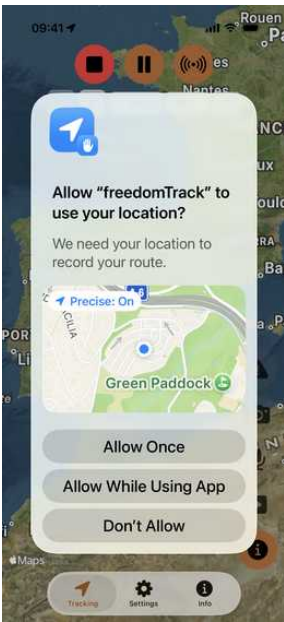
FreedomTrack is a GPS route-tracking app for iOS. It lets you record outdoor activities (runs, rides, hikes, walks, ski runs), attach photos and voice notes to your route, share live location links with others, and review or export your tracks afterward.

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.*



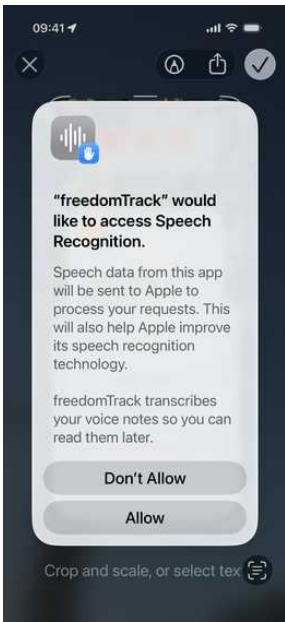
Location permission



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 • E-Bike • Car • Hunt • Tractor • and more
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:



Active recording map



Photo & Voicepoint markers

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)
Info (i) icon	View Live Track Details
Group icon	Open the Group Ride panel (visible when a Group Ride is active)

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

6. Live Tracking

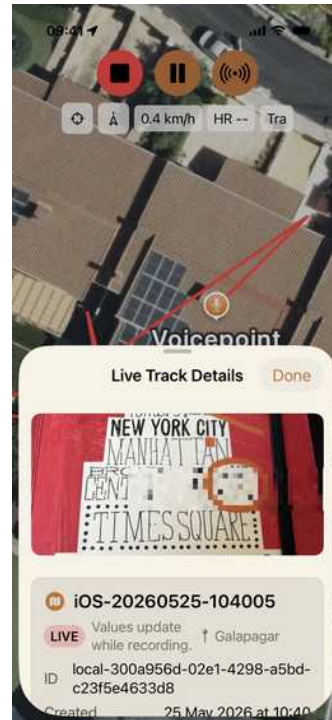
Live Tracking lets other people follow your movement in real time.

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).*



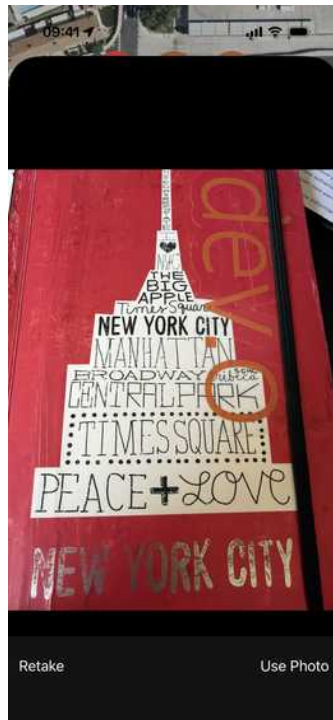
Live Tracking confirmation



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.
-



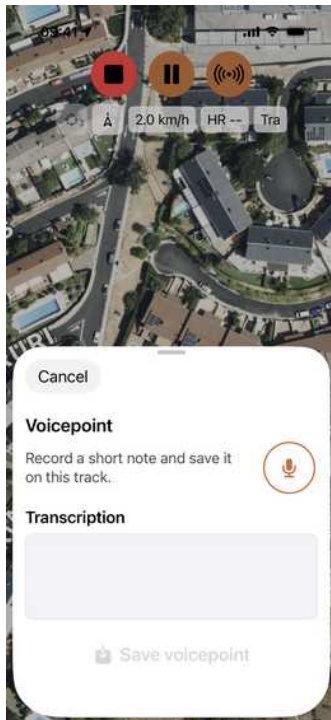
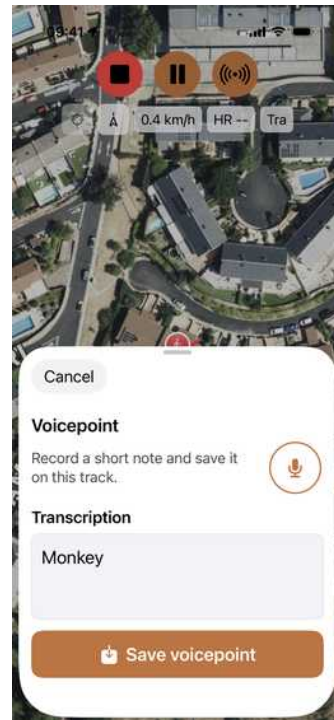
Camera viewfinder

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**.

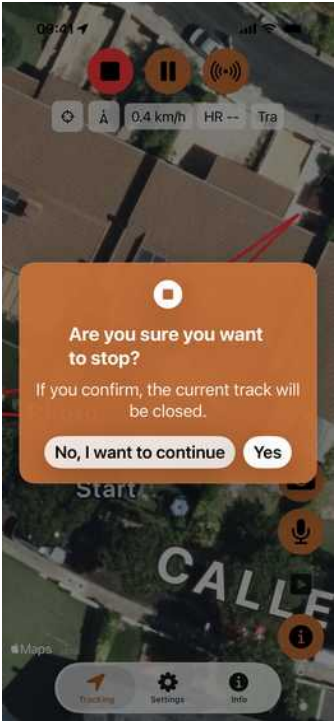
The Voicepoint appears as a microphone-pin marker on the map where it was recorded.

*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

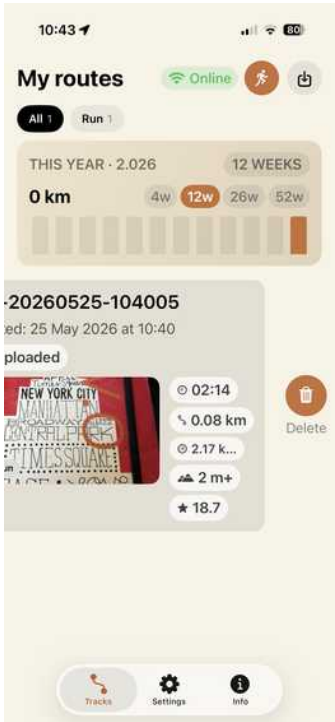
The **Tracks** tab shows all your recorded routes.



Route card — Local only



Swipe left: Share / Rename / Map



Swipe further: Delete

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

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*).



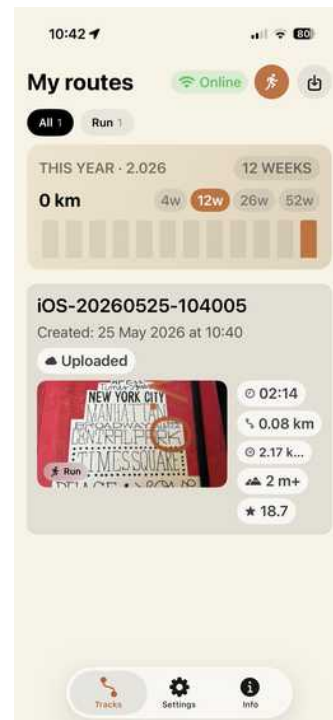
Track Details panel

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).

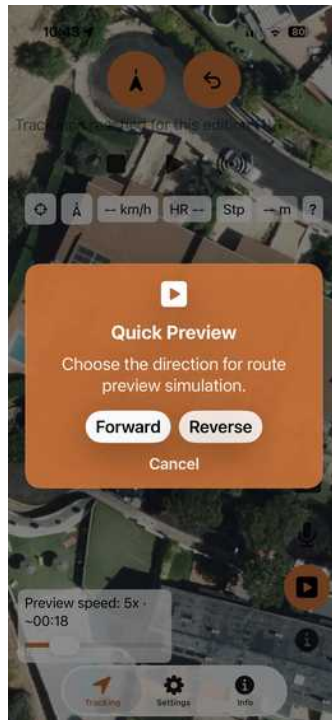
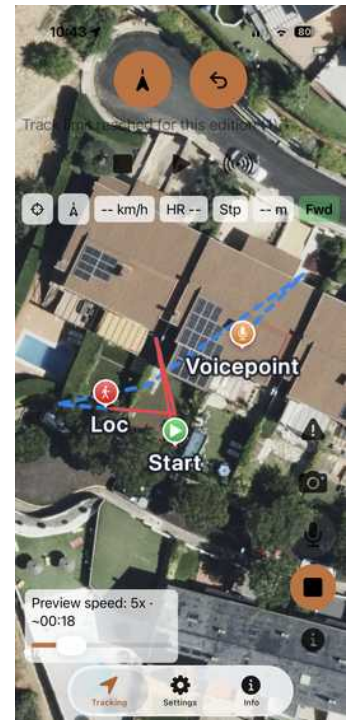
Uploading requires an internet connection and is subject to your plan's track limit.

*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

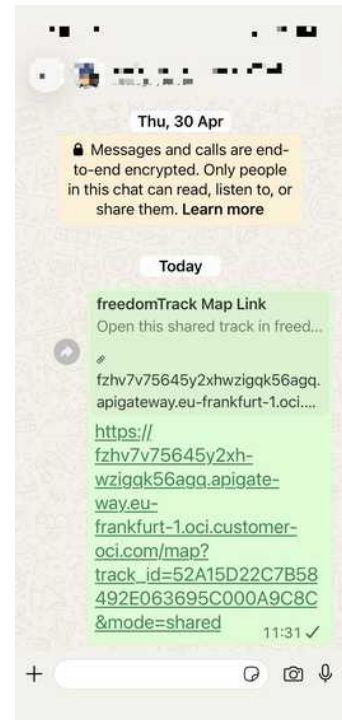
1. Open **Track Details** for the route.
2. Tap **Share**.
3. The iOS share sheet opens with a **FreedomTrack Map Link**.
4. Select the destination app (AirDrop, Messages, Mail, WhatsApp, etc.).
5. The recipient receives a URL. When they tap it, it opens in FreedomTrack and displays the route on a map.



Share Map Link sheet



Sending via WhatsApp



Link received in WhatsApp

Privacy Warning

When sharing a track that contains photos with recognisable faces or people, FreedomTrack automatically analyses the images and shows a **Privacy Warning** dialog before proceeding:

- **Detected content:** number of faces and persons identified in the track photos.
- **Privacy risk level:** rated as Low, Medium, or High depending on the detected content.
- Tap **Cancel** to abort sharing, or **Continue** to proceed.

This warning helps you avoid accidentally sharing sensitive visual content.

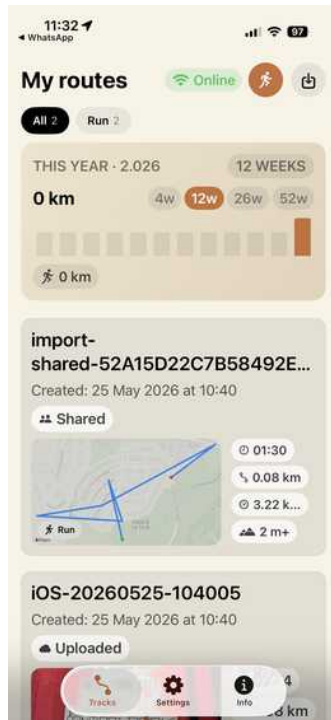


Privacy warning — face detection before sharing

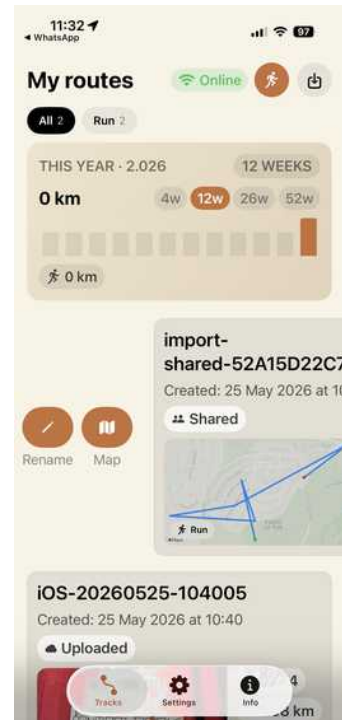
16. Importing a Route

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

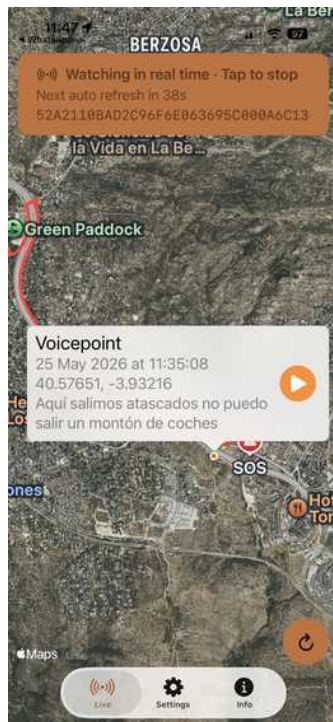


Swipe actions on shared route

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.



Live view — Voicepoint detail



Live view — route with markers

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.

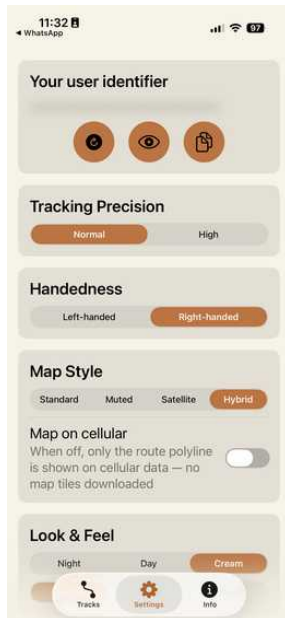
Live view interface:

- 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).

18. Settings

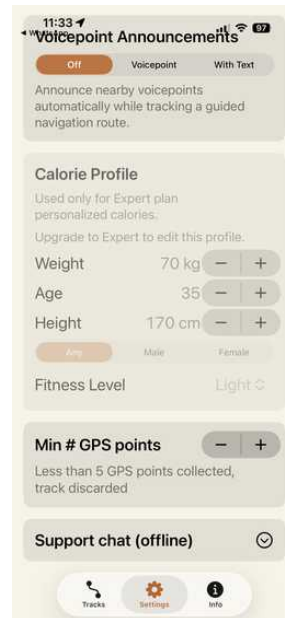
Access via the **Settings** tab (gear icon).



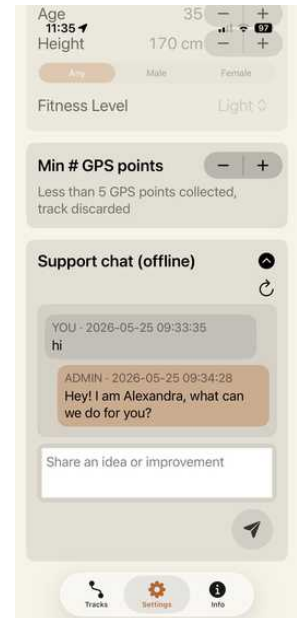
Settings — top section



Settings — Look & Feel / Voice



Settings — Calorie / GPS points



Settings — Support chat

Your user identifier

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

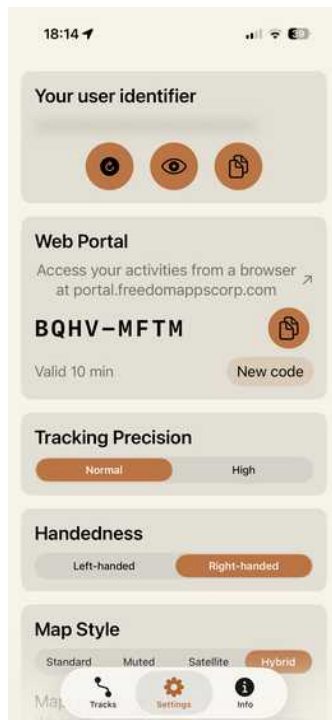
- **Refresh** the identifier
- **View** it in full
- **Copy** it to the clipboard

Web Portal

Provides quick browser access to the Activity Portal at **portal.freedomappscorp.com**.

- A temporary **Access Code** in xxxx-xxxx format is displayed, valid for **10 minutes**.
- Tap the **copy icon** to copy the code to the clipboard.
- Tap **New code** to generate a fresh code when the current one expires.

Use this code to sign in to the web portal — no Session ID required.



Settings — Web Portal temporary access code

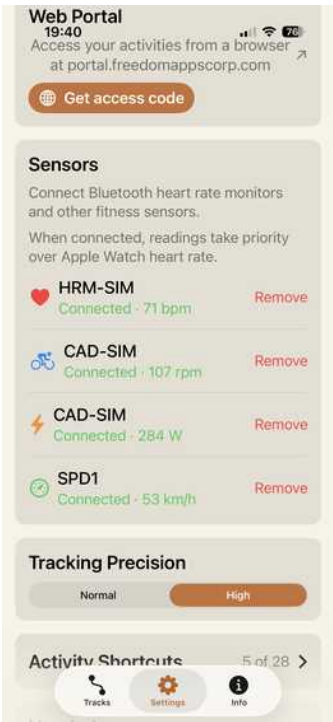
Sensors

Connect Bluetooth heart rate monitors and other fitness sensors via the **Sensors** section in Settings. When a Bluetooth sensor is connected, its readings take priority over Apple Watch heart rate data.

Supported sensor types:

Sensor type	Data provided
HRM (Heart Rate Monitor)	Heart rate (bpm)
CAD (Cadence sensor)	Pedal cadence (rpm)
CAD (Power meter)	Power output (W)
SPD (Speed sensor)	Speed (km/h)

Tap **Remove** next to a connected sensor to disconnect it.



Settings — Bluetooth sensors connected

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:

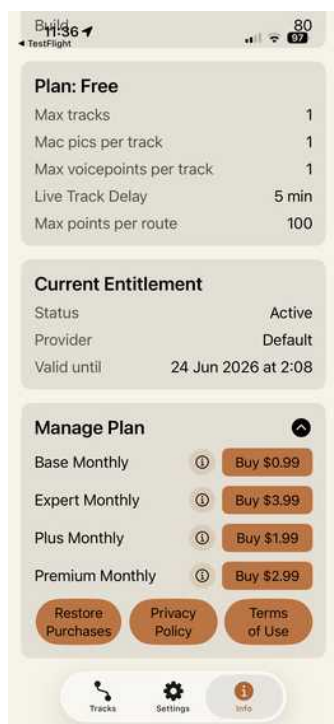
- **Weight** (kg) • **Age** • **Height** (cm) • **Sex** • **Fitness Level**

Min # GPS points

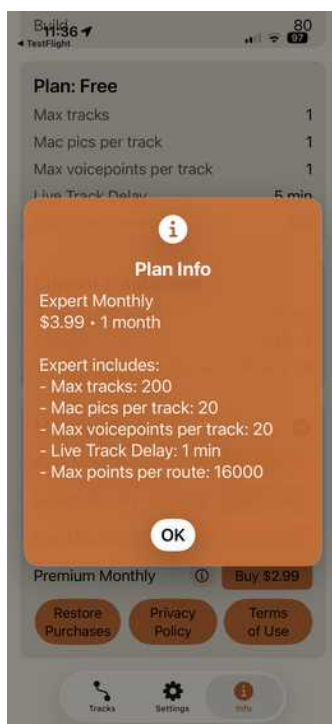
The minimum number of GPS points required to keep a recorded track. Tracks with fewer points than this threshold are automatically discarded.

19. Plans & Subscriptions

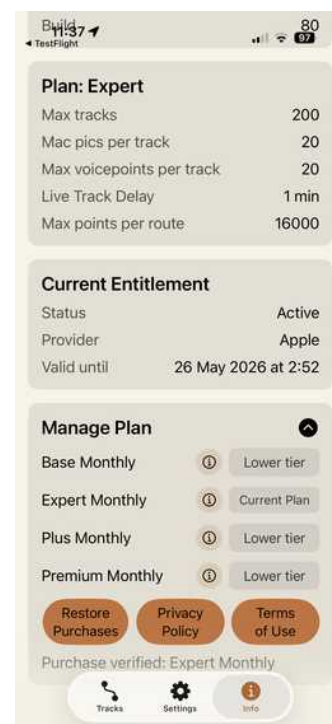
Access via the **Info** tab.



Free plan details



Expert plan info



Plan activated

Plan comparison

For a full and up-to-date comparison of all available plans and features, visit:

<https://freedomtrack.freedomappscorp.com/plans/>

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.

20. Support

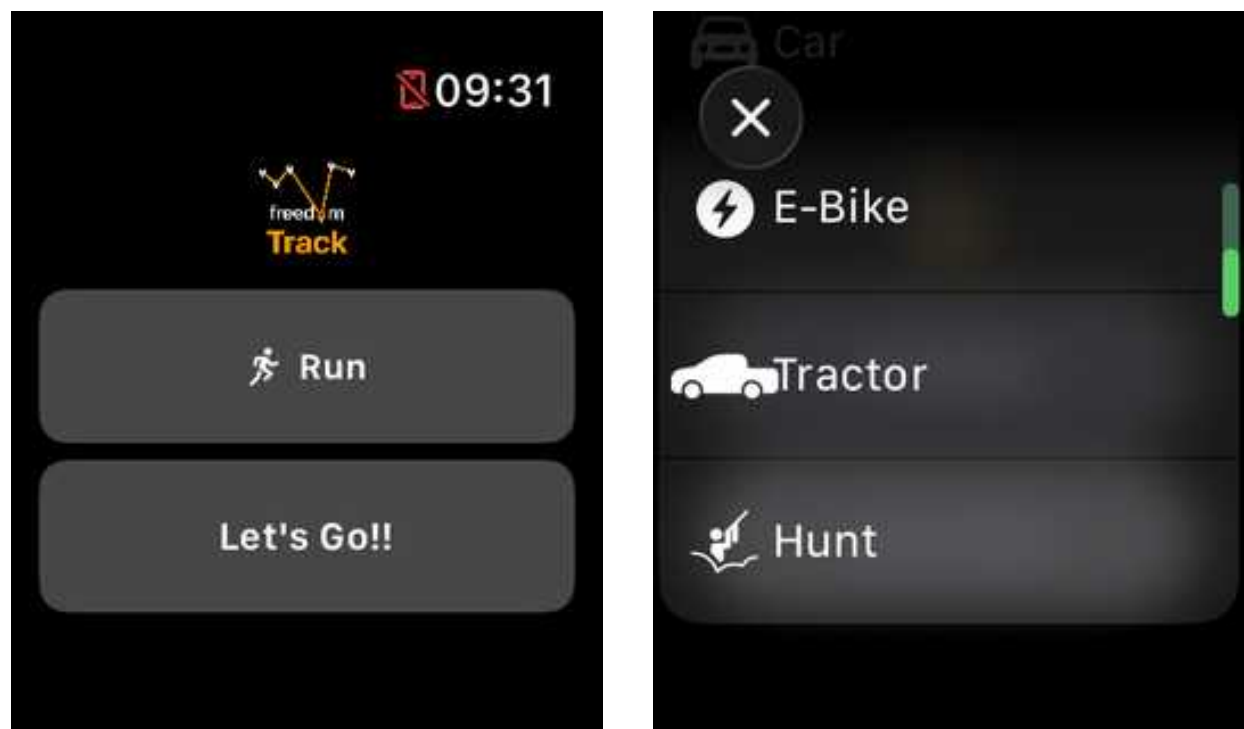
FreedomTrack includes an in-app support chat available from **Settings** → **Support chat**.

- 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).

21. Apple Watch App

The FreedomTrack Apple Watch app lets you start, control, and stop GPS recordings directly from your wrist, without touching your iPhone.

Requirements: Apple Watch paired with an iPhone running FreedomTrack. The Watch app installs automatically alongside the iPhone app.



Watch app — start screen

Activity picker (extended list)

Starting a Recording from the Watch

1. Open the **FreedomTrack** app on your Apple Watch.
2. The start screen shows the FreedomTrack logo, the selected **Activity** (default: Run), and a **Let's Go!!** button.
3. To change the activity, tap the activity button. A scrollable list appears — **Run • Ride • Hike • Walk • Ski • E-Bike • Car • Hunt • Tractor** (scroll for more). Tap to select.
4. Tap **Let's Go!!** to begin. The Watch connects to the iPhone and a GPS track starts immediately.

Watch Controls During Recording

While recording, the watch screen shows two action buttons and a live stats panel:

Control	Description
Pause/Stop (grey, top)	Tap to access pause and stop options

Control	Description
Voice (orange, left)	Start recording a Voicepoint at the current GPS position
SOS (red, right)	Send an emergency alert

The stats panel shows real-time: **speed (km/h) • heart rate (HR) • elapsed time • distance (km)**

Active recording — Pause/Stop · Voice · SOS

Voice note in progress — Stop 10s auto-save countdown

SOS confirmation — Confirm 1s countdown

Paused — Resume or Stop

Recording a Voicepoint from the Watch

Tap **Voice** to start recording. While the voice note is being recorded:

- The **Voice** button is replaced by a **Stop 10s** countdown — the note auto-saves after 10 seconds, or tap **Stop 10s** to save it immediately.
- The **SOS** button remains available.

Sending an SOS Alert

Tap **SOS** during recording. A confirmation screen replaces the SOS button with **Confirm 1s** — a 1-second countdown. Tap **Confirm 1s** to send the alert, or wait for the countdown to expire to cancel.

Paused State

Tap **Pause/Stop** to pause the recording. The screen updates to:

Control	Description
Resume (grey, top)	Continue the recording
Stop (red, full-width)	End and save the recording

A **"Voicepoint sent"** confirmation message appears briefly after a voice note is successfully saved.

Track Created by Watch

When a recording is stopped on the Watch, the track is transferred to the iPhone and appears in the **Tracks** list with the name watch YYYYMMDD-HHMM and the status **Local only**. It can then be uploaded, shared, or exported exactly like any other track.

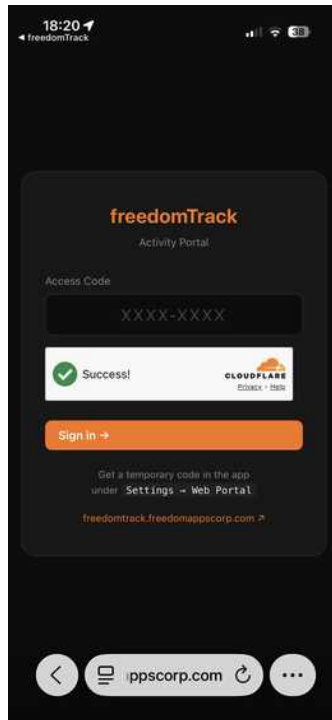
Note: Live Tracking and Group Ride must be started from the iPhone app. The Watch app is focused on recording control and Voicepoints.



Watch-generated track in My Routes

22. Activity Portal (Web)

The **FreedomTrack Activity Portal** is a web dashboard where you can review, analyse, and explore your uploaded tracks from any browser, on any device.



Activity Portal — sign in with Session ID

Signing In

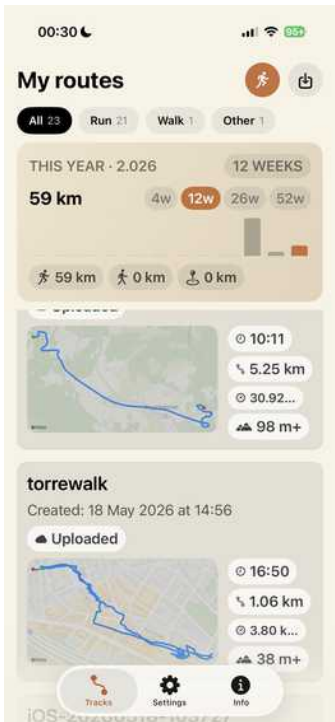
1. Open **portal.freedomappscorp.com** in your browser.
2. Get a temporary **Access Code** from the app under **Settings** → **Web Portal**. The code is in **xxxx-xxxx** format and valid for **10 minutes**. Tap **New code** if it has expired.
3. Enter the code in the **Access Code** field. Cloudflare bot protection validates automatically.
4. Click **Sign in** →.

My Activity — Tracks

After signing in, the **My Activity** screen shows:

- **This Year** and **Last Year** total distance summary tiles.
- A **TRACKS** list with each uploaded track showing:
 - Track name • Date • Activity type
 - Distance • Status badge (**CLOSED** for finished recordings)
 - A star icon for tracks with a performance score

Tap any row to open its full details.



My Activity — tracks list

Track Details

The track detail view is divided into several sections:

Map & Charts:

- An interactive map showing the full route as a coloured polyline with a speed annotation.
- A **Performance** chart with two overlaid graphs: **Altitude (m)** (orange line) and **Speed (km/h)** (blue line) plotted along the route distance.

INFO:

Field	Description
Track ID	Unique server identifier for the track
Created	Date and time the recording started
Closed	Date and time the recording was stopped
Activity	Activity type (Run, Ride, Hike, etc.)
GPS points	Total number of GPS points in the track

PERFORMANCE: Distance • Average speed • count of Photos, Voice notes, and SOS alerts.

TIME: Total time • Paused time • Moving time.

ELEVATION: Start altitude • End altitude • Total ascent (↑) • Total descent (↓).



Route map and performance charts



Track info, performance and elevation stats

AI Analysis & Km Splits

AI ANALYSIS provides an automatic numeric **performance score** and quality notes:

- Whether heart-rate data was available to improve scoring
- Detected GPS/speed outlier segments in the data stream
- Suggestions to increase scoring confidence (e.g. *Add heart-rate samples*)

The **Km splits** table breaks the route into 1 km segments, each showing:

Column	Content
#	Segment number
Dist	Cumulative distance
Time	Time for this segment
Pace	min/km pace
Avg spd	Average speed (km/h)
Avg HR	Average heart rate (bpm)

At the bottom, **PHOTOS** shows thumbnail previews of all photos taken during the route.



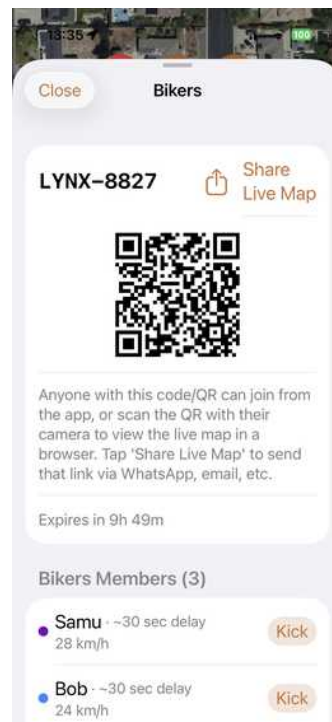
AI analysis, km splits and photos

23. Group Ride

Group Ride lets multiple users track and follow each other's live GPS position on a shared map during a group activity — without anyone needing to exchange phone numbers.



Group Ride — live map with member positions



Group panel — code, QR and member list

Creating a Group

1. Start a recording on the **Tracking** screen.
2. Tap the **Group icon** (three-people button, bottom-right of the map).
3. Give your group a name (e.g., *Bikers*).
4. The **Group panel** opens and displays:
 - A short **group code** in LYNX-XXXX format.
 - A **QR code** that others can scan to join.
 - A **Share Live Map** button to send the join link via WhatsApp, email, etc.
 - An **expiry time** — the group session is valid for approximately 10 hours.

Joining a Group

There are three ways to join an active Group Ride:

- **Via code** — Enter the LYNX-XXXX code in the FreedomTrack app.
- **Via QR** — Scan the QR code with your iPhone camera. Opens the live map directly in FreedomTrack.
- **Via link** — Tap the shared link (sent via WhatsApp, email, etc.) to open the live map in a browser or in the app.

Live Group Map

Once members have joined, all their positions appear on the **Tracking** map in real time:

- Each member is shown as a coloured avatar with their **name** label.
- Positions update continuously during the activity.
- **SOS alerts** sent by any member appear as a red warning marker on the map.

Managing the Group

Tap the **Group icon** (bottom-right of the map, with a member count badge) to open the Group panel at any time:

Field	Description
Group code	The `LYNX-XXXX` code others use to join
QR code	Scannable code to join from the app or view in a browser
Share Live Map	Opens the iOS share sheet to send the join link
Expires in	Remaining time before the group session closes
Members list	Name · approximate update delay · current speed (km/h)
Kick	Remove a specific member from the group

Note: *Live Tracking and Group Ride run simultaneously. Members who join via browser can view the live map but cannot broadcast their own position — the FreedomTrack app is required for full participation.*

FreedomTrack — User Manual • June 2026