

# Introduction to Daily Steps

Daily steps are the simplest challenge that can be organized, and it is indeed straightforward - the user just needs to install the DistantRace app on their phone, and steps are automatically counted.

The step count is not always precise, nor is it known where and how they are taken, but they are automatically recorded in the phone - there's no need to press "start" / "stop" in a sports app.

Daily steps can also be counted indoors - no GPS signal is required, which allows participants who cover large distances indoors to participate.

We have also prepared informative material about supported applications: [Supported Apps](#).

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