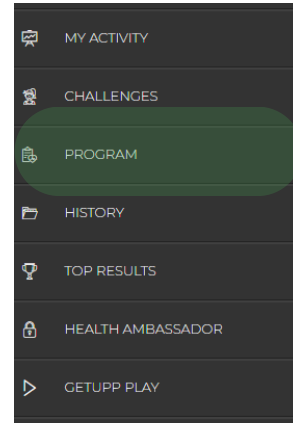


Guide: Create a Challenge in the App

Anyone can start a challenge, even those who are not registered as Health Ambassador.

1) Go to the OfficeFit app and select "Challenges" in the menu on the left side.



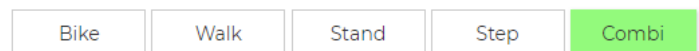
2) Choose "New" and select the activity type you want to challenge yourself or a colleague. You can also choose "Combo" if you want to compete in all activity types.

START A CHALLENGE

Choose challenge type



Choose type of activity



3) Choose whether you want to challenge yourself, compete against someone else, or as a team.

4) Select one of the challenges and then decide if you want to:

Create your own team:

1. Select the people you want on your team
2. Choose a team name and possibly a picture
3. Press "I want to compete against another team"
4. Select the person(s) you want to be on Team 2
5. Name the team
6. Press next
7. Press start if you are satisfied with the teams.

Challenge one or more colleagues:

1. First find the desired challenge
2. Choose a team name and possibly a picture
3. Press "I want to compete against another team"
4. Select the person(s) you want to be on Team 2
5. Name the team
6. Press next
7. Press start if you are satisfied with the teams.

Jesper Skovlund jesper@officefit.dk

Maria Sommer Rasmussen ✓

Zia Lyckvall ✓

Test afdeling

Cancel Next

IS THE INFORMATION CORRECT?

TEAM 1

Team

Maria Sommer Rasmussen

Zia Lyckvall

No, back to edit Yes, start