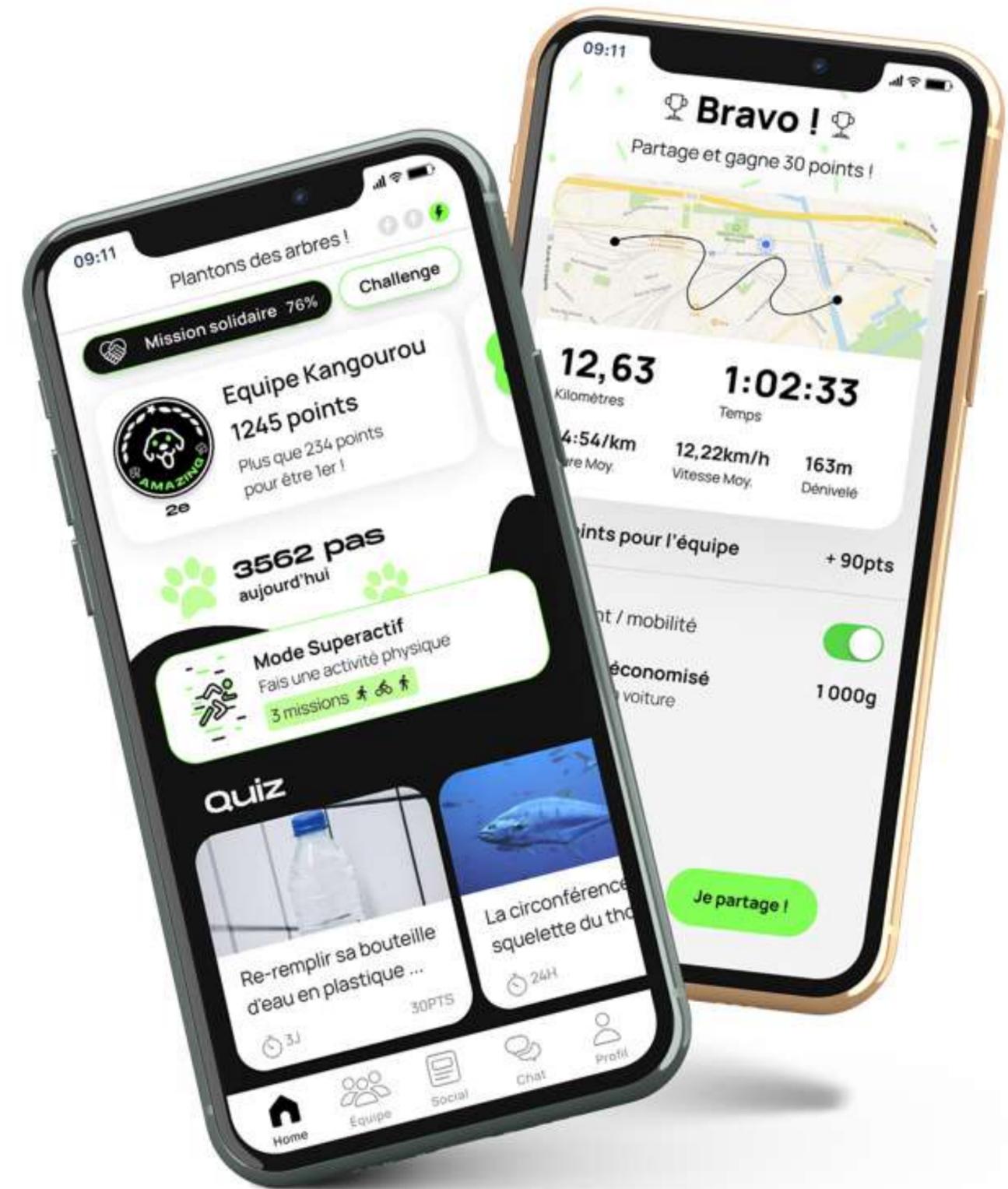


squad  
easy

# User Guide



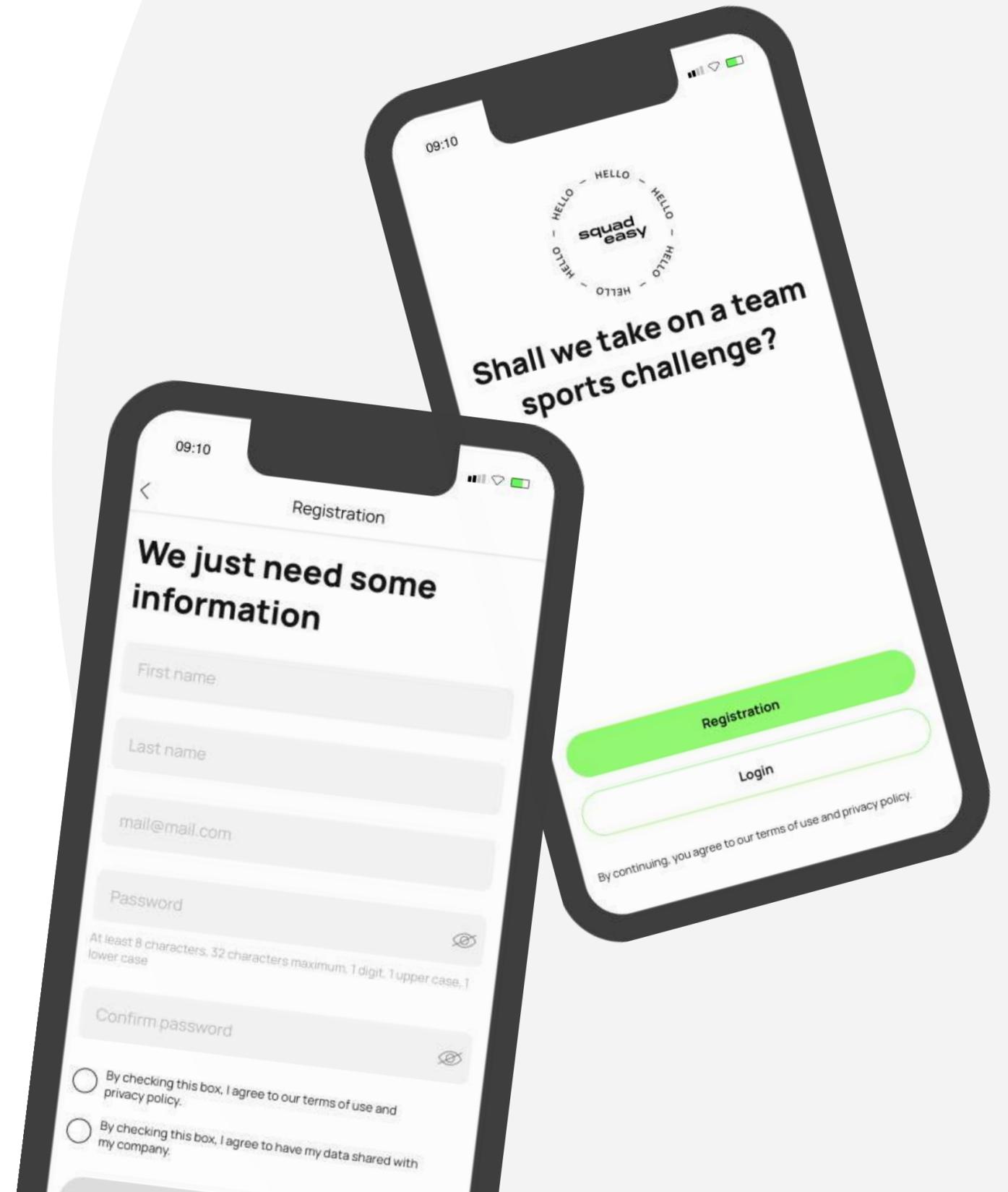
# Register

Access the app for the first time in 3 easy steps.

- 1** **Download** the app on the [AppStore](#) or the [Google Play Store](#)
- 2** Click on register and create your account by **entering the challenge code** which was given to you
- 3** Create or join **your team**

There you go, you can now begin to move !

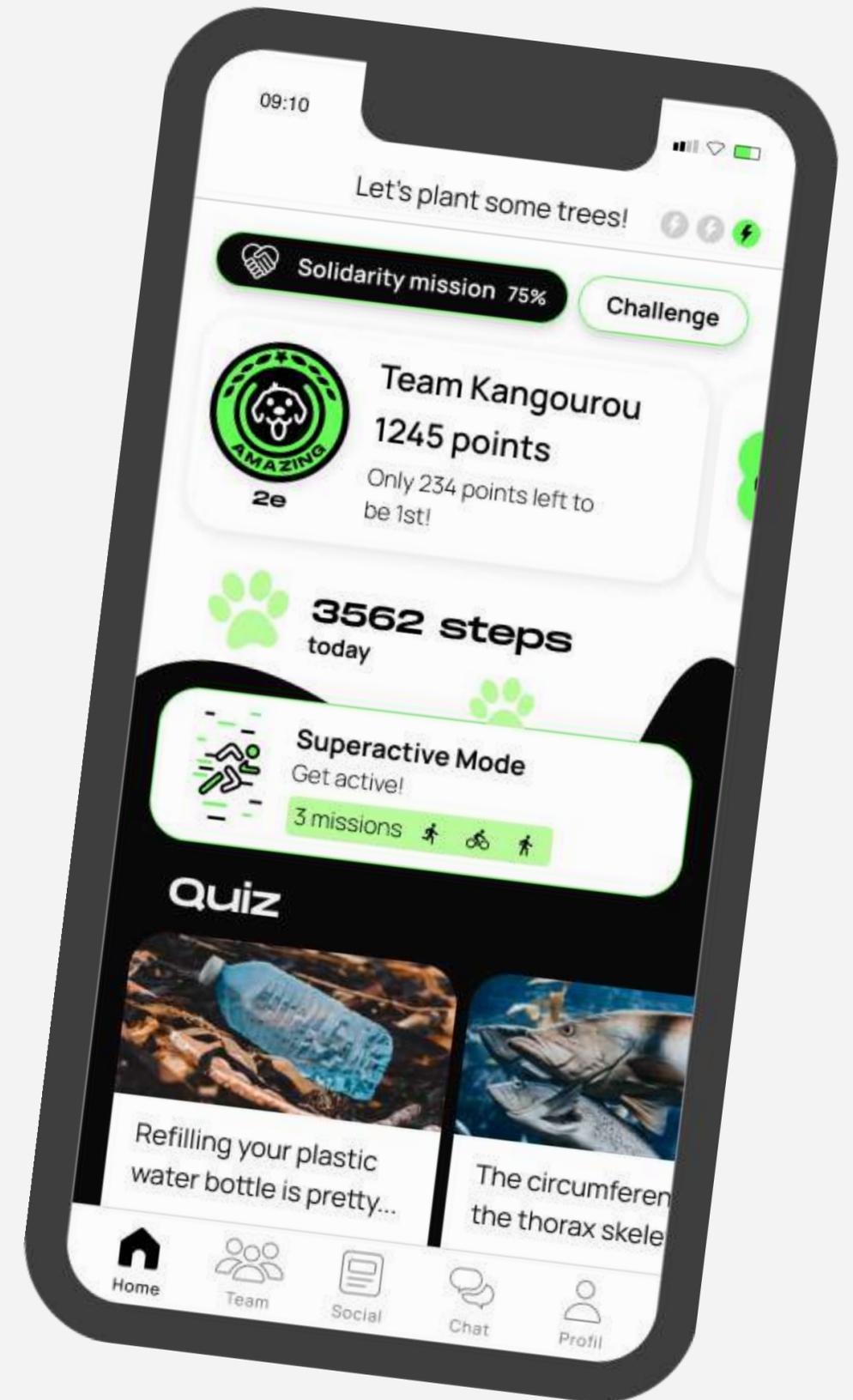
NB :the app is available for IOS 12, Android 7 or higher.



# First steps

The home page gathers the access to the **profile**, the information related to the **challenge**, the **Superactive Mode**, the quizzes and the acces to the other pages of the app.

- The challenge sidebar will give you access to **the details of your challenge**
- Lower, you can follow **your daily steps**
- The **Superactive Mode** will give you access to all the **activites** and their respective ongoing **missions**
- Lastly, you will find the list of your **quizzes**.



# Physical activities

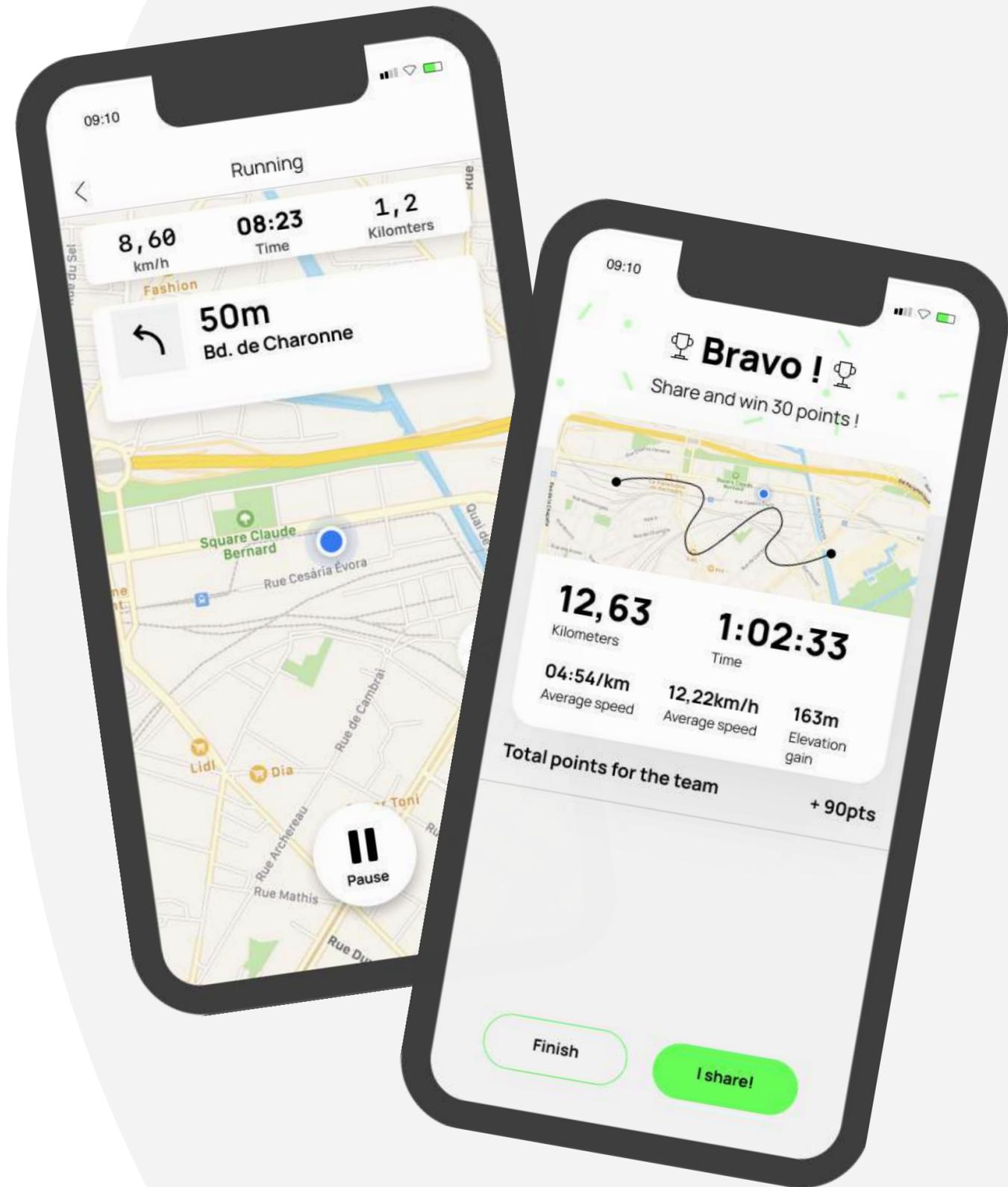
You can **start an activity** directly from the Superactive Mode in the app. For example, you just have to click on **“Running”** or **“Cycling”**

Once the GPS is synchronized, click on **“Get Started”**. Hold the **“pause”** button down to put your activity on pause. To end the activity, Hold down the **“Finnish”** button.

A recap of the **performance** appears. The points granted by an activity are added to your personal meter, but also to your **team’s**.

**The counting of the steps** is automatic.

It is synchronized on your **Google Fit** app (on Android) and your **Apple Health** app (on IOS) for a **more precise follow-up**.



NB : It's important that you have an internet connexion and that you close the other apps that use GPS on your phone to avoid synchronization issues.

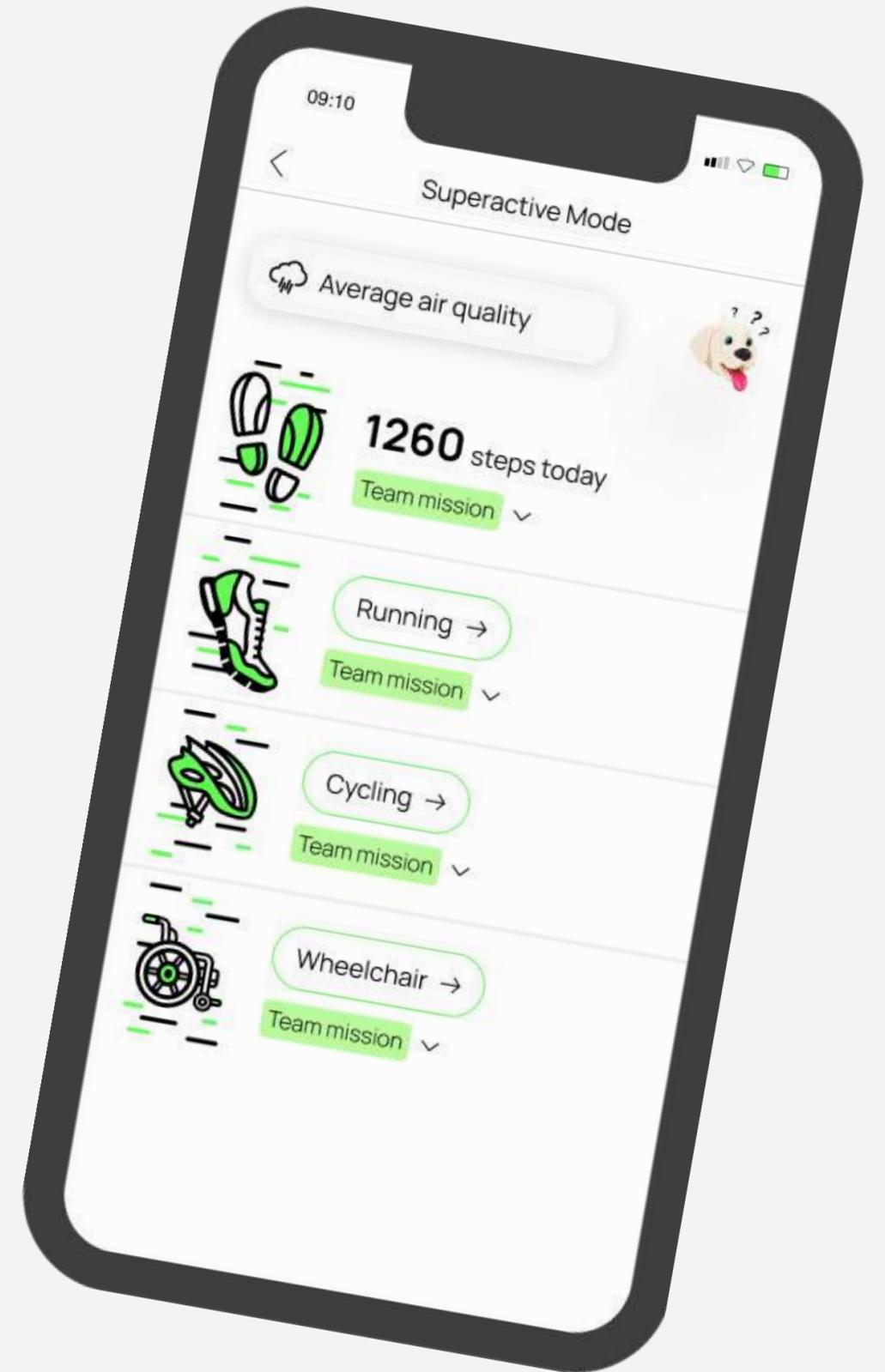
# Missions

Directly accessible from the **Superactive Mode**, the missions offer a supplementary challenge and a new **objective to achieve**.

Every mission is **linked to its activity!** The missions can be **individual** or **with your team**.

Keep your eyes peeled, a mission can appear at any time!

NB : beginning an activity will automatically add your progress to the mission! You don't have to activate it.



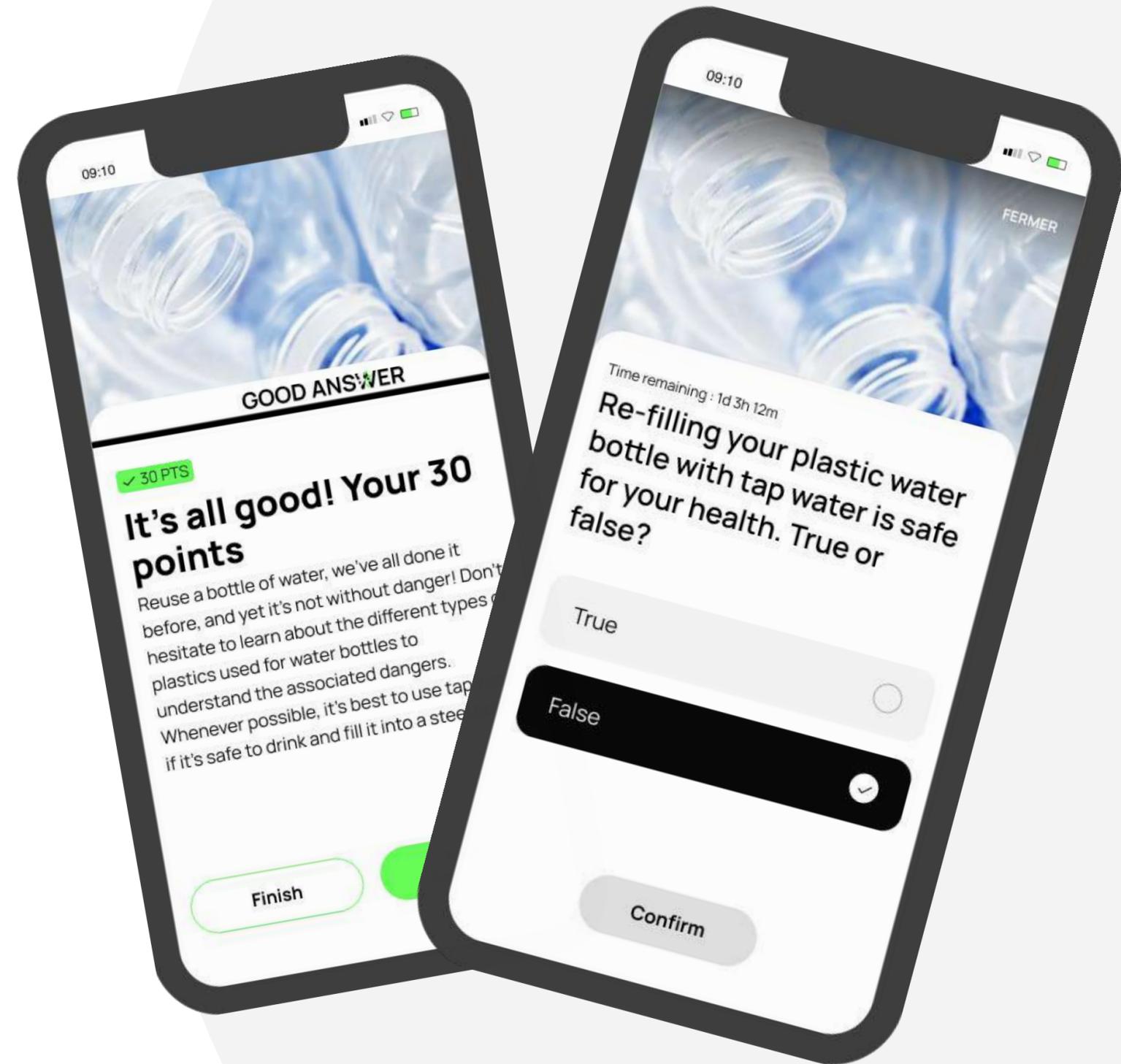
# Quizzes

Quizzes appear on the **home page**. they allow you to test your **general knowledge**. they are the ideal mean to win even more points for your **team**.

**A question** on diverse subjects (sport, health, ecology) and one or several **good answers to find**.

Answering correctly allows you to earn **supplementary points**.

NB : You can see older quizzes which you answered to by scrolling the quizz cards.



# Carbon mobility

Once your “running” or “cycling” activity is over, you can see the CO2 you saved during your **travel** by ticking the “**travel/mobility**” box.

Find out about the **CO2 saved** by your team on the home page of your app.

From that same sidebar, you can access the CO2 reduced by your team, yourself and all the participants. You will also find comparisons of carbon saving



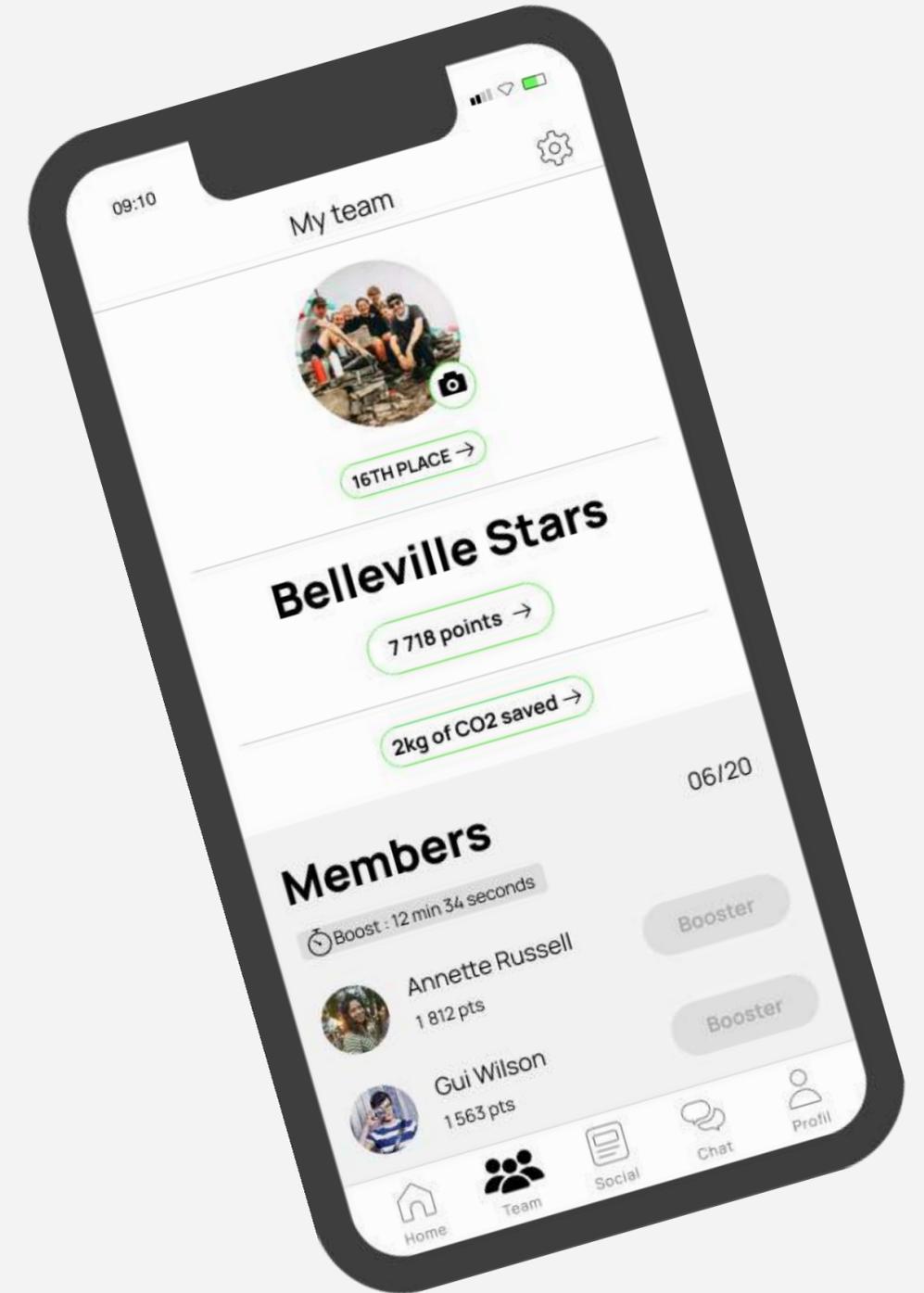
# The team

All your team information are available by clicking on “**Team**” in the menu at the bottom of the screen.

You can see all the **details** of your team's points, all your teammates' **progression**, your **ranking**, the number of **medals** you won etc...

It's also on the “**Team**” page that you can use your **boost** on one of your **teammate**.

NB : You can only join one team at a time, If you change teams, the points you earned until now stay linked to your old team.



# Points

Every effort is **rewarded** 🔥

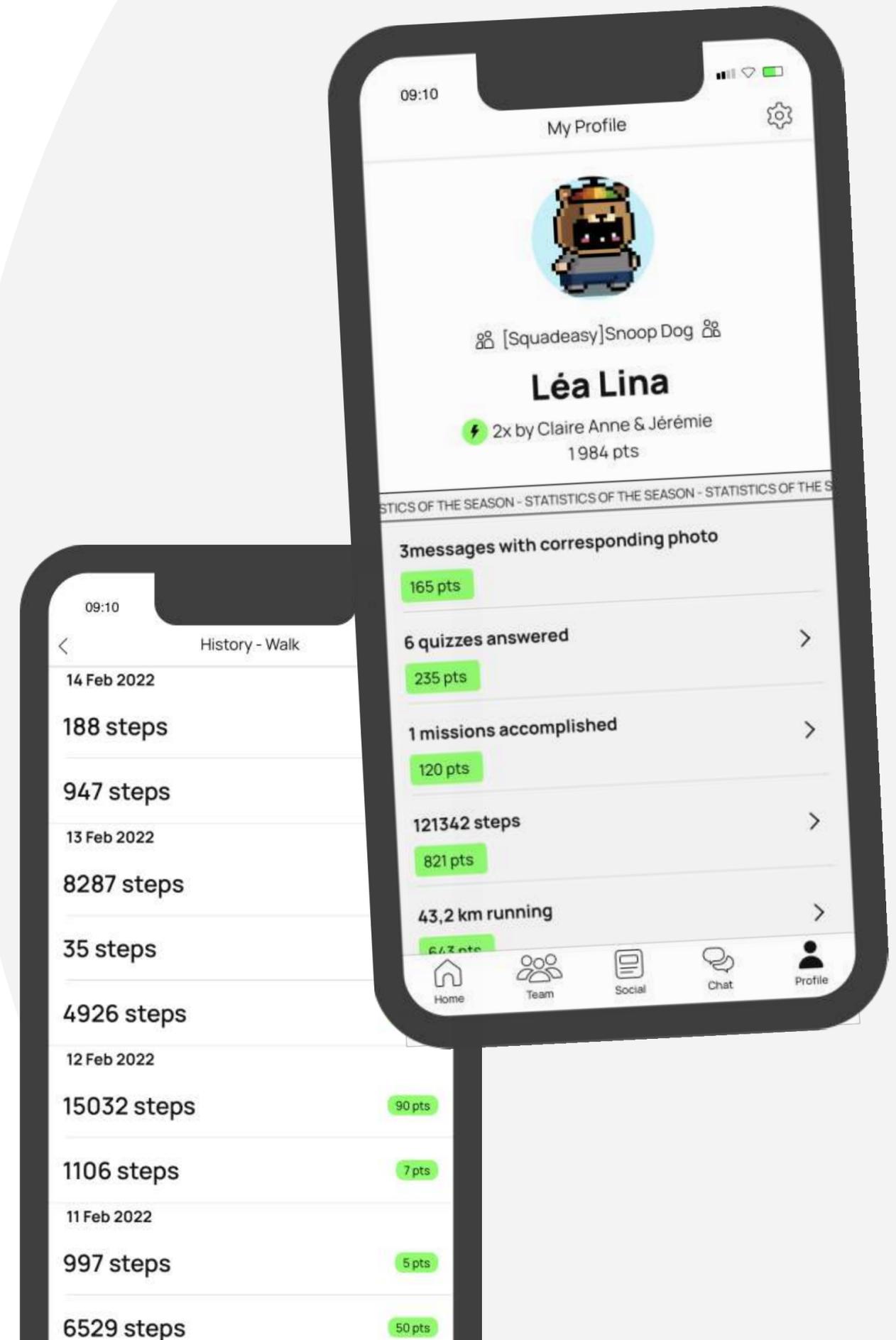
Answering a quiz, completing a mission or launching a physical activity **earns points** for your team.

Our algorithm calculates your points **based on the activity** (walking, running, cycling).

- For **walking**, only the number of steps counts.
- For **running** and **cycling** activities, we take in consideration the distance, the speed and the elevation.

You can find the details of the calculation in our **F.A.Q.**

NB : Don't forget to launch your app every 10 days because your phone doesn't stock the history of your walking steps beyond this duration.



# Boosts

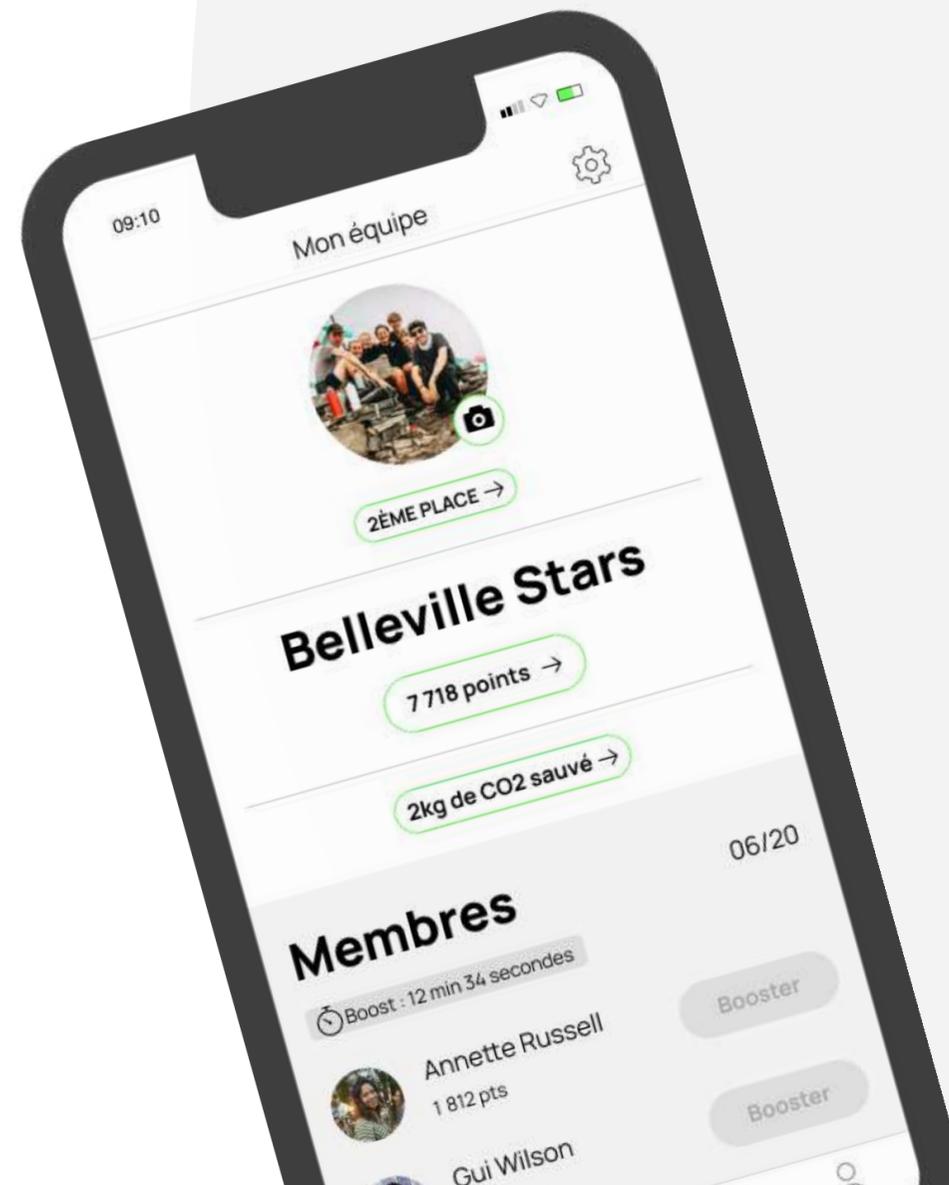
Every day, you have one boost that can be used **only once** and recharges itself after **24h**.

**Boost** the teammate of your choice to **augment the points** he will win of 10% for the next 24h.

As a member of a teamn you can be boosted up to **3 times simultaneously**.

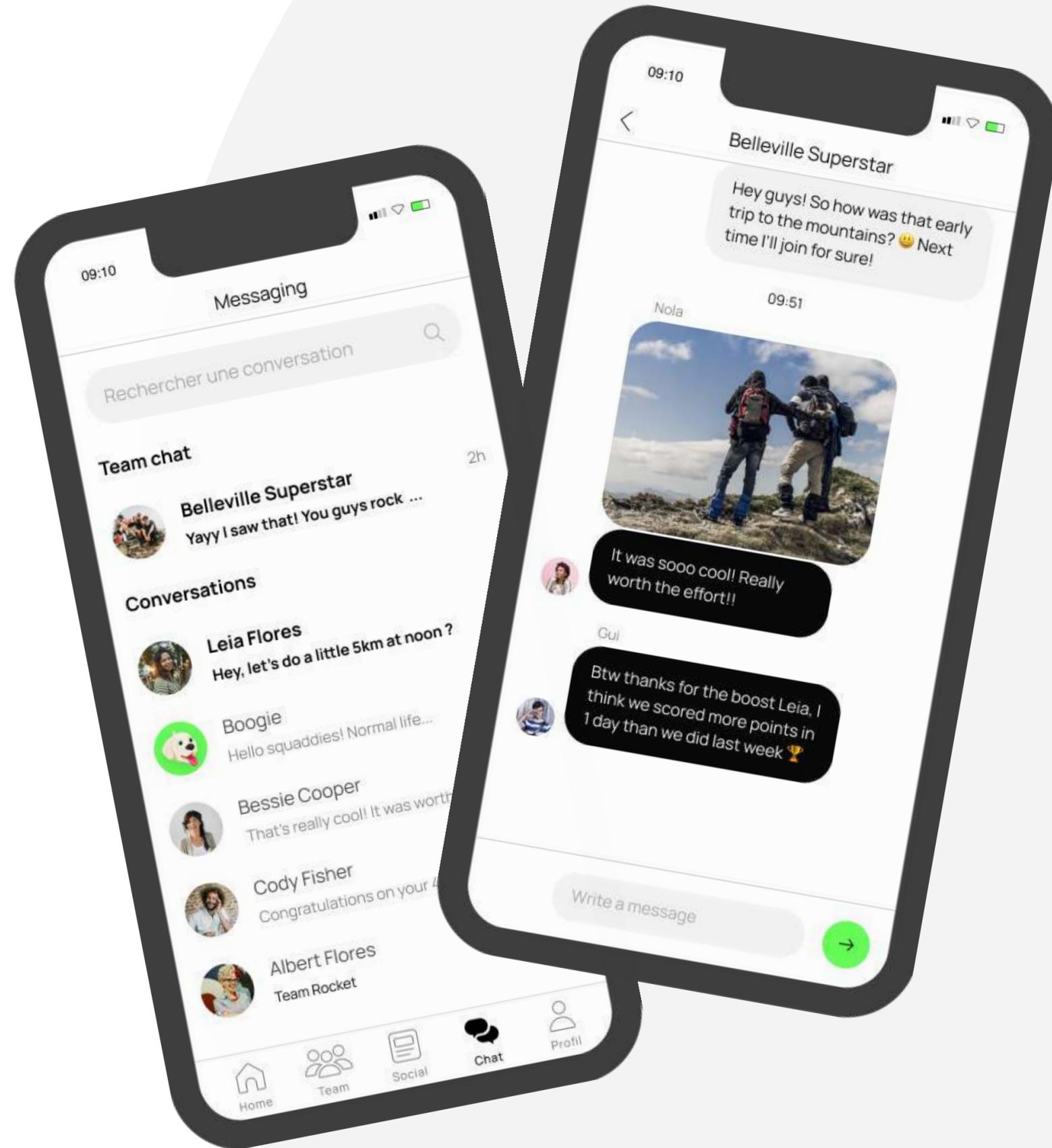
It's up to you to find the best **strategy** to win maximum points!

NB : you can use the team chat to ask for boosts before launching an activity and earn even more points!



# Chat

**Exchange** live with your teammates in private or in team to **congratulate**, **encourage** or **organise** the next group running directly from the **messaging functionality**



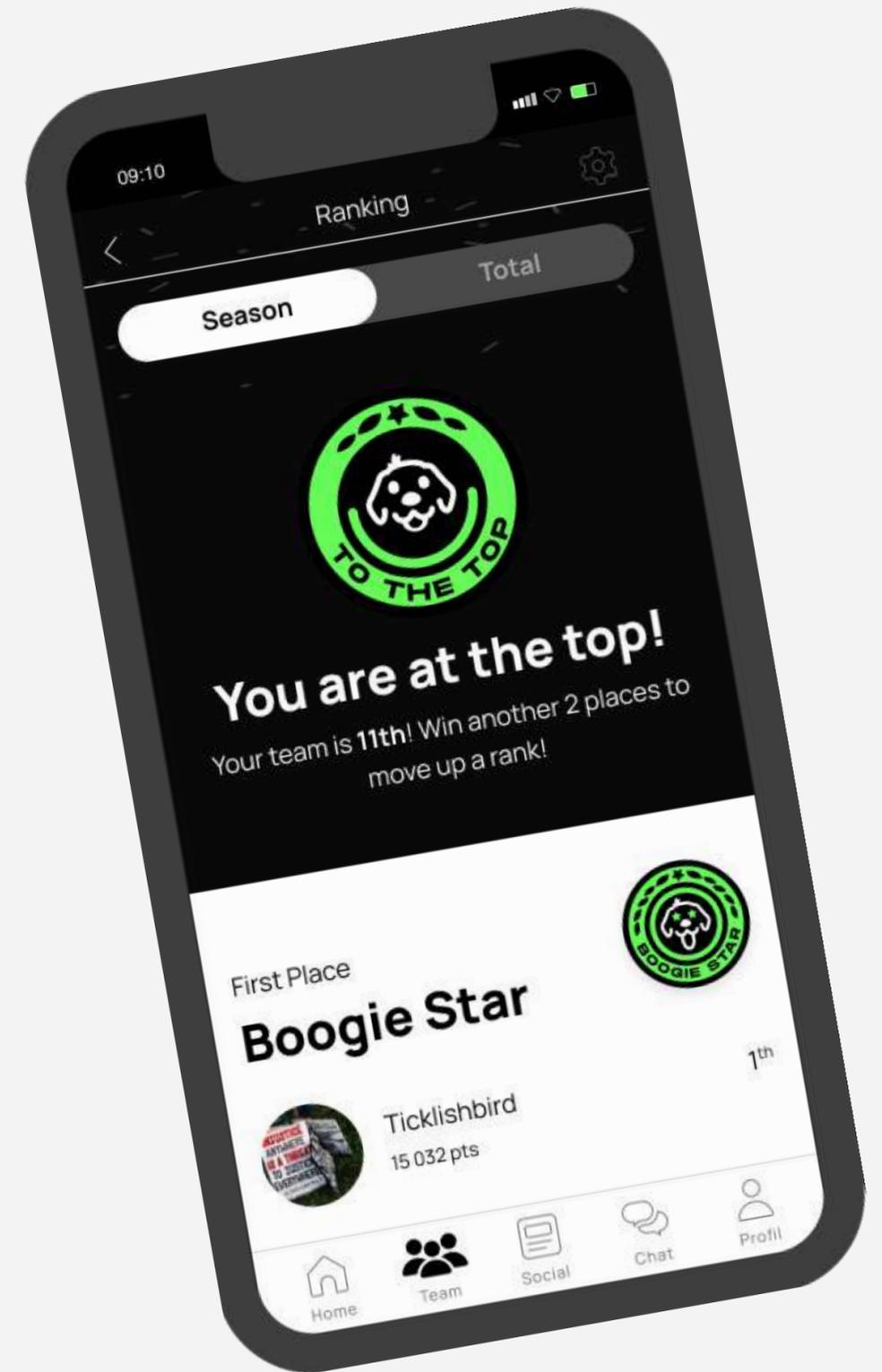
# Ranking

Each team member points are added **in real time** and are visible in the **ranking menu**.

According to the points, all the teams earn a **medal!**

The ranking of medals is visible in the “**Team**” tab then “**ranking**”

NB : If your challenge takes place in several seasons, a global ranking takes into account all the medals won during the whole challenge.

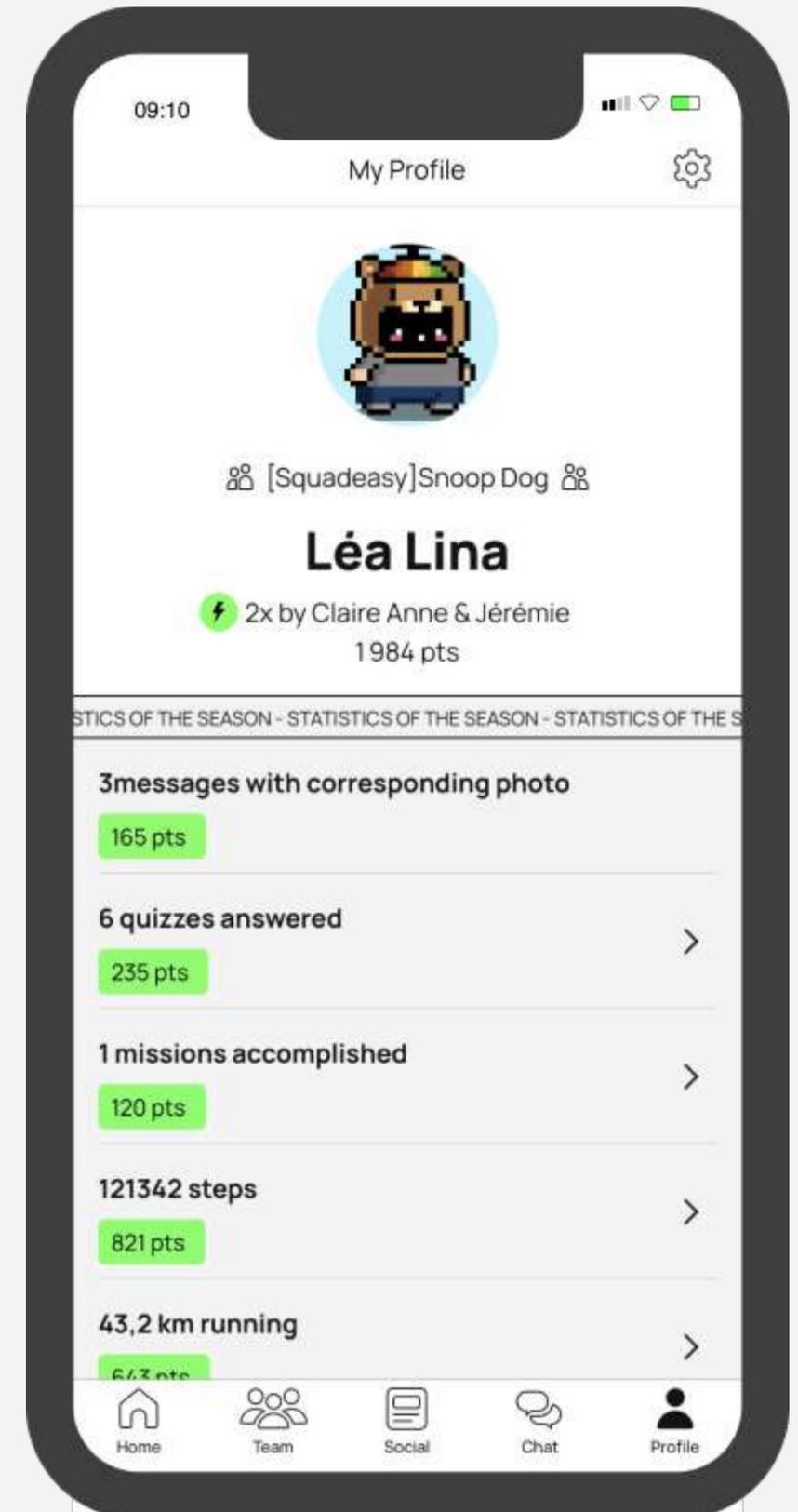


# Performance

You can follow your **progress** through your personal performances.

From your **profile**, you will find the **history** of all your activities and you will be able to check the **details** of your performance.

Distance, duration, speed or even the points earned through your activities you will find all the **informations about your activities**.



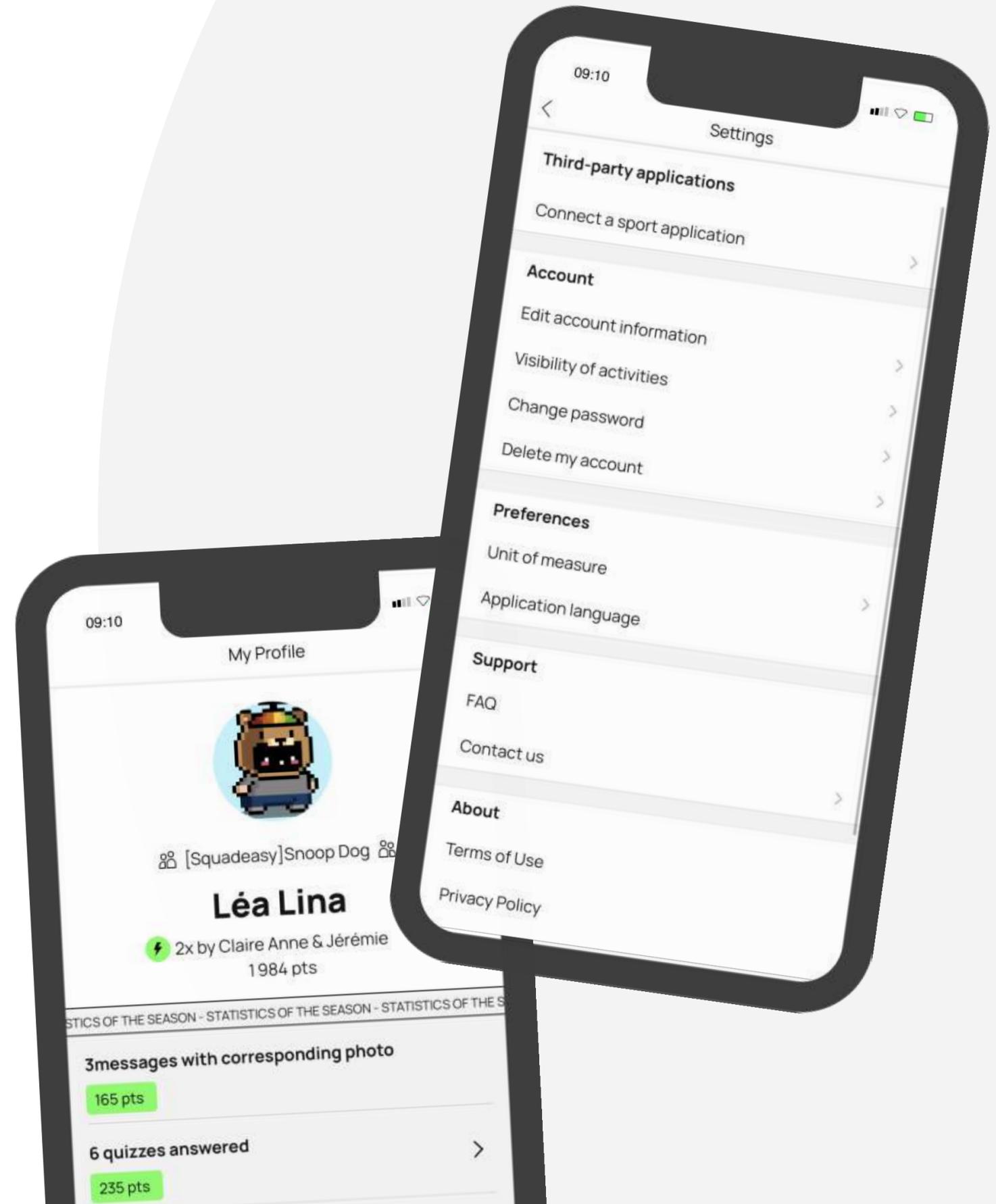
# Settings

From the profile page, click on “**Settings**” ⚙️, you can modify the informations about your **account** (profile picture, name, surname, password...), the **preferences** related to units visible on screen (km, miles...), or even the **language** of the app.

Lastly, you can contact the **support** in case you face a problem, thanks to the contact form or on Boogie’s mail adress

→ [boogie@squadeasy.com](mailto:boogie@squadeasy.com)

NB : and if you like the app, it’s also the place where you can give us your feedback :)



# Connexion to third-party apps

You're using **Strava**, **Garmin** or **Fitbit** for your physical activities?

You can **connect** it to Squadeasy the first time you connect to the app by going on the "**Settings**" page.

- **Tick** the box corresponding to the third party app of your choice
- Click on "**Connect a sport application**"
- Let yourself be guided through the instructions on the screen.
- **There you go!** Your app is now synchronized with Squadeasy

**Important !** If you are using a connected watch to synchronize your steps, it is imperative to synchronize it with the Health app (IOS) or the Google Fit app (Android).

NB : You can delete the connexion between Squadeasy and your third party app at any time by clicking "delete".

The Strava logo, featuring the word "STRAVA" in a bold, orange, sans-serif font.The Garmin logo, featuring the word "GARMIN" in a bold, black, sans-serif font with a blue triangle above the letter "I".The Fitbit logo, featuring a blue cluster of dots to the left of the word "fitbit" in a lowercase, blue, sans-serif font.



# Your turn to play!

For any question or need for support, you can send a message on

**[boogie@squadeasy.com](mailto:boogie@squadeasy.com)**