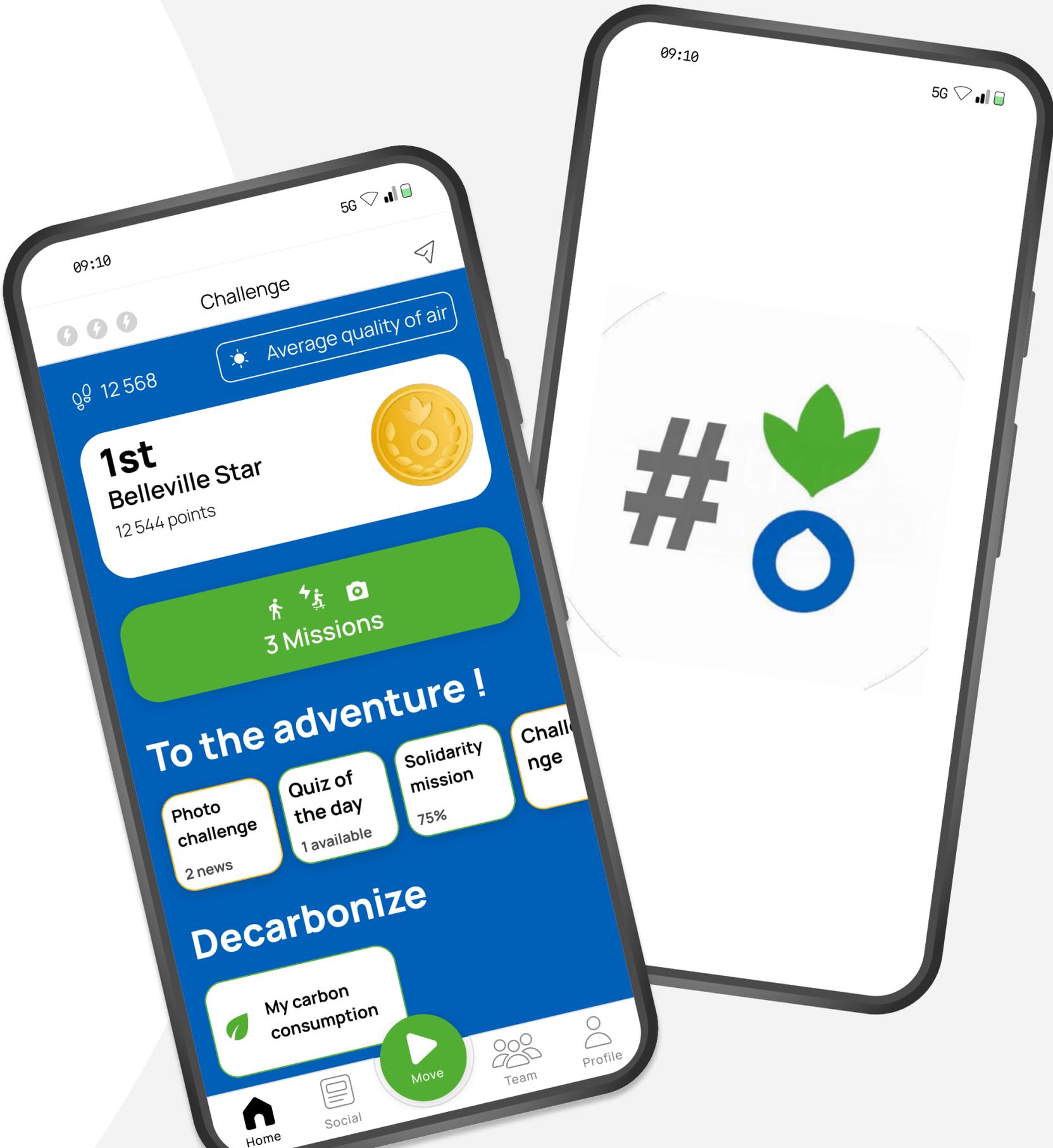


User Guide

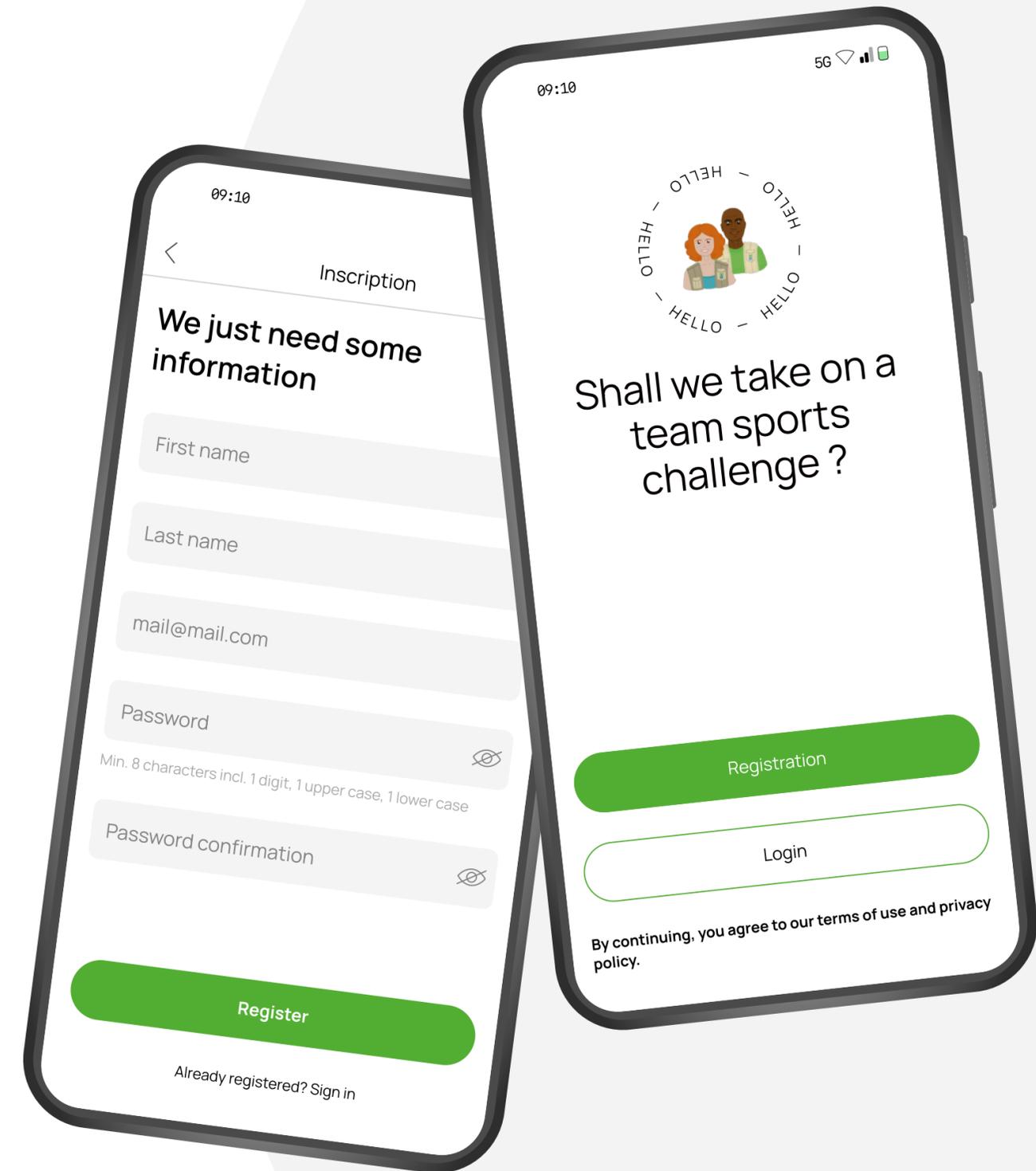


Register

Access the app for the first time in 3 easy steps.

- 1** **Download** the app Active Challenge on the [AppStore](#) or the [Google Play Store](#)
- 2** Click on register and create your account by **entering the challenge code** which was given to you
- 3** Create or join **your team**

There you go, you can start moving!

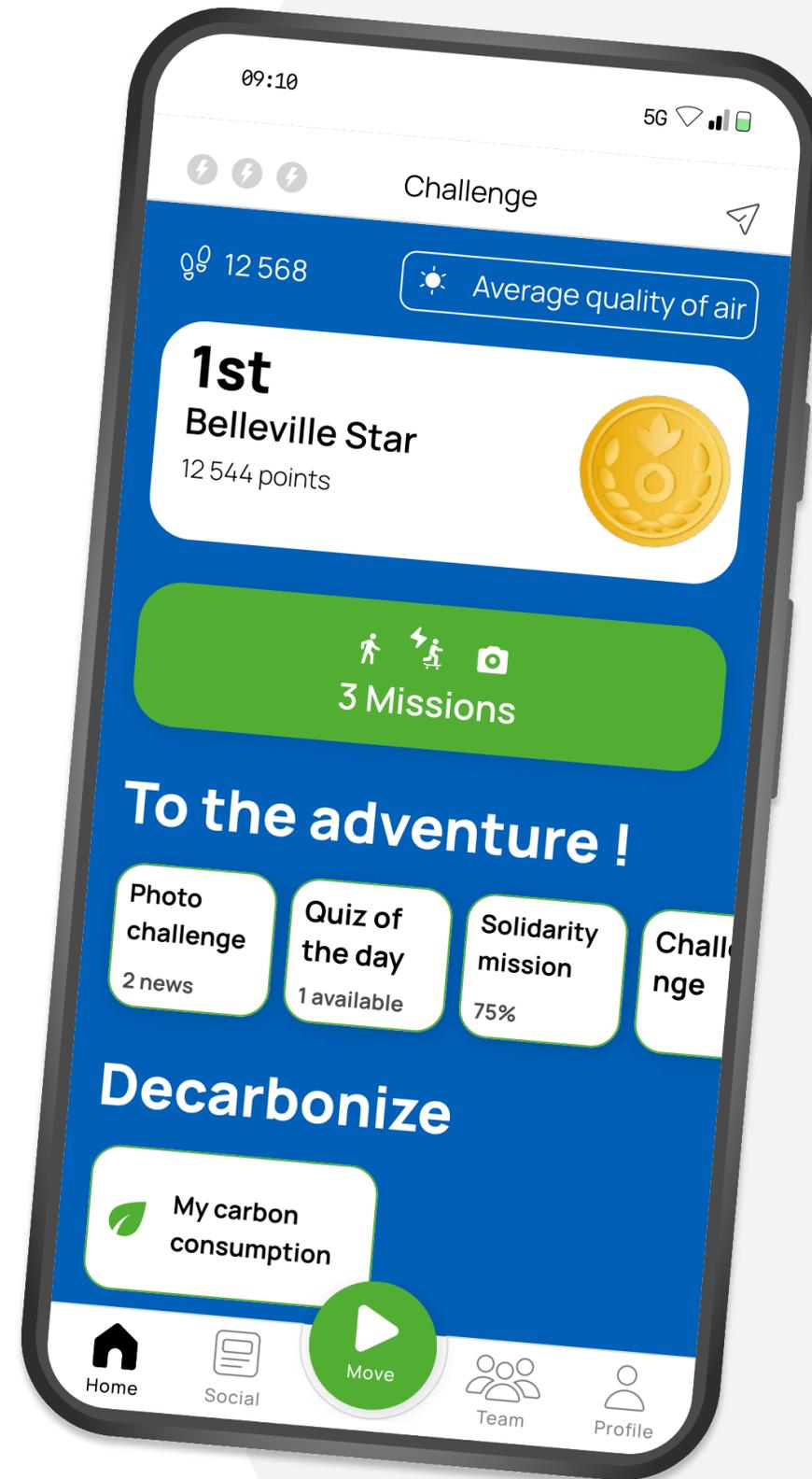


NB: the app is available for IOS 16, Android 8 or higher.

First steps

The homepage lists your step count, information about upcoming missions, quizzes and access to other pages in the application.

- The challenge sidebar will give you access to **the details of your challenge**
- Lower, you can follow **your daily steps**
- The **Move button** will give you access to all the **activities** and their respective ongoing **missions**
- Lastly, you will find the list of your **quizzes**.



Physical activities

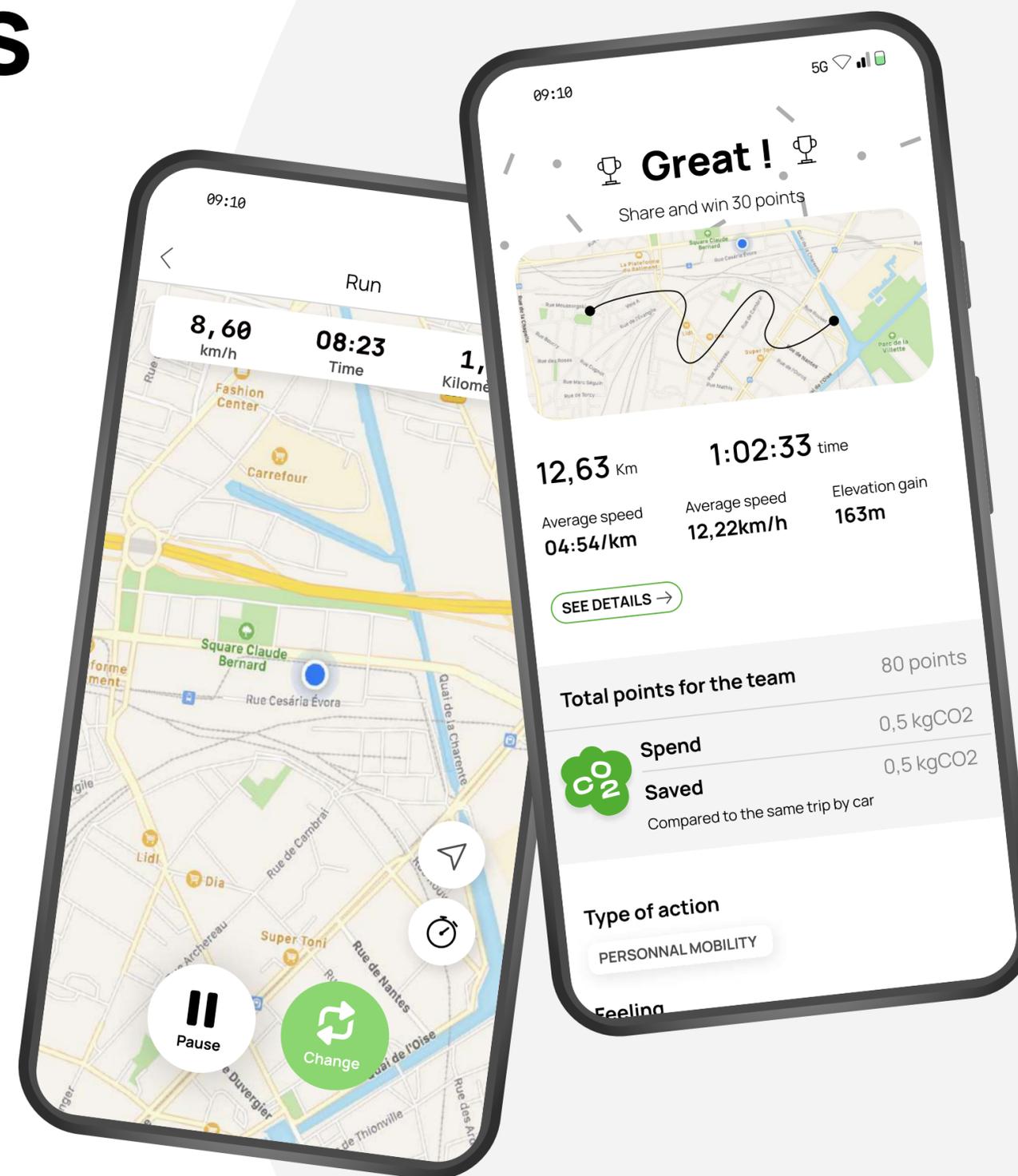
The red circle with the arrow allows you to start your chosen activity (running, cycling, electric bike and hiking). It allows you to start the activity of your choice and to stop it when it is finished.

Once the GPS is synchronized, click on “**Get Started**”. Hold the “**pause**” button down to put your activity on pause. To end the activity, hold down the “**Finish**” button.

A recap of the **performance** appears. The points granted by an activity are added to your personal meter, but also to your **team's**.

The counting of the steps is automatic.

It is synchronized with your **Google Fit** app (on Android) and your **Apple Health** app (on IOS) for a **more precise follow-up**.



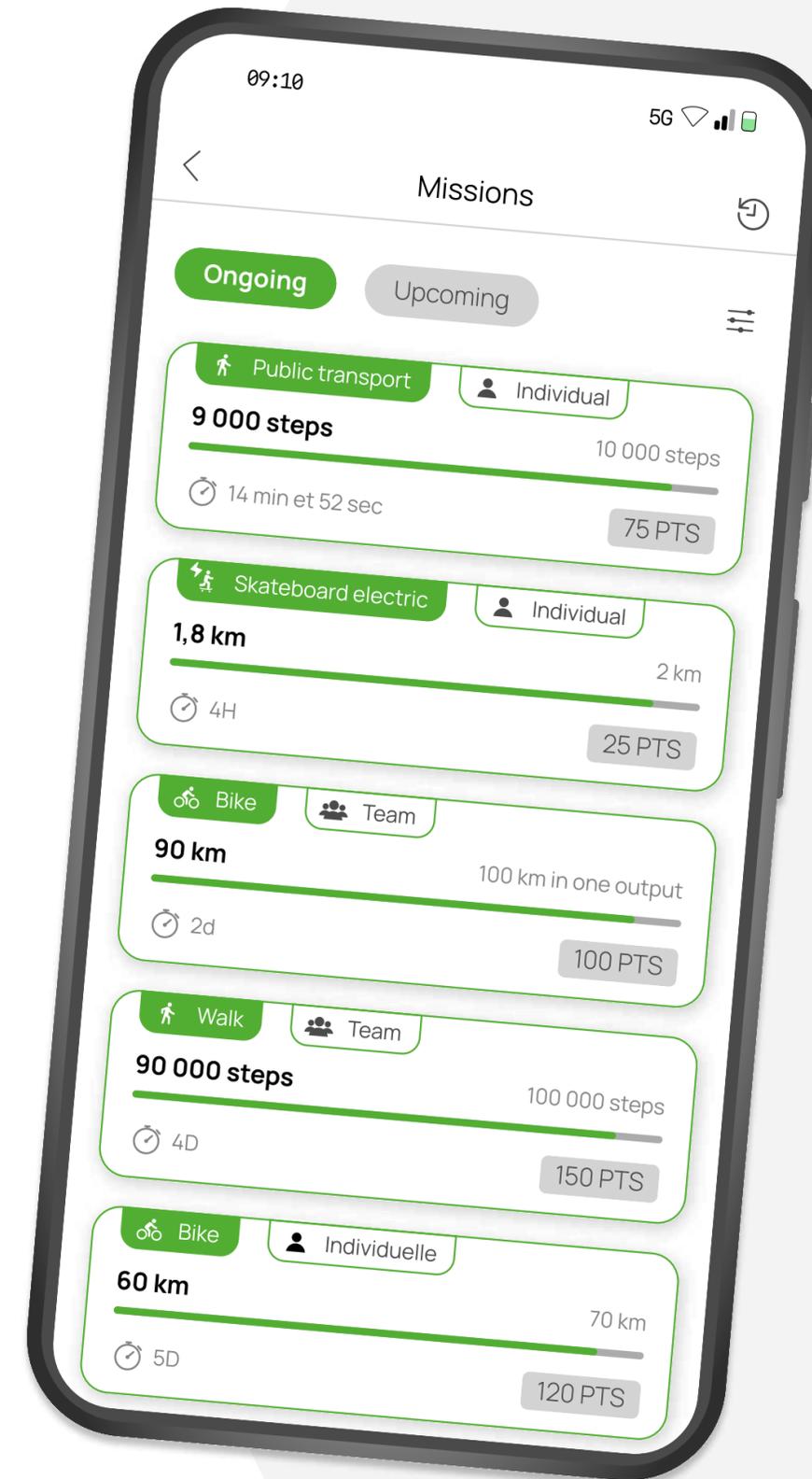
NB: it's important that you have an internet connection and that you close the other apps that use the GPS on your phone to avoid synchronization issues.

Missions

Directly accessible from the **Home Page**, the missions offer a supplementary challenge and a new **objective to achieve**.

Every mission is **linked to its activity!** The missions can be **individual** or **with your team**.

Keep your eyes peeled, a mission can appear at any time!



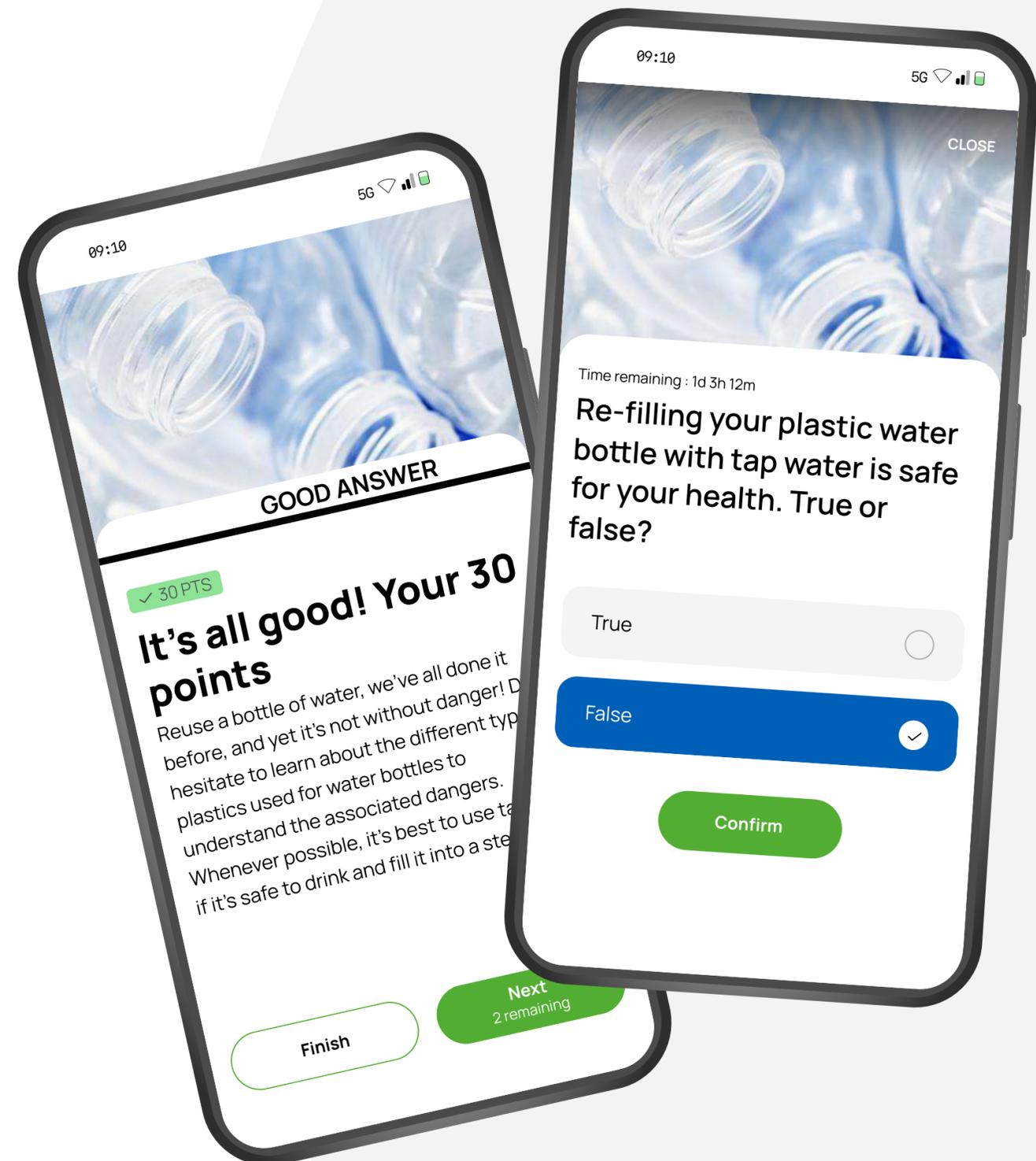
NB: beginning an activity will automatically add your progress to the mission! You don't have to activate it.

Quizzes

Quizzes appear on the **Home Page**. They allow you to test your **general knowledge**. They are the ideal means to win even more points for your **team**.

A question on diverse subjects (sport, health, ecology) and one or several **good answers to find**.

Answering correctly earns you **additional points**.



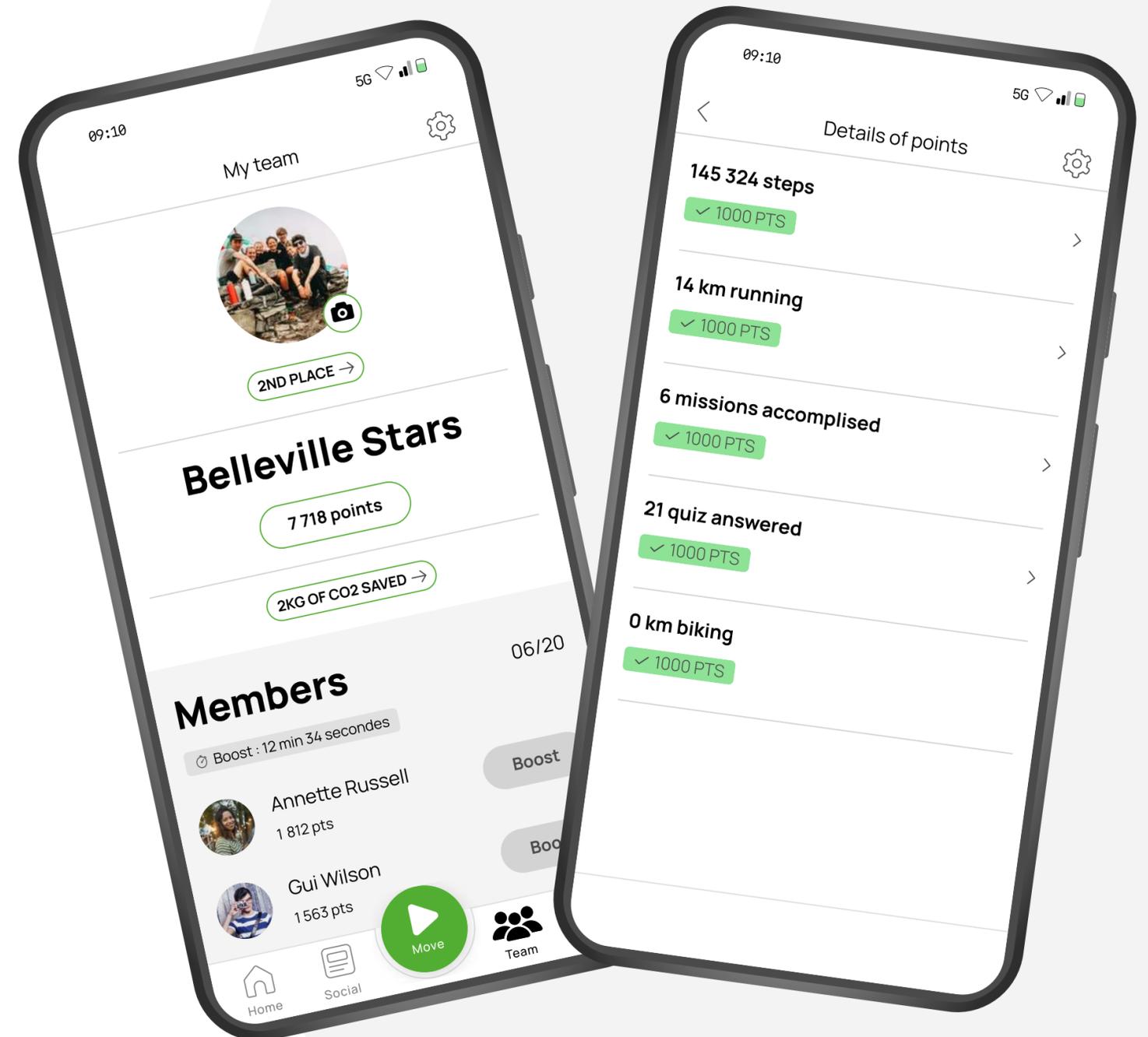
NB : You can see older quizzes which you answered to by scrolling the quizz cards.

The team

All your team information is available by clicking on **“Team”** in the menu at the bottom of the screen.

You can see all the **details** of your team's points, all your teammates' **progression**, your **ranking**, the number of **medals** you won, etc...

It's also on the **“Team”** page that you can **boost** one of your **teammates**.



NB: you can only join one team at a time. If you change teams, the points you earned so far stay stay with your old team.

Points

Every effort is **rewarded** 🔥

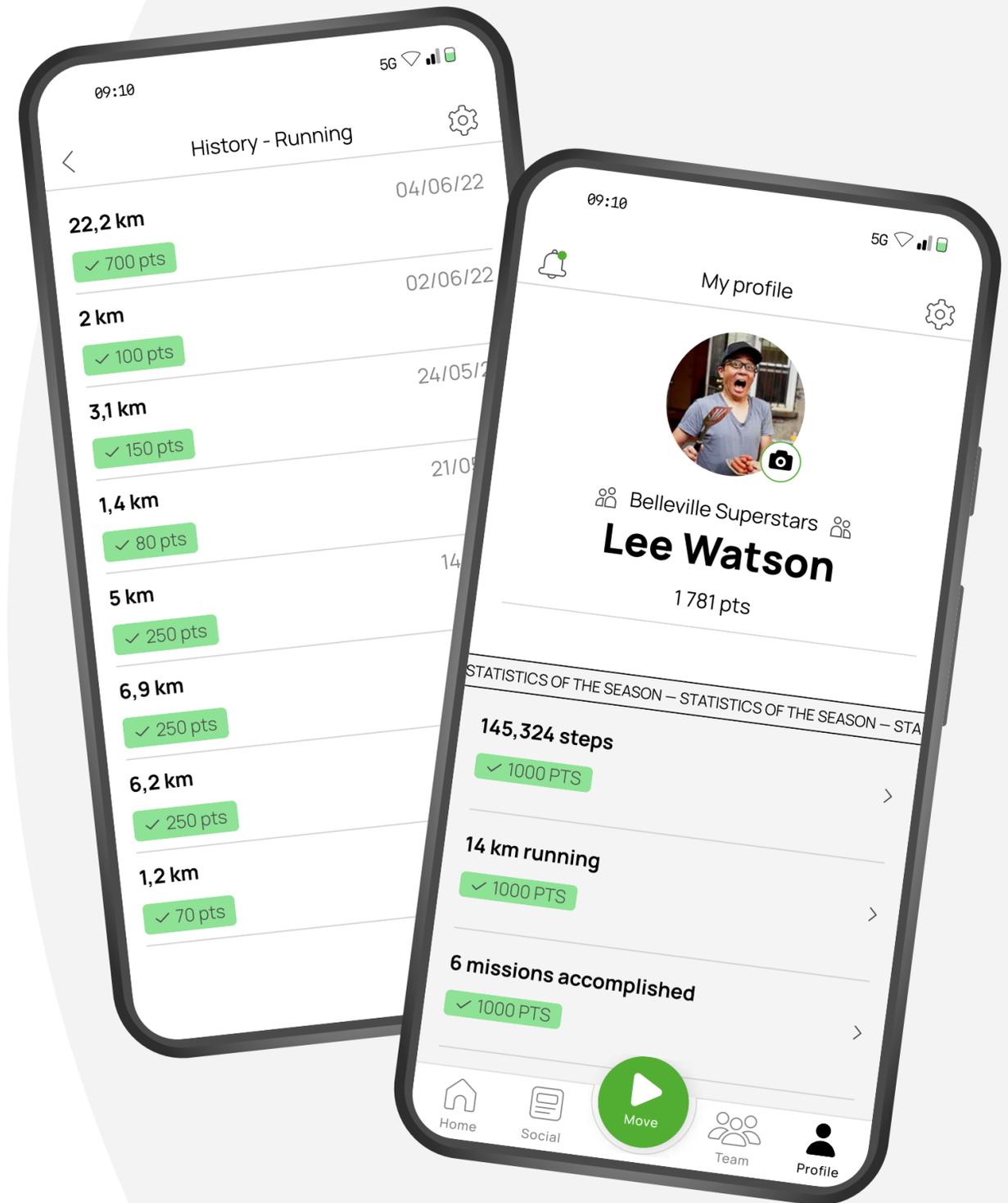
Answering a quiz, completing a mission or launching a physical activity **earns points** for your team.

Our algorithm calculates your points **based on the activity** (walking, running, cycling).

- For **walking**, only the number of steps counts.
- For **running** and **cycling** activities, we take in consideration the distance, the speed and the elevation.

You can find the details of the calculation in our **F.A.Q.**

NB: don't forget to open your app every 10 days because that's how long your phone stores your step history.



Boosts

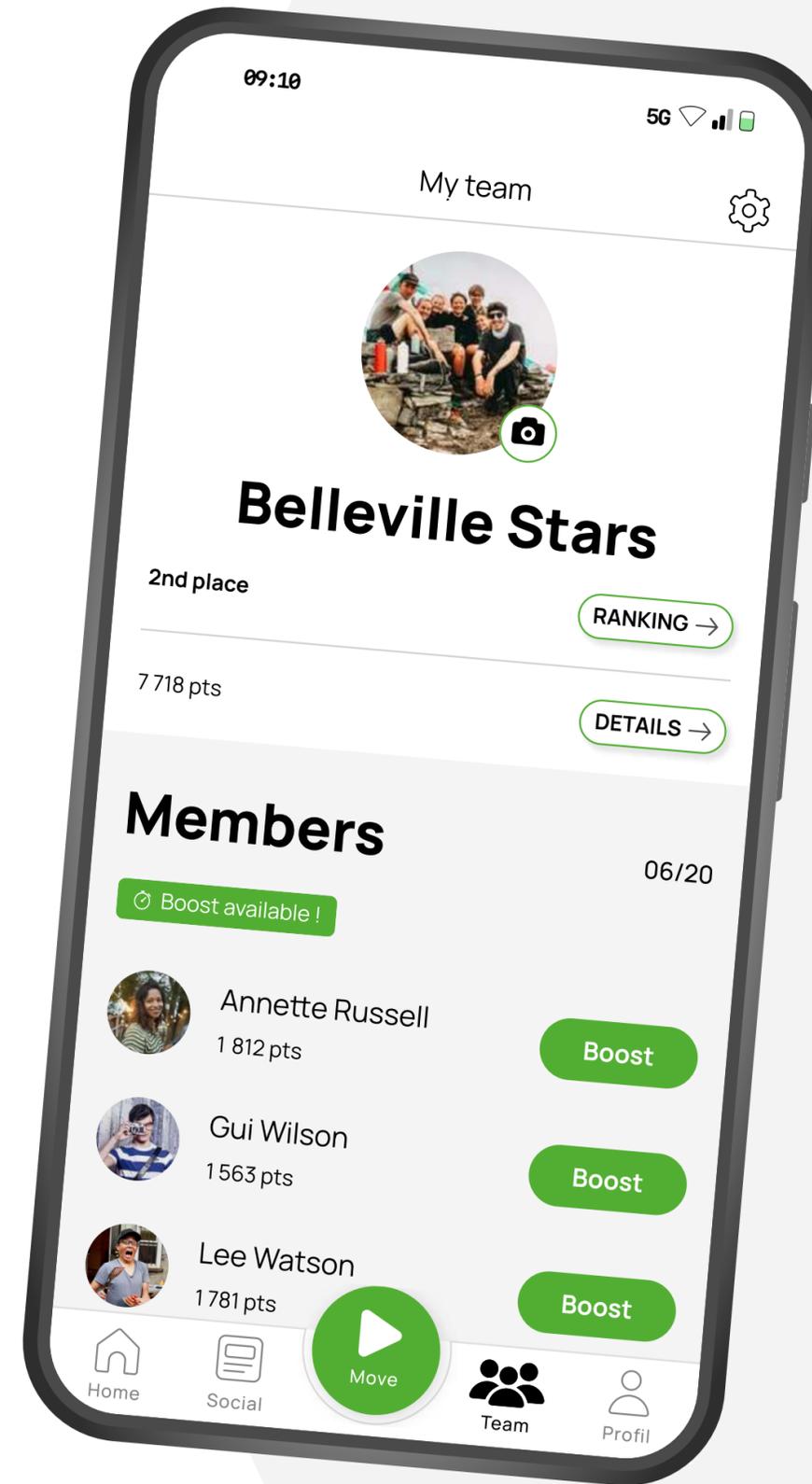
Every day, you have one boost that can be used **only once** and recharges itself after **24h**.

Boost the member of your team whose points you want to increase by 10% for the next 24 hours.

As a member of a team, you can be boosted up to **3 times simultaneously**.

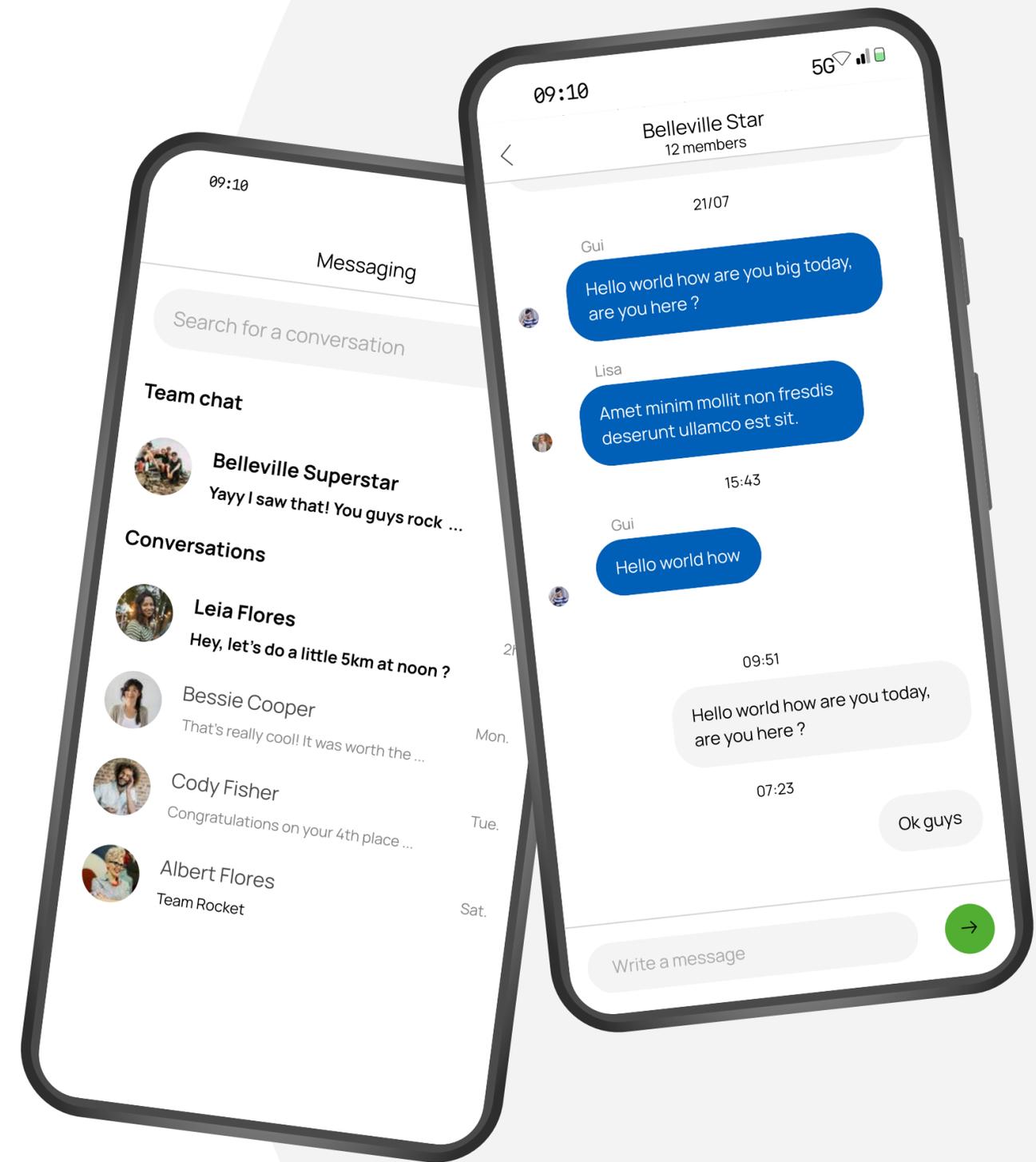
It's up to you to find the best **strategy** to win maximum points!

NB: you can use the team chat to ask for boosts before launching an activity and earn even more points!



Chat

Exchange live with your teammates in private or in team to **congratulate**, **encourage** or **organise** the next group run directly from the **messaging feature**.



Ranking

Each team member points are added **in real time** and are visible in the **ranking menu**.

According to their points, each team earn a **medal**!

The ranking of medals is visible in the **“Team”** tab under **“ranking”**

NB: if your challenge takes place across several seasons, a global ranking takes into account all the medals won during the whole challenge.

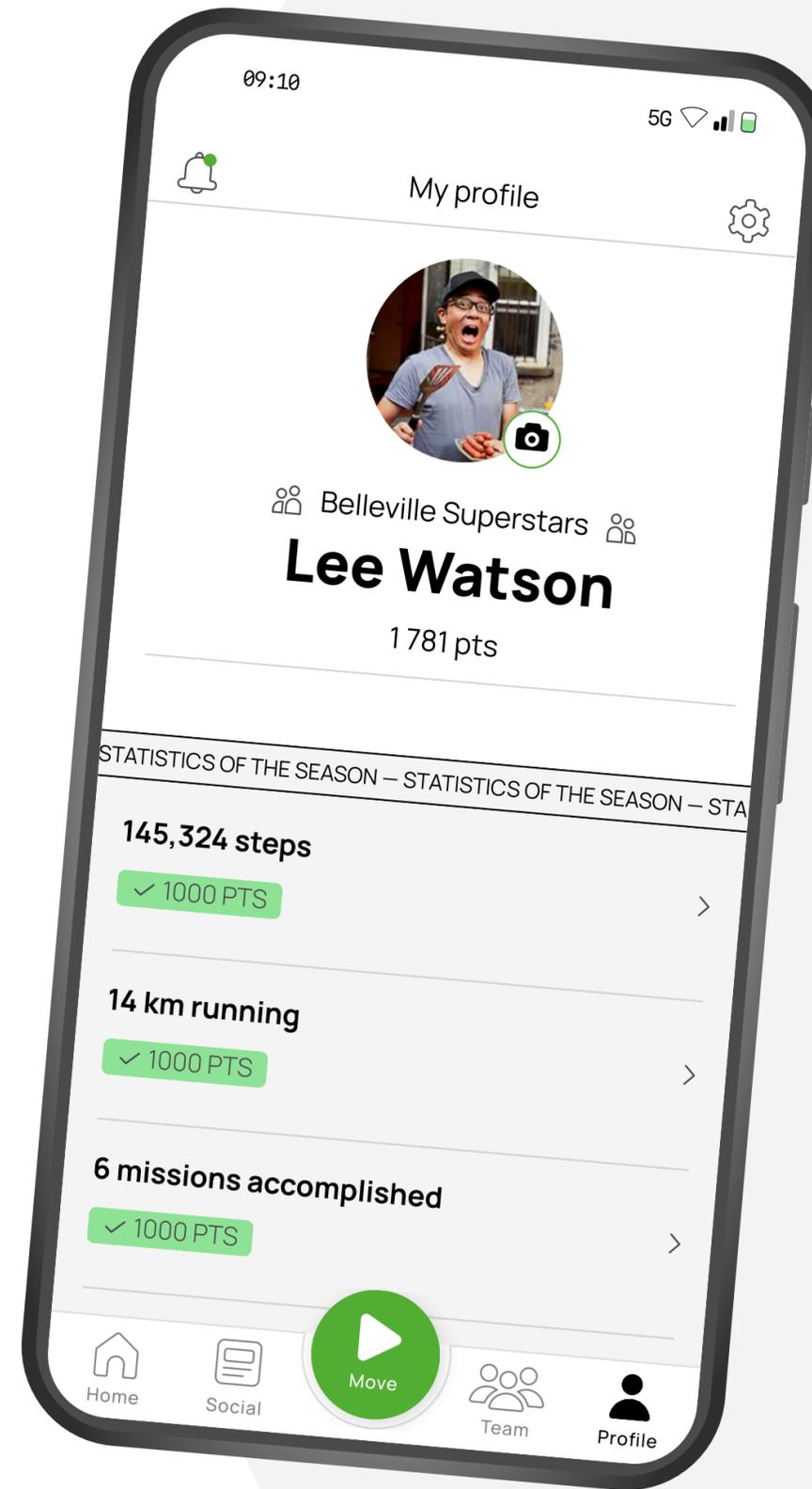


Performance

You can follow your **progress** through your personal performances.

From your **profile**, you will find the **history** of all your activities and you will be able to check the **details** of your performance.

Distance, time, speed and points earned during your activity; you will find all the **information about your workout**.



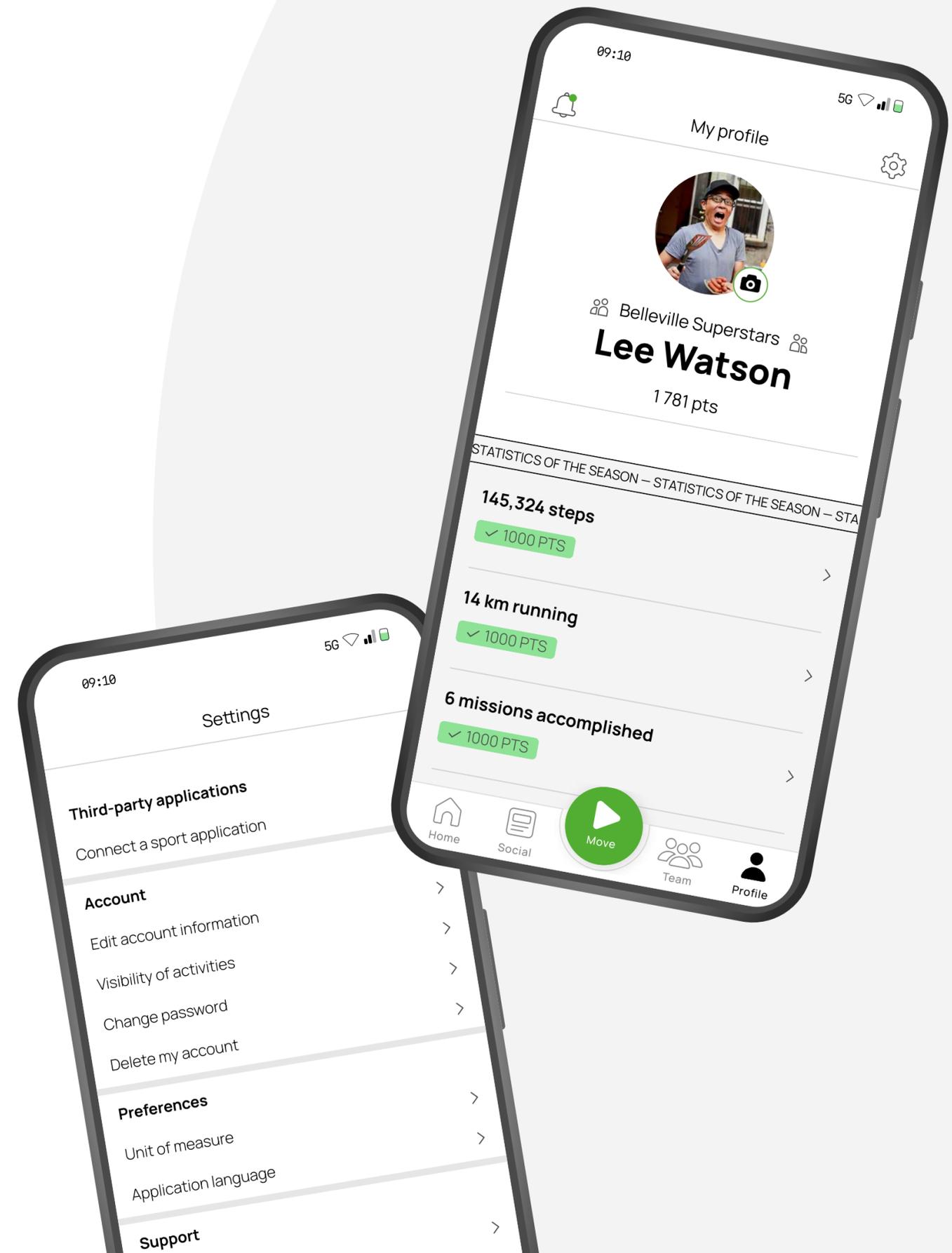
Settings

From the profile page, click on “**Settings**” , you can edit your **account** (profile picture, first name, last name, password...), the **preferences** related to units visible on screen (km, miles...), or even the **language** of the app.

Lastly, you can contact the **support** in case you face a problem, either via the contact form or on email address

→ adam@squadeasy.com

NB: and if you like the app, it's also the place where you can give us your feedback :)



Connection to third-party apps

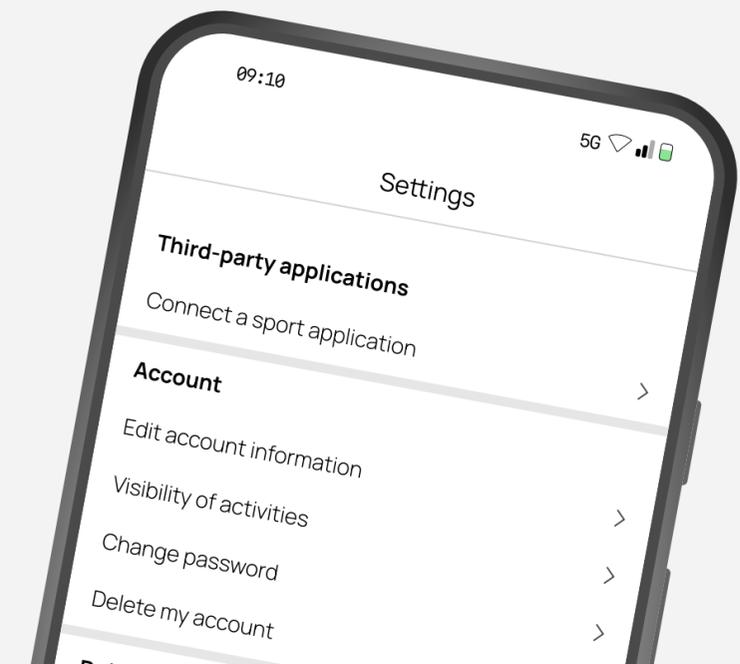
You use **Strava**, **Garmin** or **Fitbit** for your physical activities?

You can **connect** it to Squadeasy app the first time you connect in the “**Settings**” page.

- **Tick** the box corresponding to the third party app of your choice
- Click on “**Connect a sport application**”
- Let yourself be guided through the instructions on the screen.
- **There you go!** Your app is now synchronized with Squadeasy

Important! If you are using a connected watch to synchronize your steps, it is imperative to synchronize it with the Health app (IOS) or the Google Fit app (Android).

NB : You can remove the connection between Squadeasy and your third party app at any time by clicking “delete”.





Your turn to play!

For any question or need for support, you can send a message to

→ adam@squadeasy.com