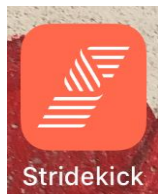


## Move More Step Challenge Guidelines

Movement throughout your day is important for mental and physical health. This step challenge will help encourage you to keep moving and put purpose behind all of your movement!

### What you need:

- Smart phone
- Wearable step tracker or step tracking app
  - Compatible apps: Apple health app (Apple phones) and Google Fit app (Android phones)
  - Compatible devices: Fitbit, Garmin, Apple watch, Withings/Nokia, and Misfit
- Stridekick Activity Challenges app (free application)



### How the challenge works:

- Determine the length of the challenge and input those dates. You can make it a day, week or multiple weeks by starting a new challenge each week. There are multiple types of challenges where you can do head to head with those in your group or you can challenge other groups and work together to achieve the highest average. In these directions we will explain how to do a challenge that creates a three week challenge and you work as a team to create the highest step average.
- Each week you will participate in a seven-day "target goal". Your goal is to maximize your steps by challenging and motivating your other group members within the **Stridekick** app.
- The "target goal" is something you are trying to accomplish on your own and as a team. Each week we will progress by adding 1,000 steps to your target goal.

### How to get started:

- Each team member needs to download the **Stridekick** app and follow the instructions on creating an account.
- Connect your device or app to allow **Stridekick** to count your steps.
- Determine a captain or each team and have them create a "target goal" on the **Stridekick** app. This challenge should be 7 days, and each week your team leader should create a new challenge.
- **Most importantly:** Make sure to open the app at least once a day and sync your device so your steps are up to date! The more you sync the more you can motivate your team members to get moving!

- To see when your device was last synced, there is a note in the top right corner of the app. This will let you know when your device was last synced.

## How to setup your account:

### Step 1: Create an account

- Open the Stridekick Activity Challenges app and click “**sign up**”
- Follow the steps by adding an email, profile name, and password

### Step 2: Connect a device

- Once you finish creating your account it will direct you to the home screen. Here it will ask you to connect a device.
  - This app is compatible with Fitbit, Apple watch, iPhone health app, Garmin, Google Fit, Misfit, and Withings/Nokia.
- Click the “connect your device now” button and select which device you would like to sync with.
- You can change the device you are syncing at any time!

## How to create a challenge:

**\*For team leaders only\***

1. Open the **Strikekick** app
2. On the home screen, click the blue button “**Join/Create**” and then click the blue button “**Create a challenge**”
3. Scroll down and select the **target** challenge
4. Select **steps** and set your challenge goal to **56,000** (for week 1)
5. Select the duration of the challenge to be **7 days and set your start date.**
6. Come up with a creative challenge name! If you have a fun quote, inspiration or any tips feel free to add those in the “description” section
7. Press “**Save and finish**”
8. Invite your team members!

- If you know some team members already have an account search for their name and send them an invite.
- If they do not have an account yet, copy the link provided and send it to them via email.

## FAQ:

- What if I don't have a wearable device?
  - Download the Apple Heath or Google Fit app. Your phone will then be able to track your steps as long as you are carrying it!
- How do I add someone after I already created the challenge?
  - Click on the challenge name. It will redirect you to the "details" page. Here you can scroll to the bottom and find the shareable link.
- How do I know the last time a challenge member synced?
  - Click on their name and this will redirect you to their page where you can find their daily steps, miles, minutes, and the last time they synced.
- How can I encourage my challenge group?
  - The challenge allows you to start a group chat within the app. Feel free to encourage your teammates and come up with fun strategies to get the most steps possible using this feature! You can even use pictures and reactions!
- What if my device isn't syncing in the Stridekick app?
  - Refresh the corresponding app to the device you are utilizing before synching to the Stridekick app.
- How do I see how my group members are doing?
  - Click on "group stats"

