



FITNESS CHALLENGE 2018

Kick Off Breakfast • Wednesday, September 26



How to download and sign up for Stridekick





Download the Stridekick app.

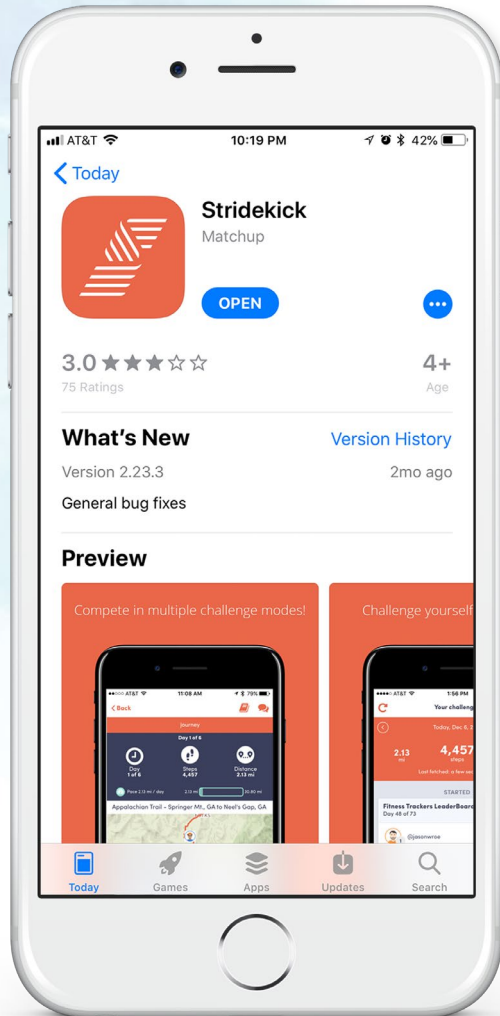
1. Search “Stridekick” in the Apple or Google Play store.
2. Scan the QR code.
3. Visit www.stridekick.com.



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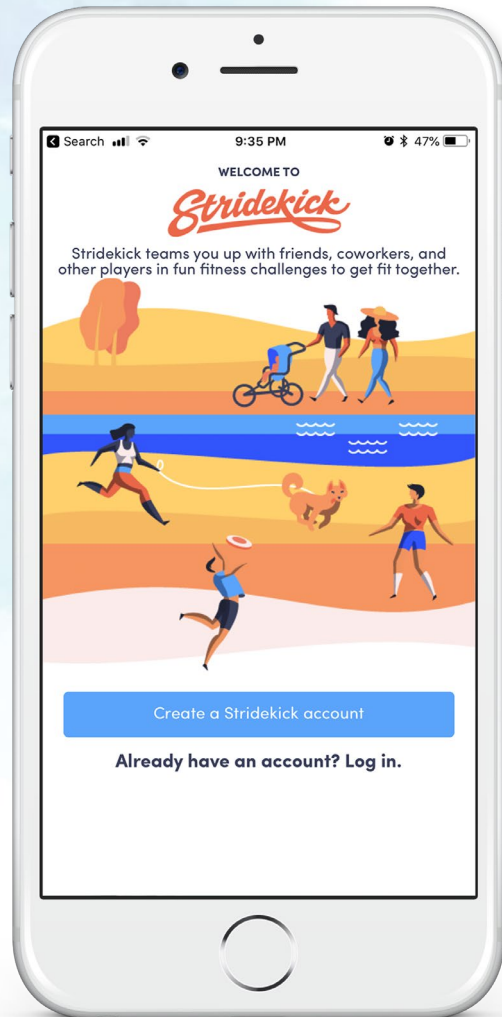
Open the app.



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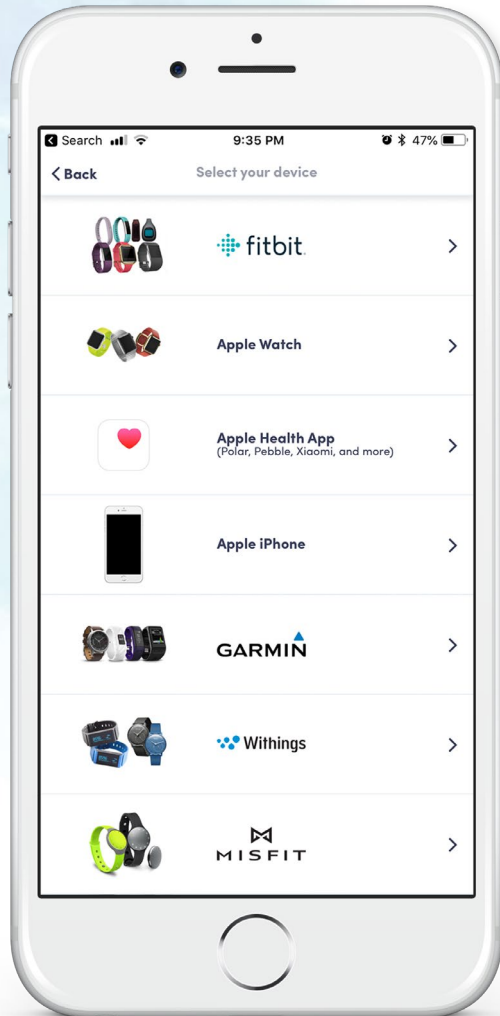
Create an account.



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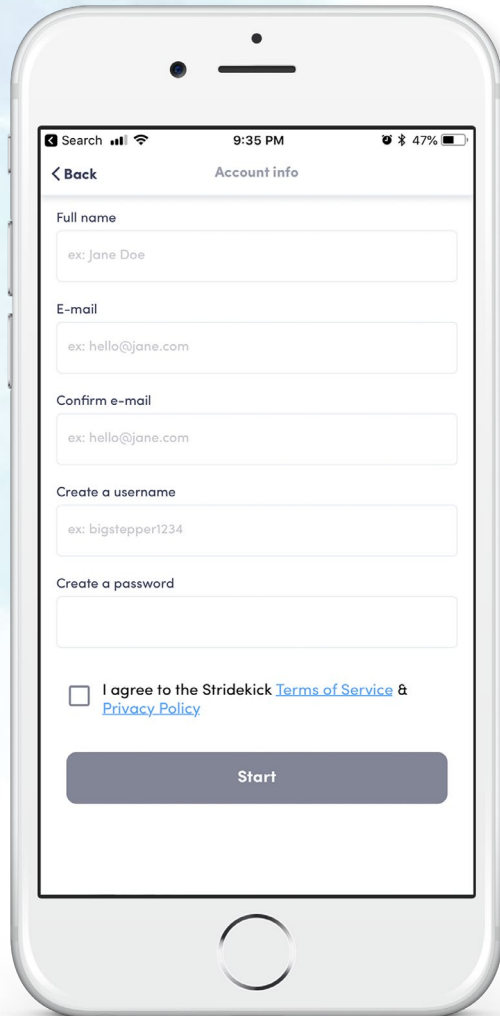
Select your fitness tracker.



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Complete application.



A white smartphone displays the Stridekick account creation interface. The screen shows a 'Back' button, the title 'Account info', and a status bar at the top with 'Search', signal strength, time '9:35 PM', and battery '47%'. The form includes input fields for 'Full name' (example: Jane Doe), 'E-mail' (example: hello@jane.com), 'Confirm e-mail' (example: hello@jane.com), 'Create a username' (example: bigstepper1234), and 'Create a password'. Below these is a checkbox for 'I agree to the Stridekick [Terms of Service](#) & [Privacy Policy](#)'. At the bottom is a grey 'Start' button.



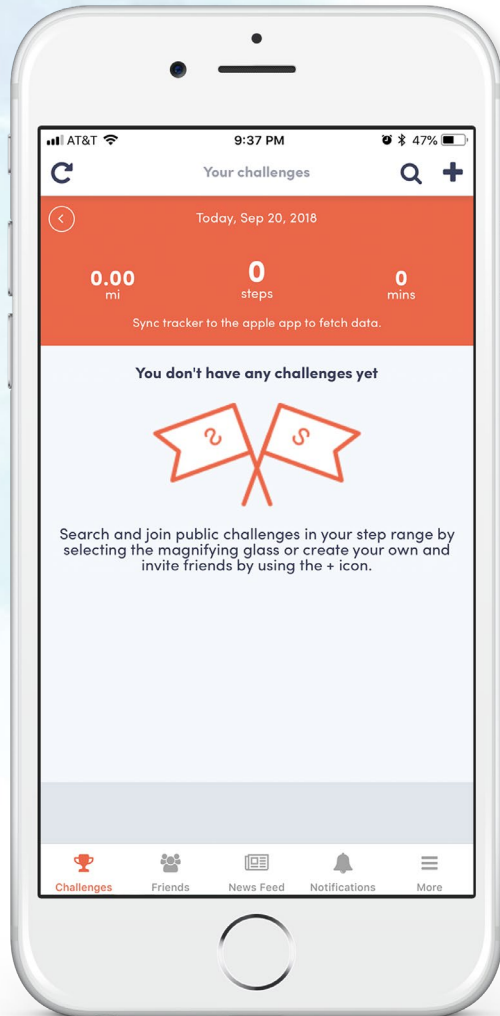
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How to invite friends and accept challenges



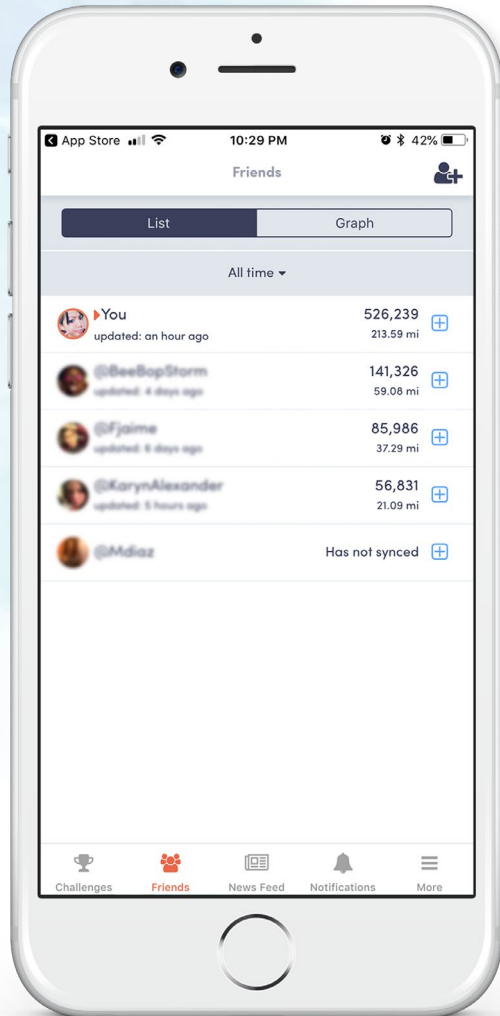
Select the 🧑🏻 friends icon
in the menu docked at the
bottom of your screen.



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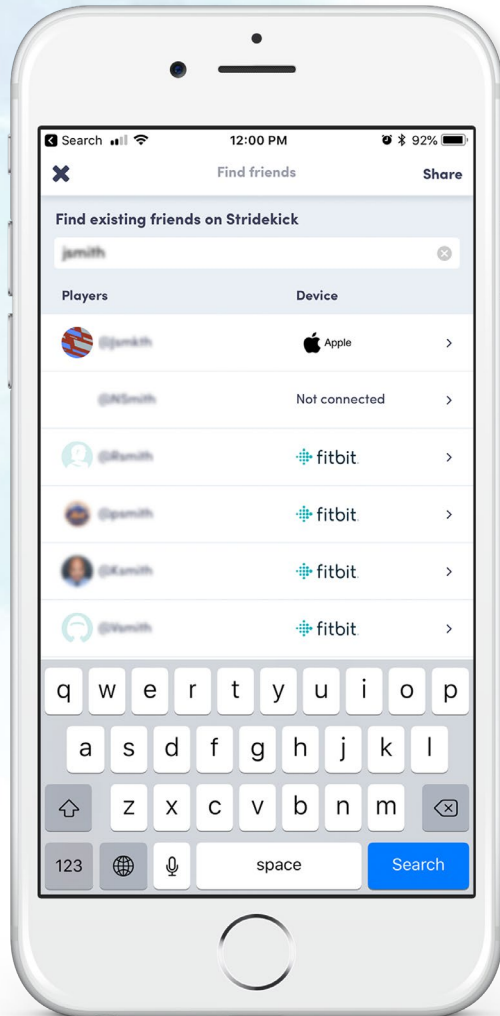
Select the  icon at the top-right.



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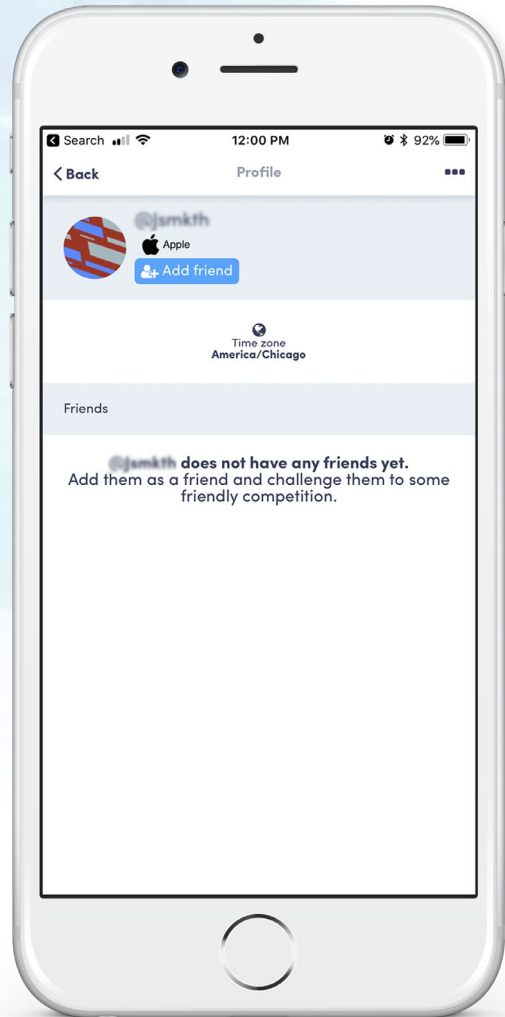


Search for your team captain and members.



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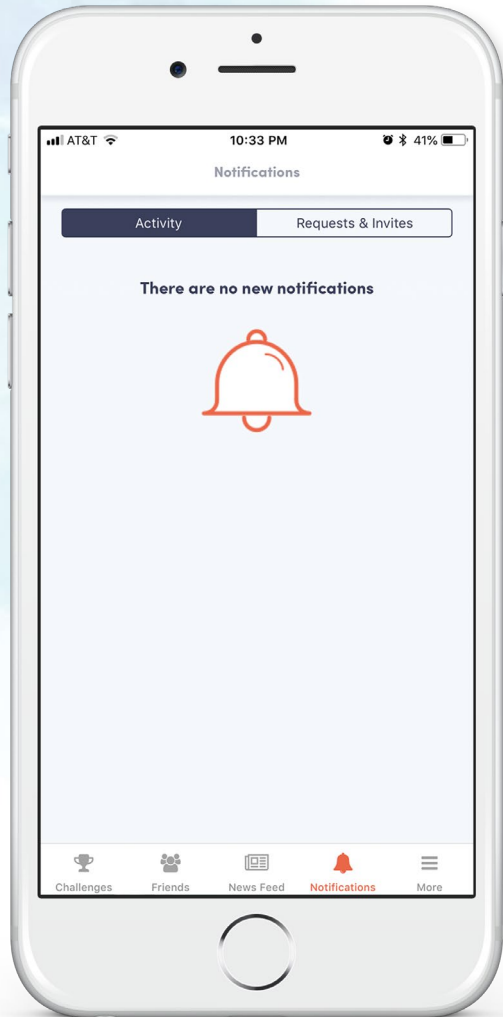
Send your team captain and members a friend request.

(Your team captain will send you a challenge request.)



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An invite notification will be sent to your phone and/or email.

Select the 🔔 icon for notifications to view requests and invites.

Accept the challenge and start stepping!

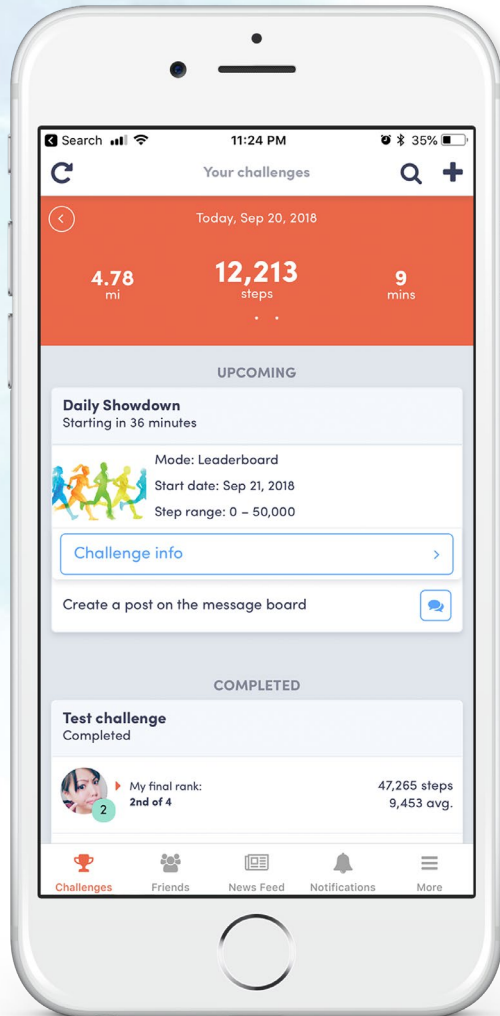



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How to use Stridekick





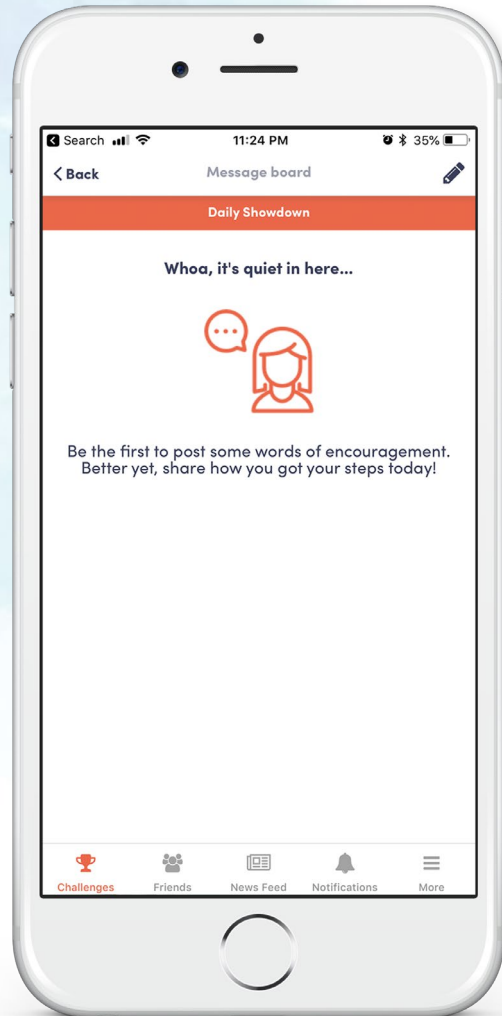
To sync your steps select the  at the top-left to update your steps.

Select  for the challenge message board.



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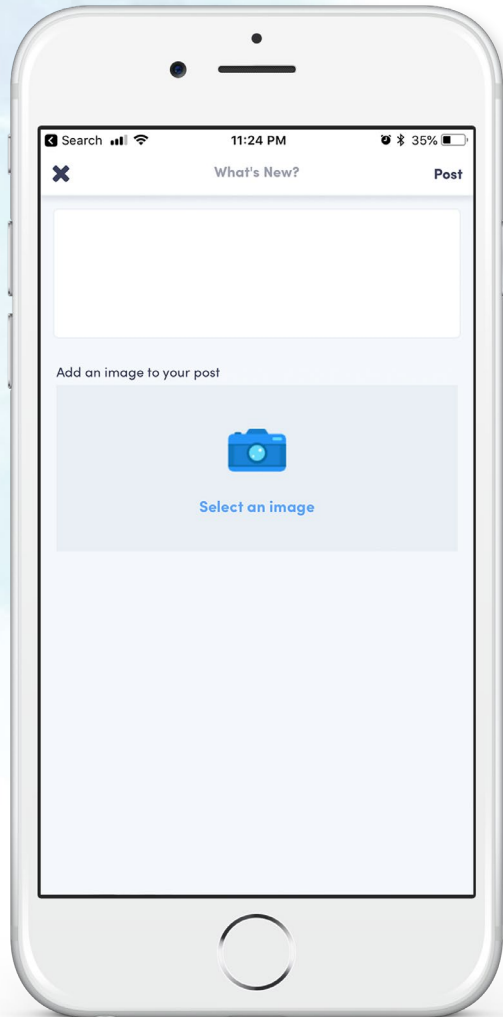
Select  at the top-right to create the first challenge message.



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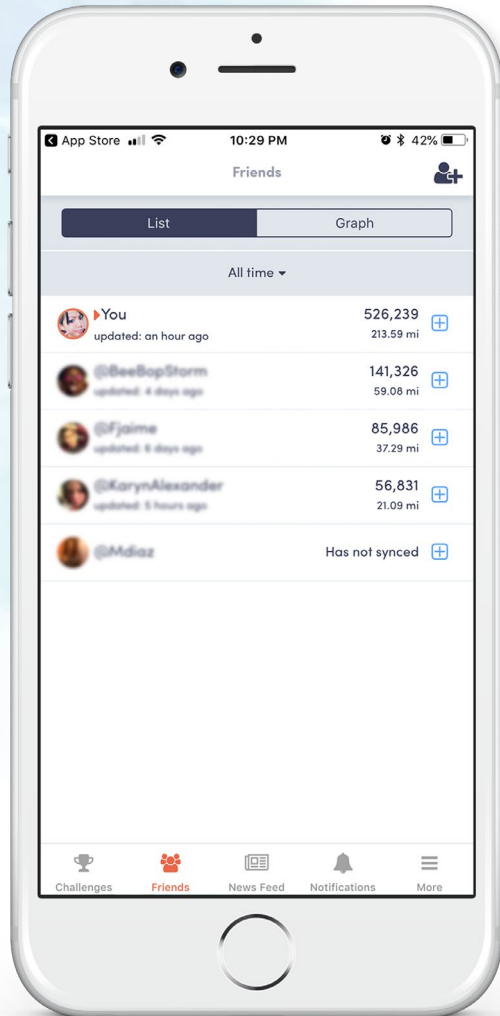
**Write your message and/or
select an image and post!**



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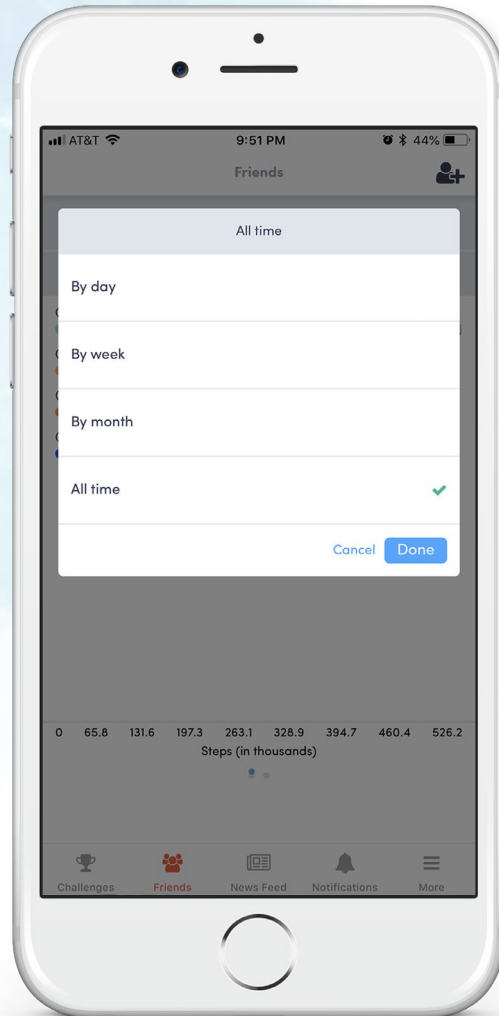
Go back to your friend list.



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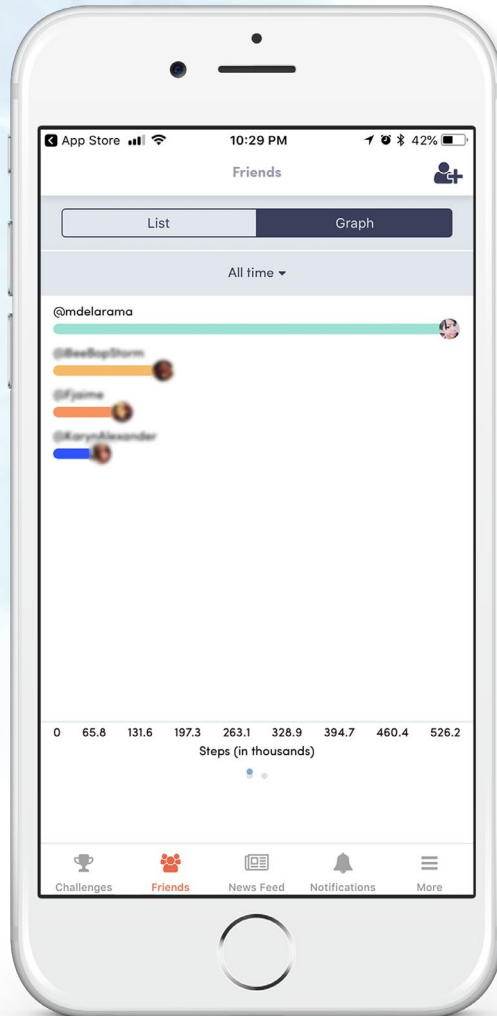
Change the length of time.



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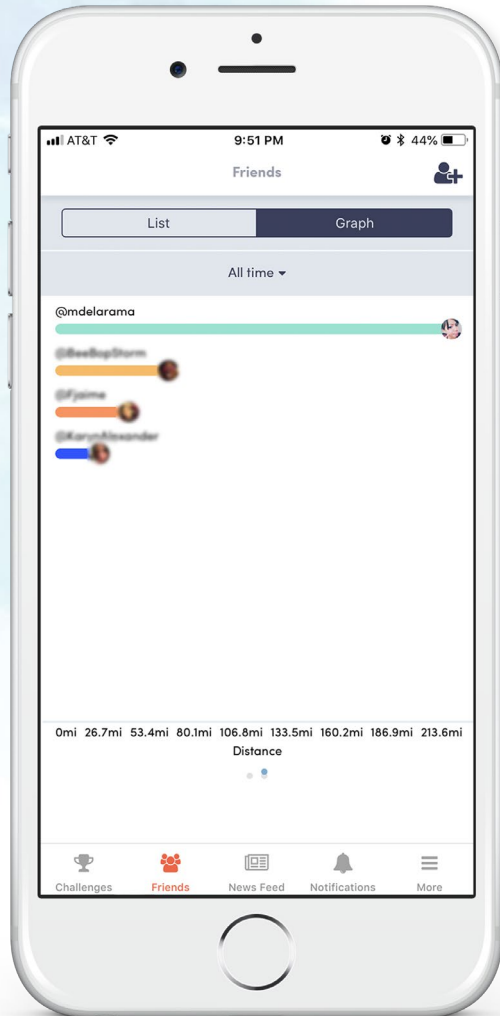
View friend activity as graphs.
First graph is displayed by steps.



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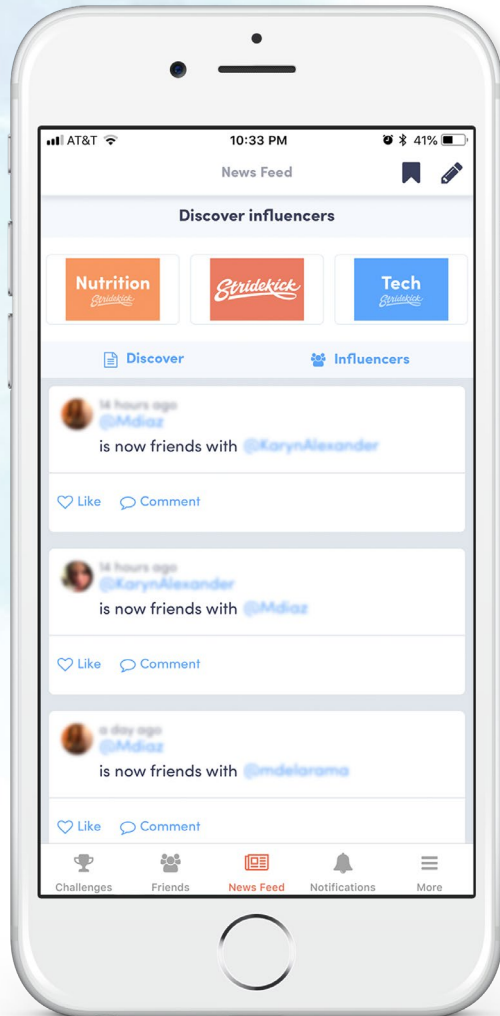
Swipe left to view the second graph displayed by distance.



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Newsfeed

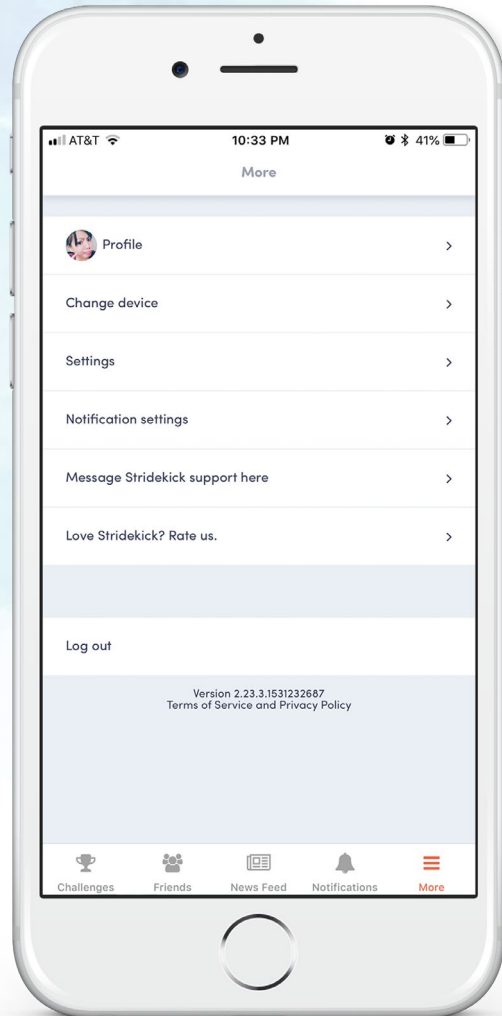


- The 📰 newsfeed displays activity updates from your friends.
- Top row links to Stridekick blog articles and other resources.
- To save content select 📖 icon to bookmark.
- To add a post select ✎ at the top-right.



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Select ≡ in the dock to:

- view your profile,
- change your device,
- update settings,
- contact support and
- log out.



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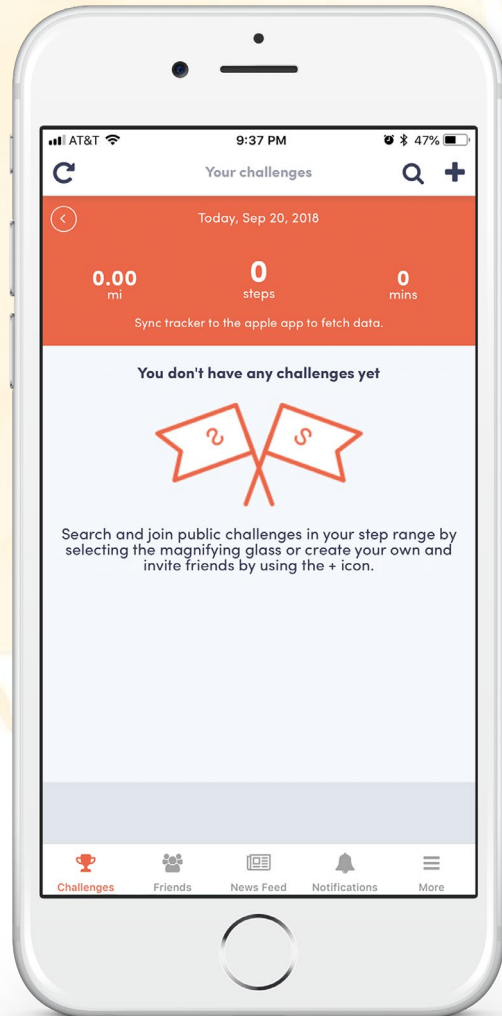


How to create a challenge



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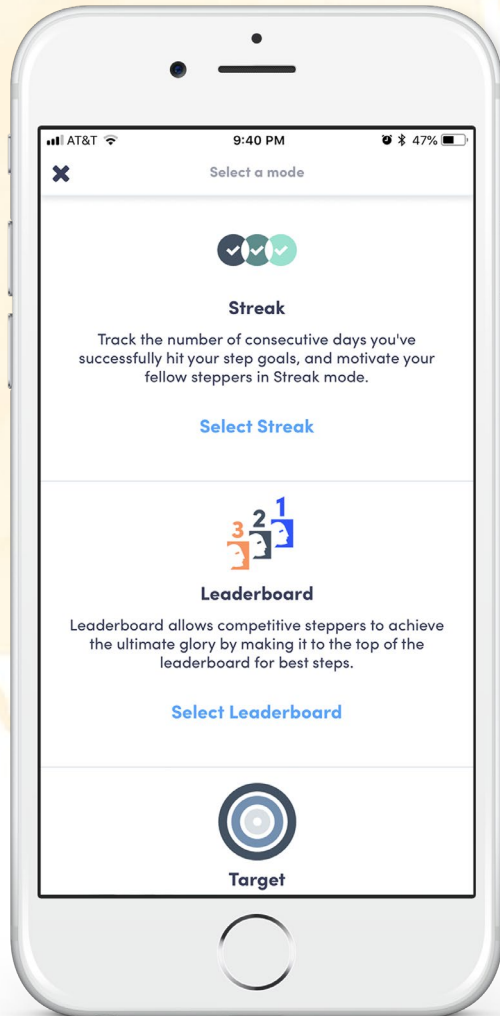
Select **+** near the top-right of your screen.



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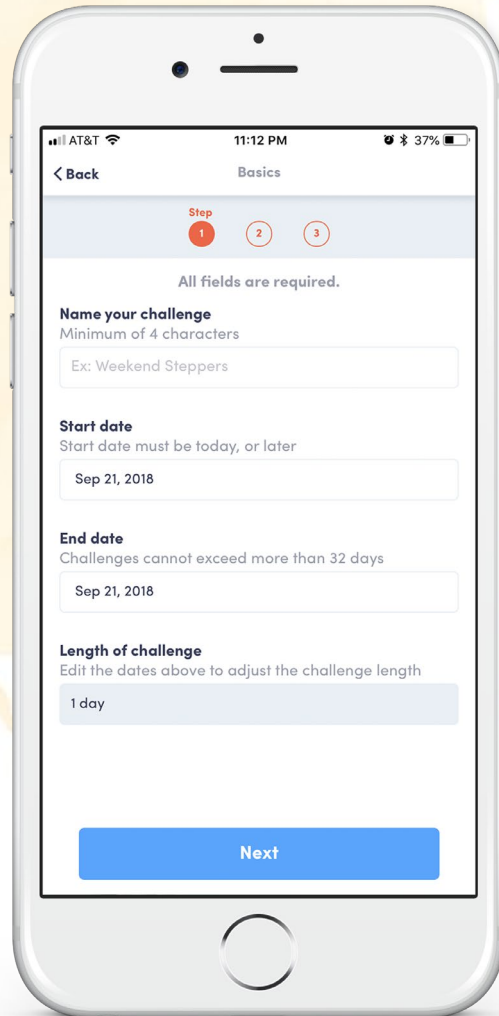
Select “Leaderboard” for the challenge category.



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Fill out challenge details.



The image shows a smartphone screen displaying a three-step process for creating a challenge. Step 1, 'Basics', is active. The form includes a 'Name your challenge' field with a minimum of 4 characters and an example 'Weekend Steppers'. It also has 'Start date' and 'End date' fields, both set to 'Sep 21, 2018'. A 'Length of challenge' field is set to '1 day'. A blue 'Next' button is at the bottom.

AT&T 11:12 PM 37%

< Back Basics

Step 1 2 3

All fields are required.

Name your challenge
Minimum of 4 characters
Ex: Weekend Steppers

Start date
Start date must be today, or later
Sep 21, 2018

End date
Challenges cannot exceed more than 32 days
Sep 21, 2018

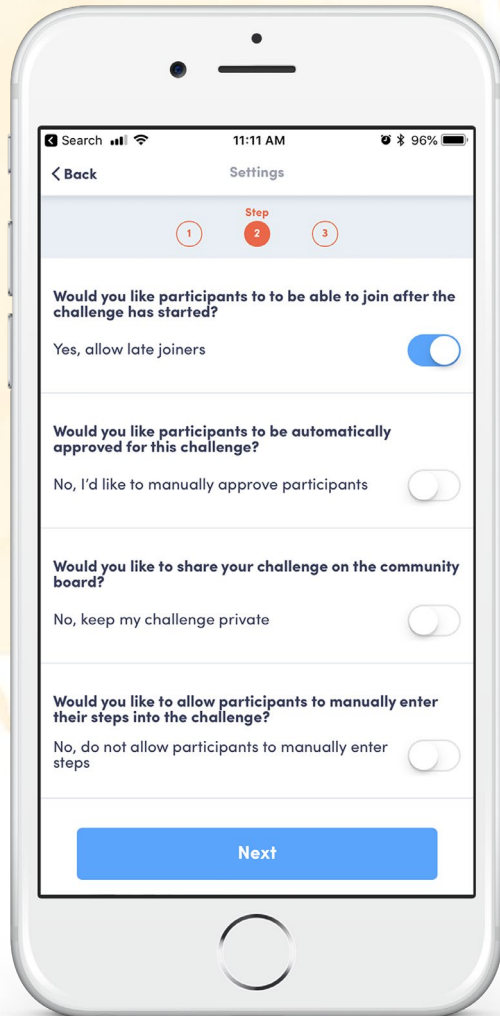
Length of challenge
Edit the dates above to adjust the challenge length
1 day

Next



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Allow late joiners.

Manually approve participants.

Keep challenge private.

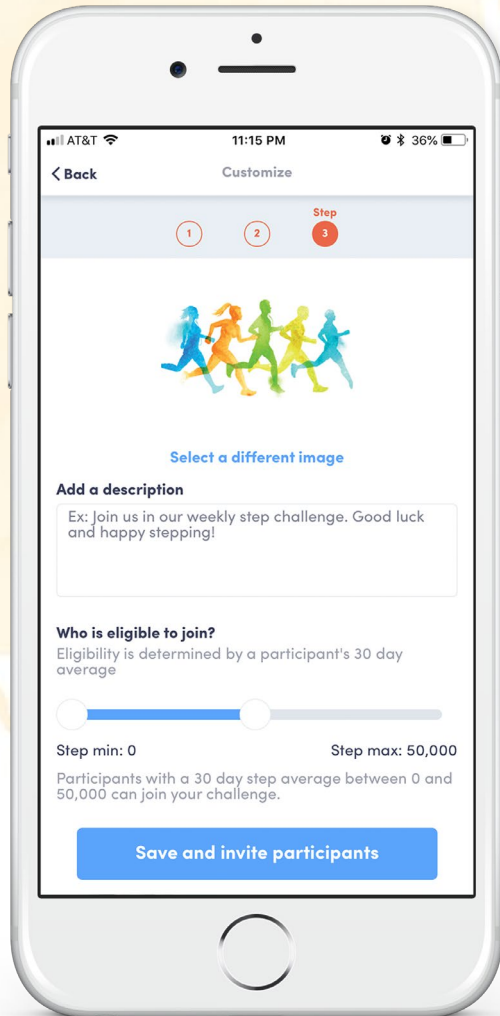
Do **NOT** allow manual entry.



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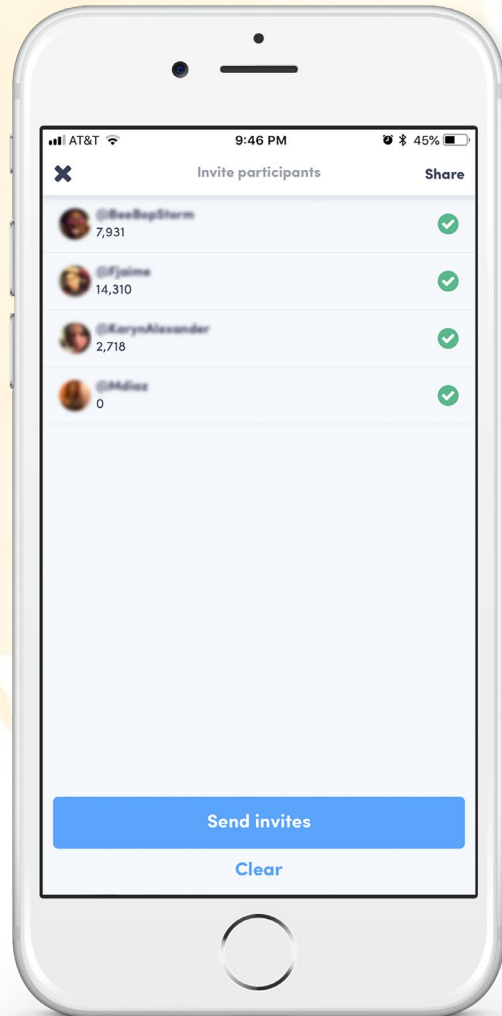


Optional to select an image and add description.



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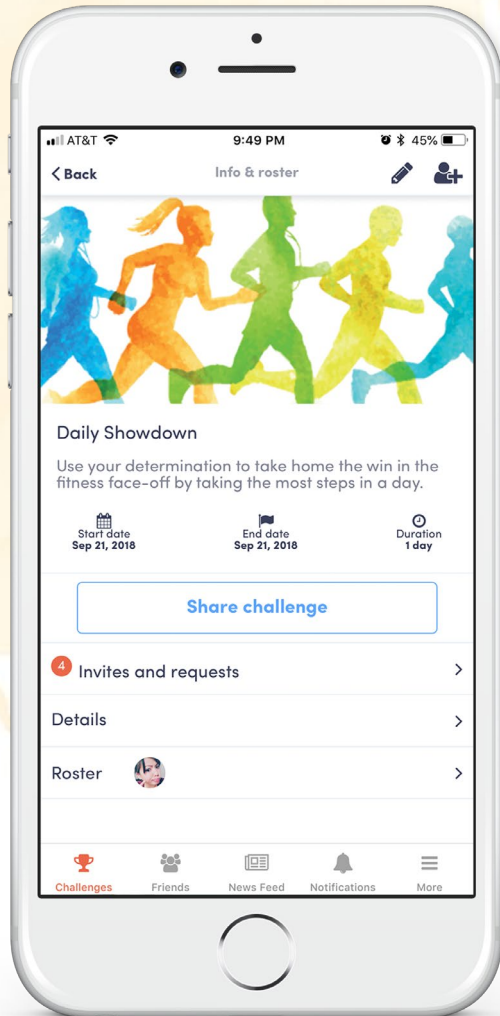
**Invite your team members
to the challenge.**

Send invites.



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Challenge setup complete!

To edit the challenge select
 icon at the top-right.

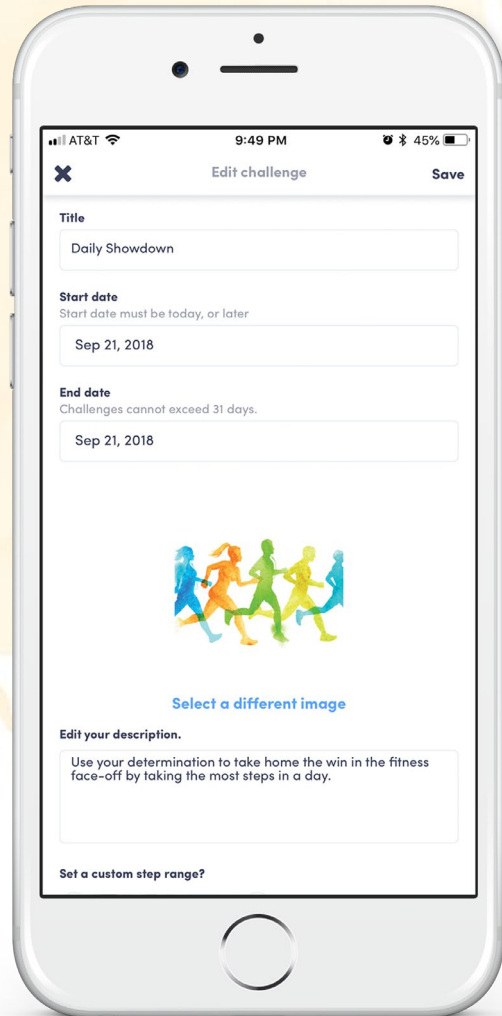
To invite more participants
select the  icon at the
top-right.



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Edit details and save.



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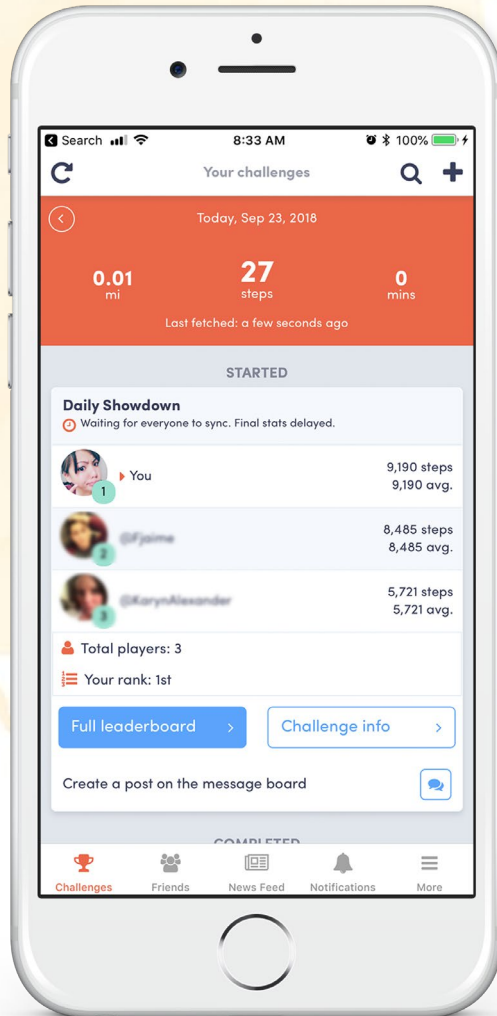
**Send in
the results!**



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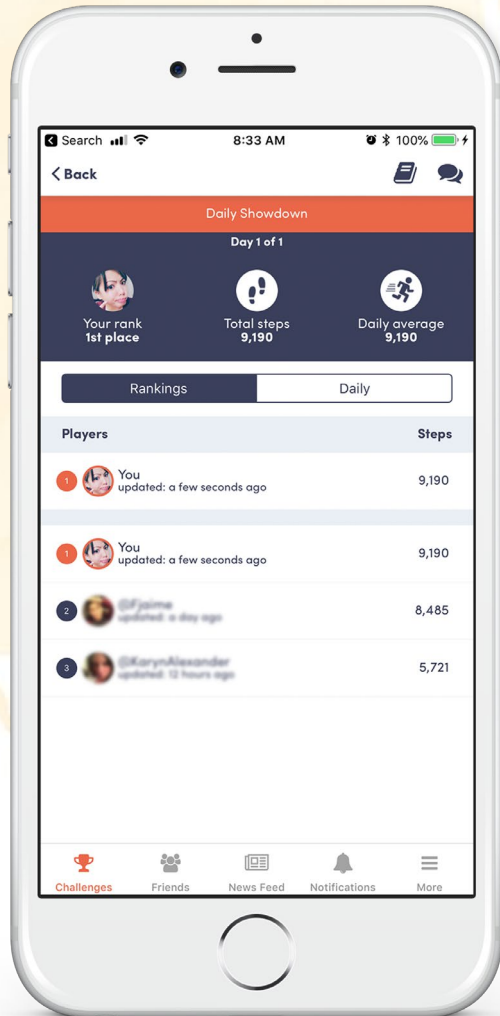


Select “Leaderboard” from the Challenges menu.



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Make sure everyone on your team syncs in!

Take a screenshot of the rankings.

Every Sunday send your screenshot to Franklin Jaime at fjaime@njcu.edu.



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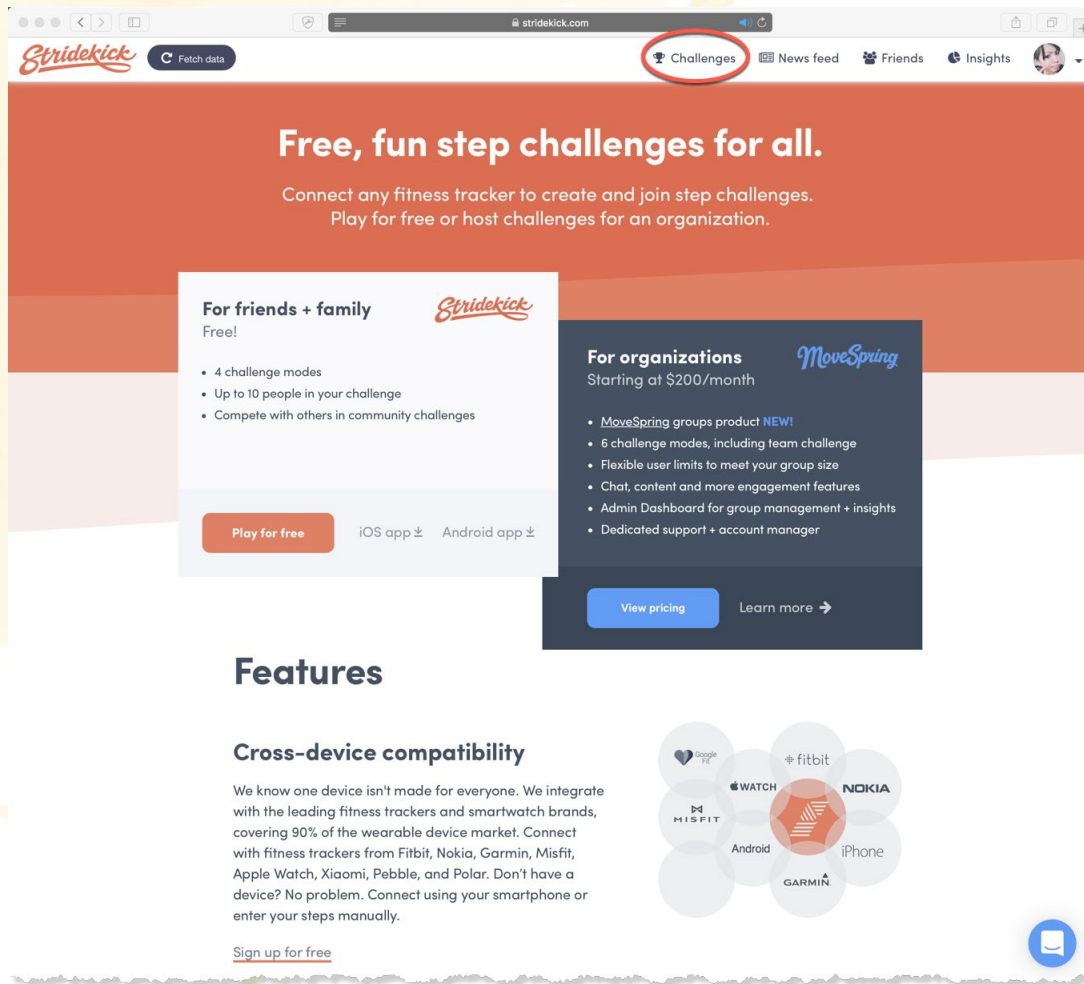


View Archived Challenges



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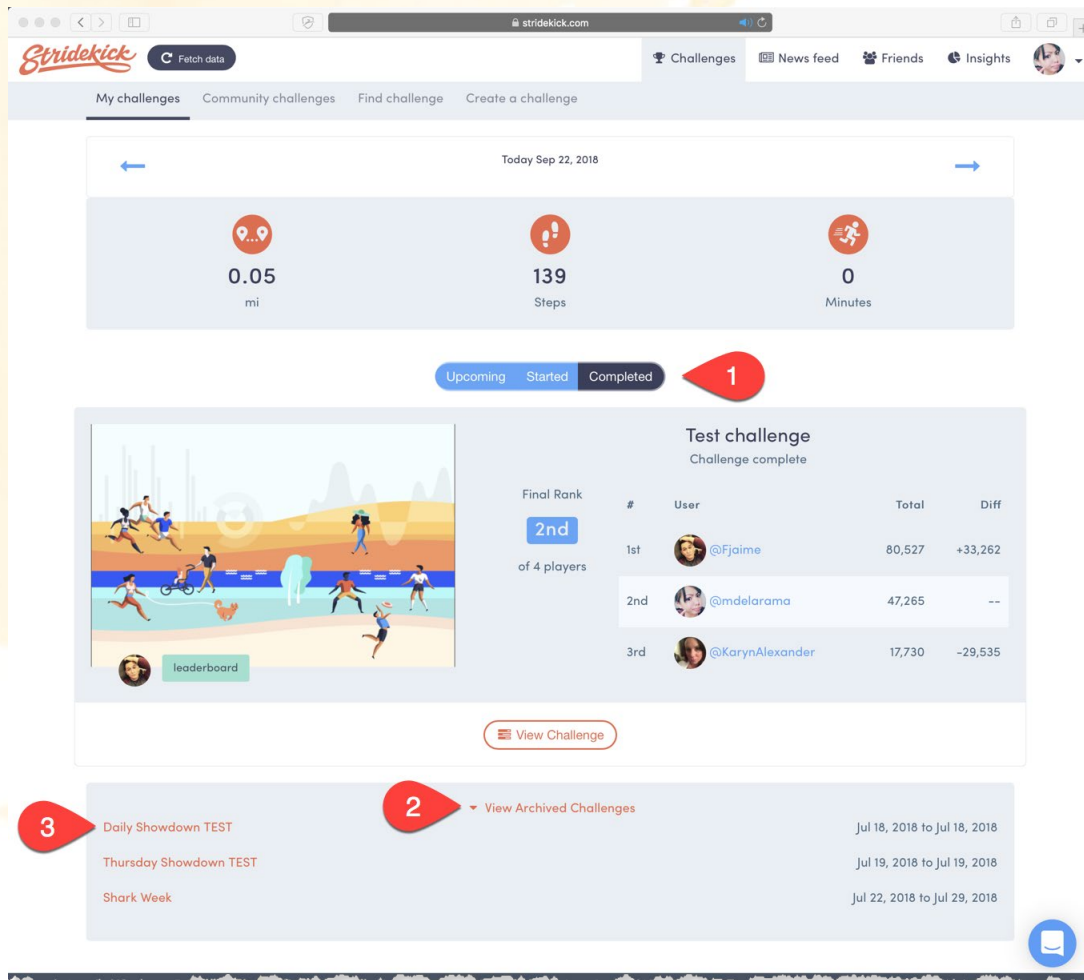


Log into stridekick.com
and click on “Challenges”



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1. Select “Completed”

2. Click on “View Archived Challenges”

3. Select challenge



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Thank you!



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