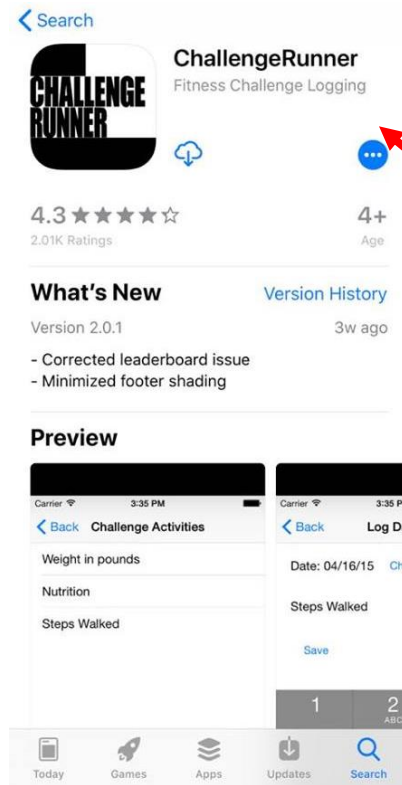


Challenge Runner App- Apple Version

Download & Sign In

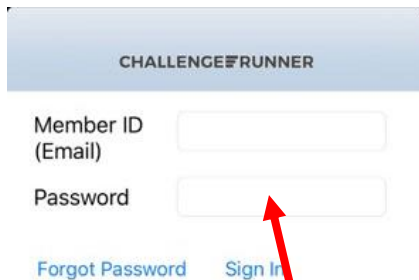


Step 1

-To download the Challenge Runner app on an Apple device, go to the app store and search for Challenge Runner.

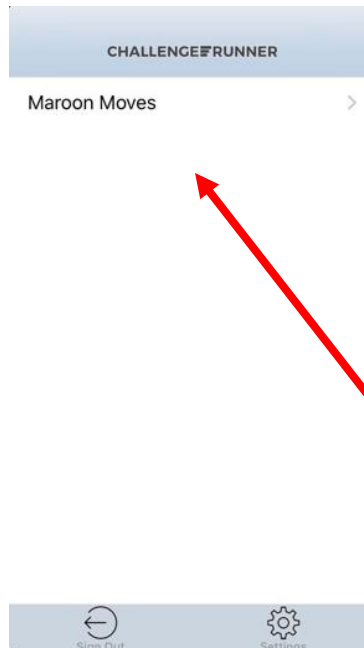
-This is the icon and page you will be looking for.

-Install the app onto your phone and open the app.



Step 2

-Enter your credentials that you created for the Challenge Runner website to access the mobile app.

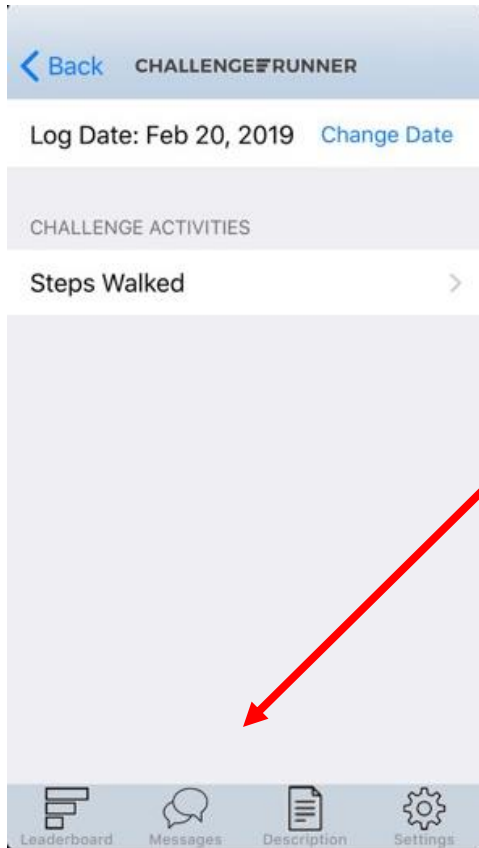


Step 3

-After you log in, this is the Challenge Runner home screen on an Apple device.

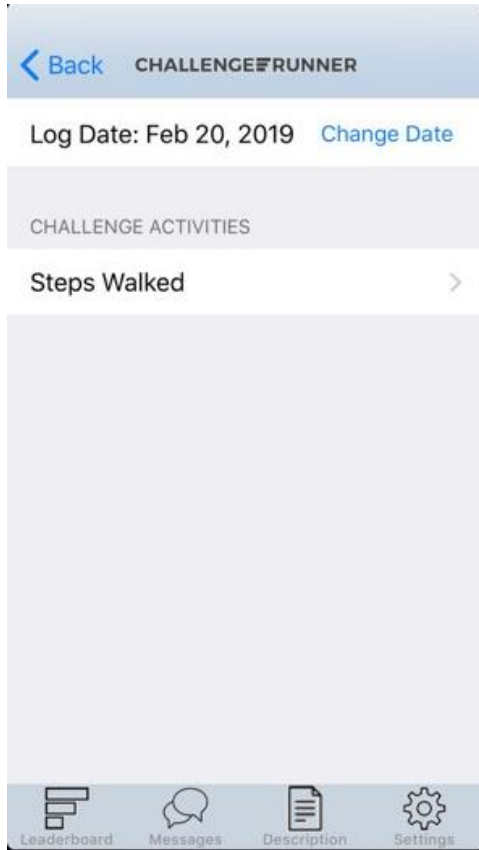
-To enter the walking challenge, click on Maroon Moves.

Overview of App



You can do a few different things from this page such as enter steps, view the leaderboard, or send the administrator a message by selecting an icon from the menu on the bottom row.

How to Enter Step Manually



Step 1
-If you need to manually enter steps through the app, click on the words "Steps Walked".

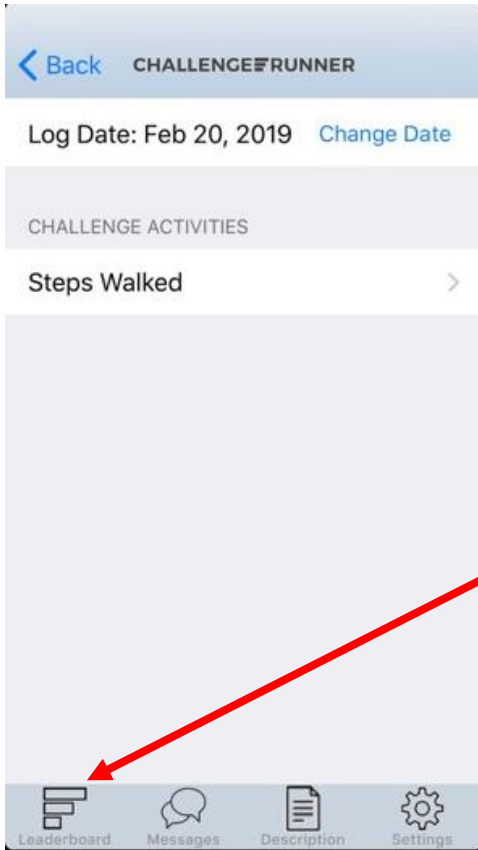


Step 2
-Enter your total amount of steps that you most recently walked.
-Each new entry will replace the previous steps entered. They do *not* add together automatically.

NOTE
Example
-I walked 1,600 steps in the morning
 -Enter 1,600 steps total
-I walked 2,000 steps in the afternoon
 -Enter 3,600 steps total
-I walked 1,800 steps in the evening
 -Enter 5,400 steps total
-You would enter a total of 5,400 steps for the day.



How to View the Leaderboard

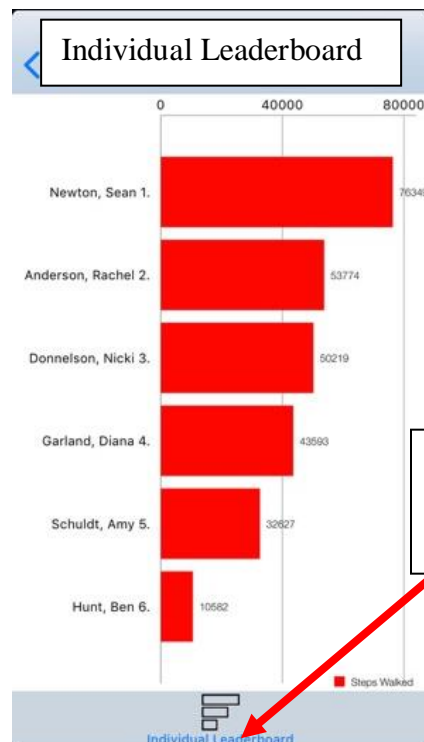
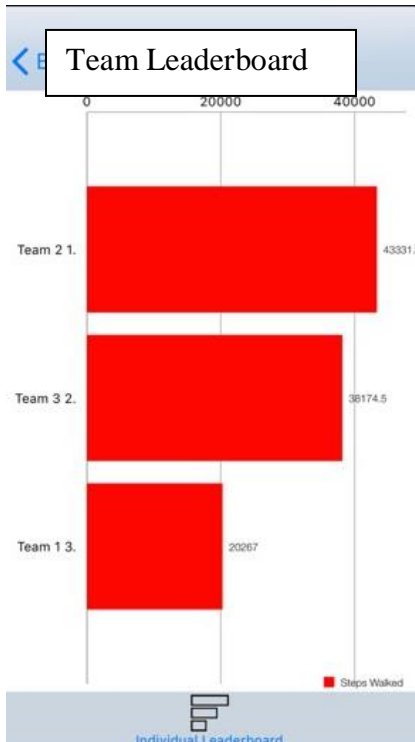


Step 1

-If you would like to view the leaderboard go to the home screen and click on the leaderboard icon

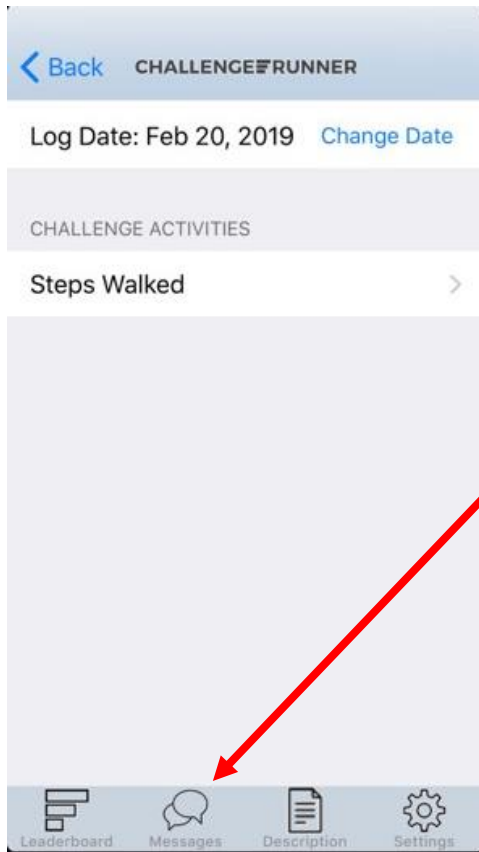
-There is a team leaderboard and an individual leader board.

-To switch between the two, please click on the opposite leaderboard at the bottom of the leaderboard screen.



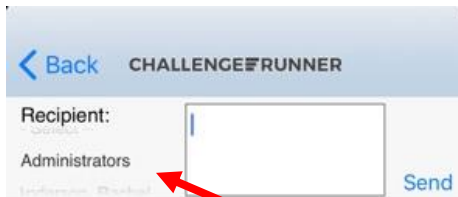
Click here to switch between leaderboards

Messaging



Step 1

-If you need to send the challenge administrator or teammate a message with questions or comments about the challenge, click here



Step 2

-This is what the message screen looks like to send a message to an administrator.

-You can also send messages to teammates by clicking on the box and selecting their name.

