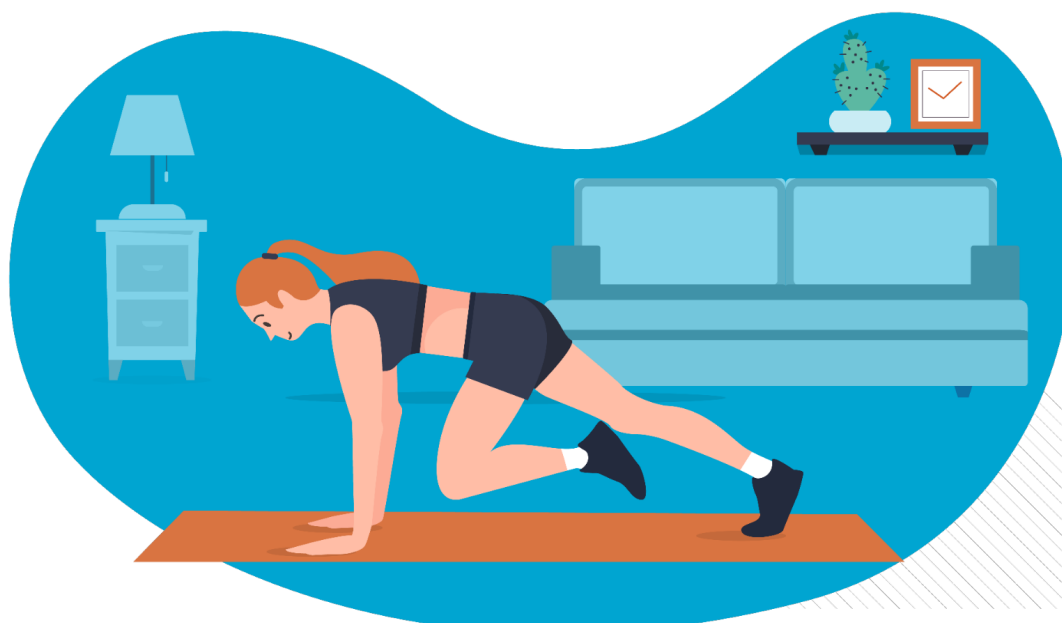


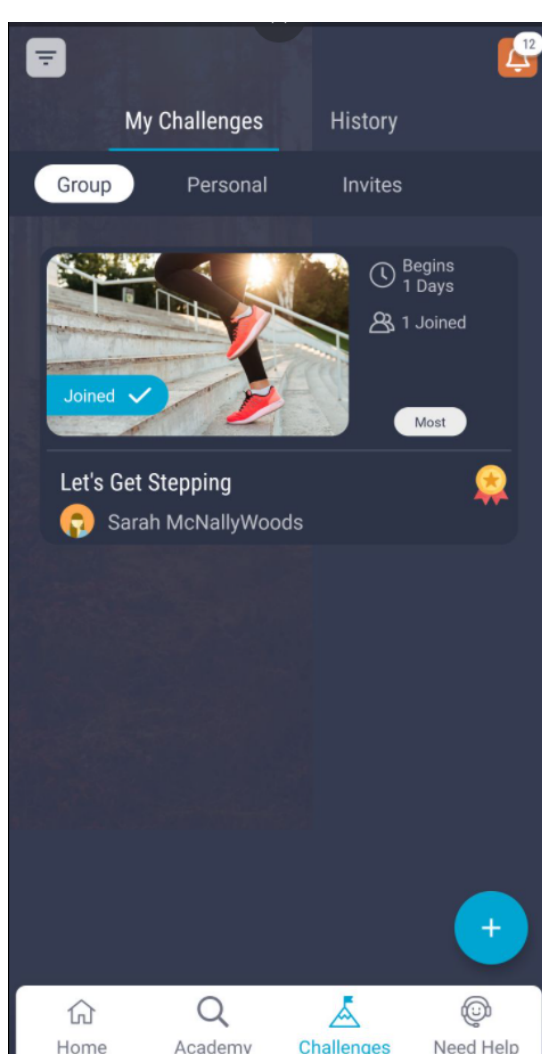
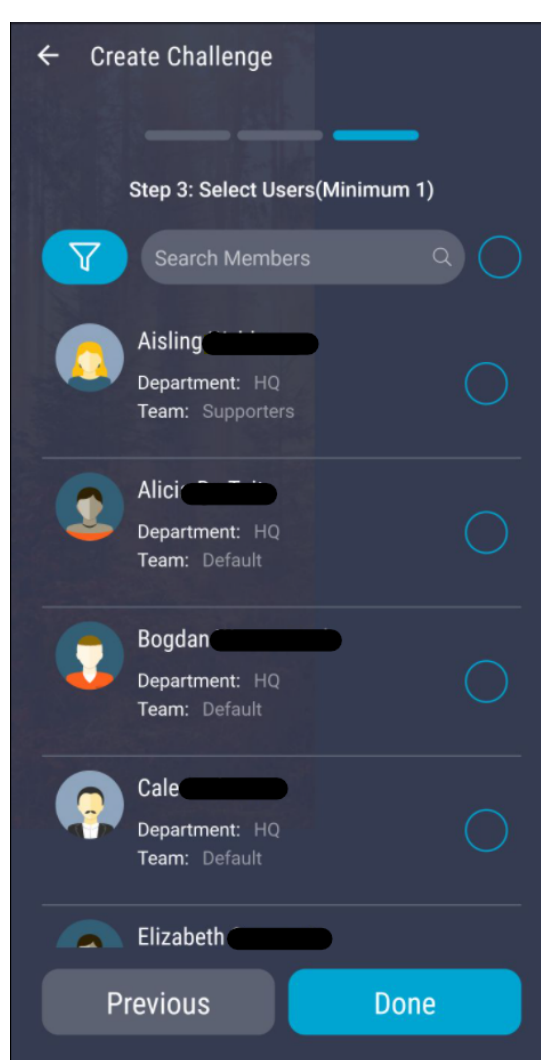
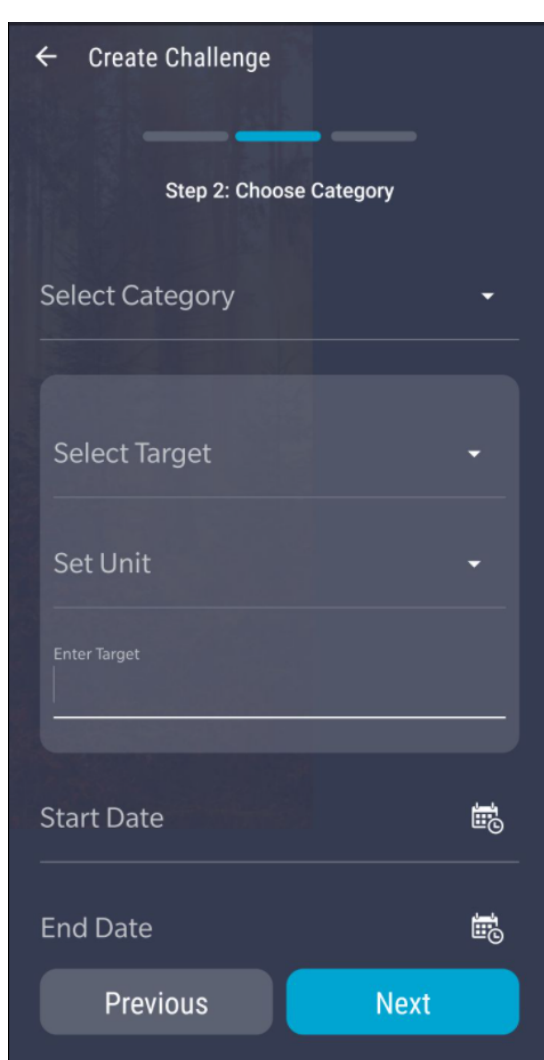
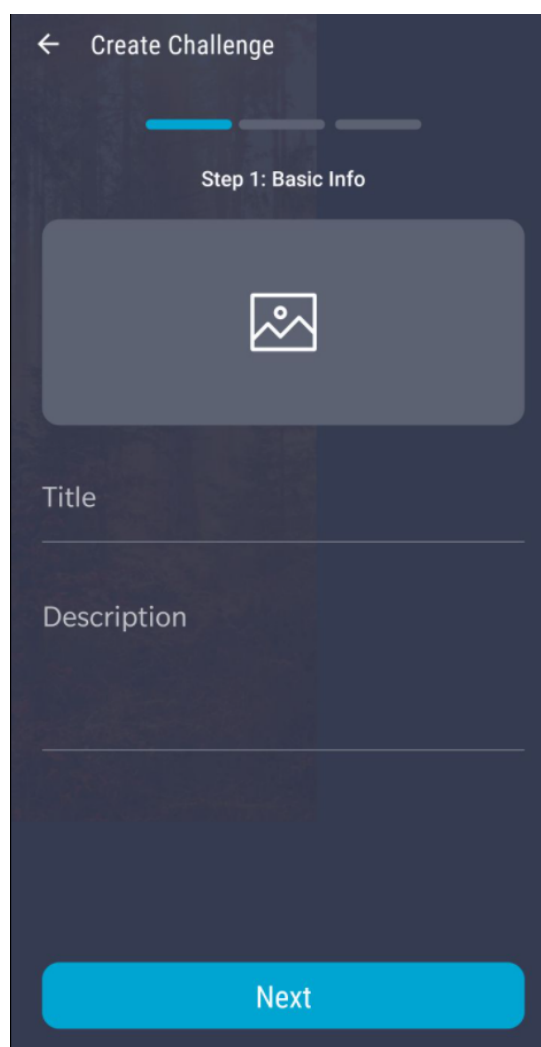
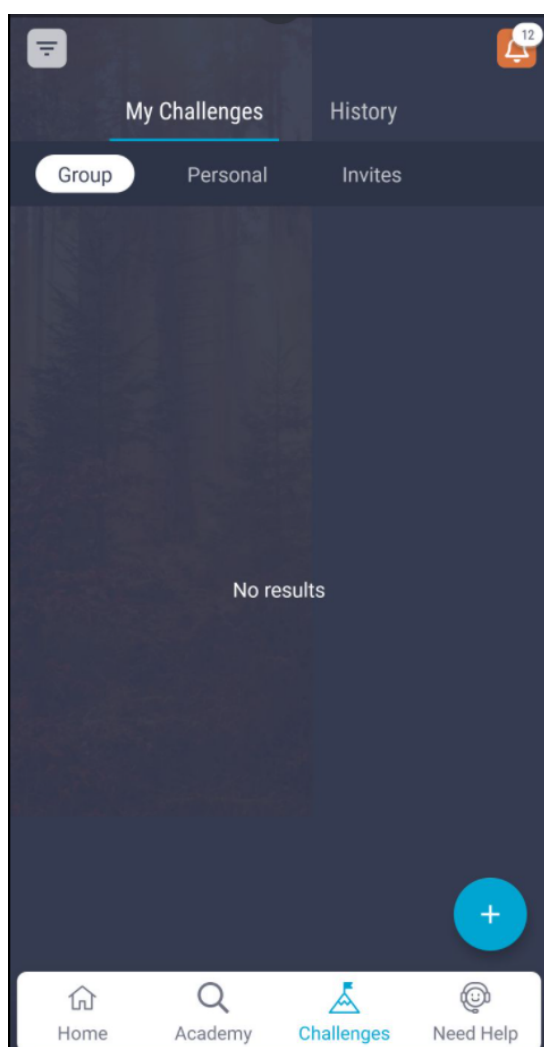


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How to Set up a Group Challenge

1. Go to the Challenges tab on the bottom of your App screen. This section will show you all the Challenges that you are currently taking part in.
2. Tap the blue "+" icon at the bottom right hand side of your screen to create a new group Challenge.
3. You will need to add a photo from either your camera roll or from our Image Library. You can then name your Challenge and add a description for context.
4. There are several different categories to choose from for your Challenge: First to reach, Most, Streak or Combined. First to Reach means the first person to reach the target wins and the challenge will end. The challenge is best for a short amount of time e.g. first to reach 20'000 steps. Most means the person with the highest number of the target wins. This challenge works best over a longer period of time. To win a streak challenge the person must reach the target a certain number of days in a row. This challenge is a great way to build habits for example walking 10'000 steps every day for 2 weeks. A combined challenge means 2 challenge targets must be reached to win.
5. For your target, you can choose between steps, distance, exercises or meditations.
6. You can then add what date you would like your Challenge to start and end.
7. You can then choose who you would like to add to your Challenge. Participants must accept the invitation to the Challenge before it begins to be included in it.
8. Once you tap Done, your new group Challenge will display on your group challenge screen. Participants must accept the invitation in the Invites tab before the challenge starts to be included. Once the challenge starts, a chat will be created for challenge participants. Time to get to work!



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