

How to setup a Challenge?

1. Ensure you have a connected wearable/device
2. Under Settings of the Challenge information, choose your goal for the challenge. The higher the goal, the more points that are up for grabs.
3. You are now set to start your challenge, view the summary details of the Challenge created.
4. View your progress under Challenges on the Navigation Bar
5. When the challenge ends, if you meet your goal you will receive the applicable Health Points to your Balance. This can be checked under Balance History in Rewards
6. To ensure fairness, we do not count manually entered steps. Only steps synced through a fitness tracker will be counted towards your challenge progress.

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