

AN INTRODUCTION TO

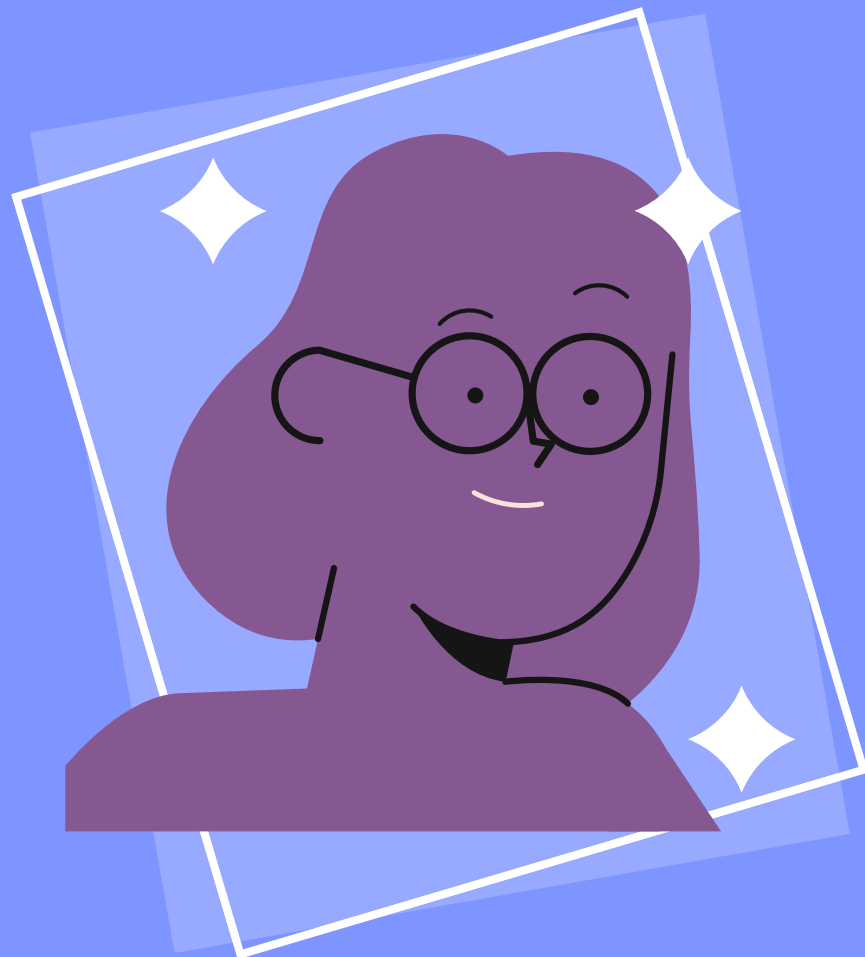
BIG TEAM CHALLENGE



BIG TEAM
CHALLENGE

01. WELCOME!

Thanks for considering Big Team Challenge for your own organisation.



ABOUT BIG TEAM CHALLENGE

Operating since 2015, Big Team Challenge is our way of helping spread the benefits of a healthy and active lifestyle.

We've spent years developing our approach to workplace exercise challenges, fine tuning our platform and building upon strategies to keep participants excited and engaged.

Our commitment to our clients means we are continually improving our ideas to keep up with the latest technologies, demands and health advice.

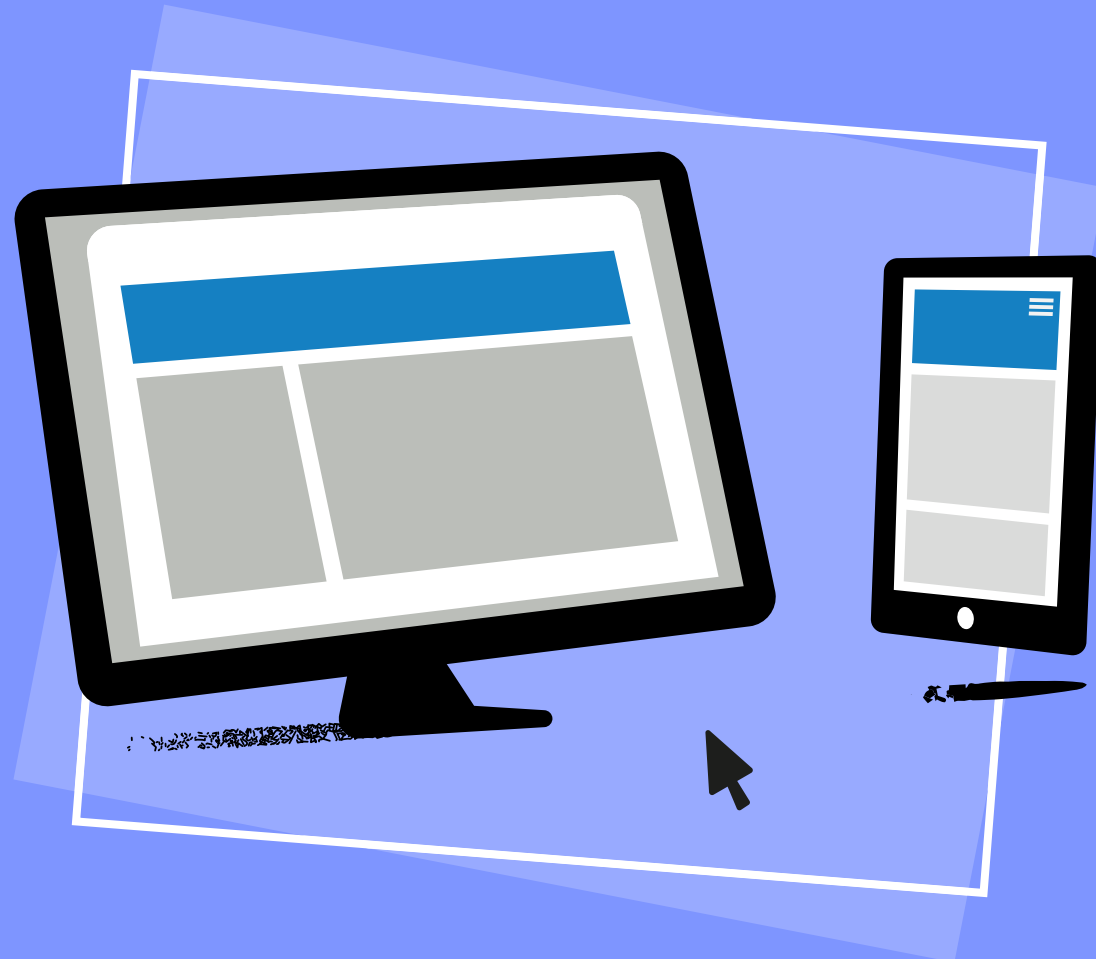
Inside you will find out how our system works, how it's benefited our clients so far, and what's helped us clock up over 17 billion steps together.

Trusted partner of



02. THE SYSTEM

We've spent 6 years making our system as seamless as possible, and we've still got more planned!

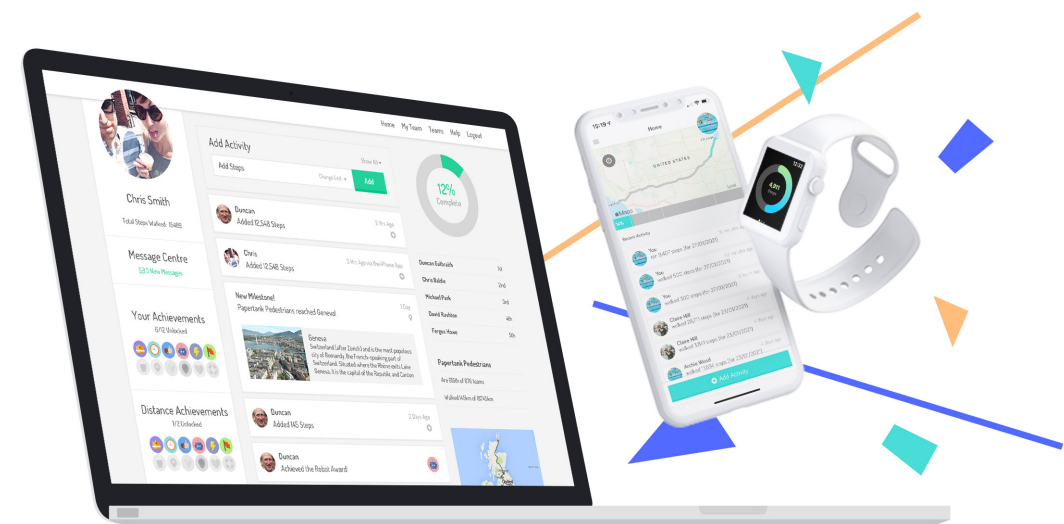


RUN YOUR OWN PRIVATE ACTIVITY CHALLENGE

Big Team Challenge enables organisations to run their very own private exercise and activity challenges, promoting employee mental and physical health and wellbeing.

Users participating in your private challenge can create or join a team, sync their steps with smart devices such as Fitbit and Garmin, earn awards and achievements, track their progress along a virtual route, and build a better active daily routine through friendly competition.

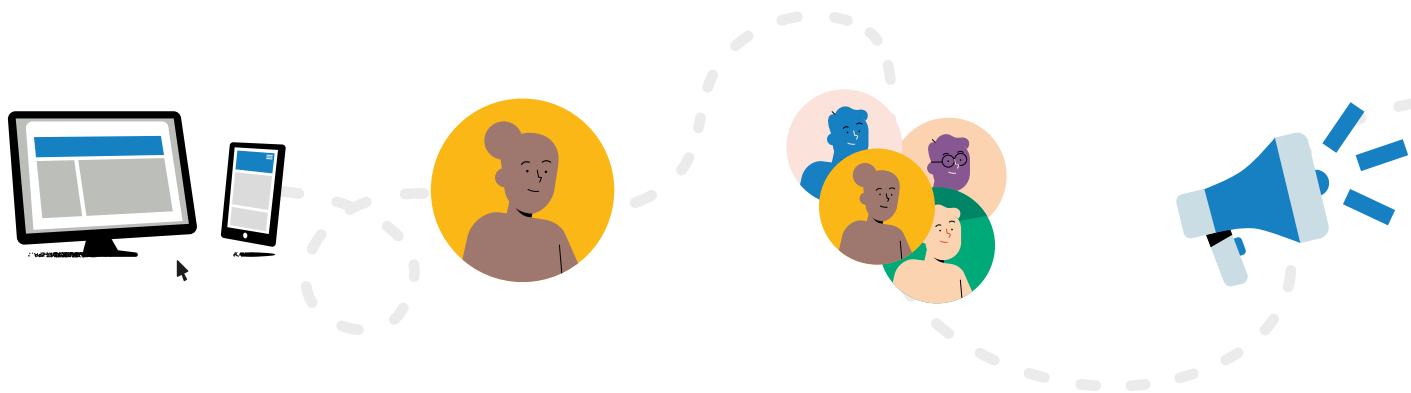
Exportable reports and our dedicated support team will help you to track the success of the challenge and demonstrate the benefits it has to you and your organisation.



How it works

CREATE

Our online challenge creator can have your challenge ready and online in a matter of minutes.



1.
Creating Your Challenge

—

When you sign up to use Big Team Challenge, you will choose a custom address for participants to access via their web browser or our Big Team Challenge mobile app.
2.
Participants Sign Up Online

—

Your participants can use the website or app to register for the challenge and create their own profile
3.
Users Create Teams With Friends Or Colleagues

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Participants can choose to create their own team or join an existing one.
4.
Challenge Starts!

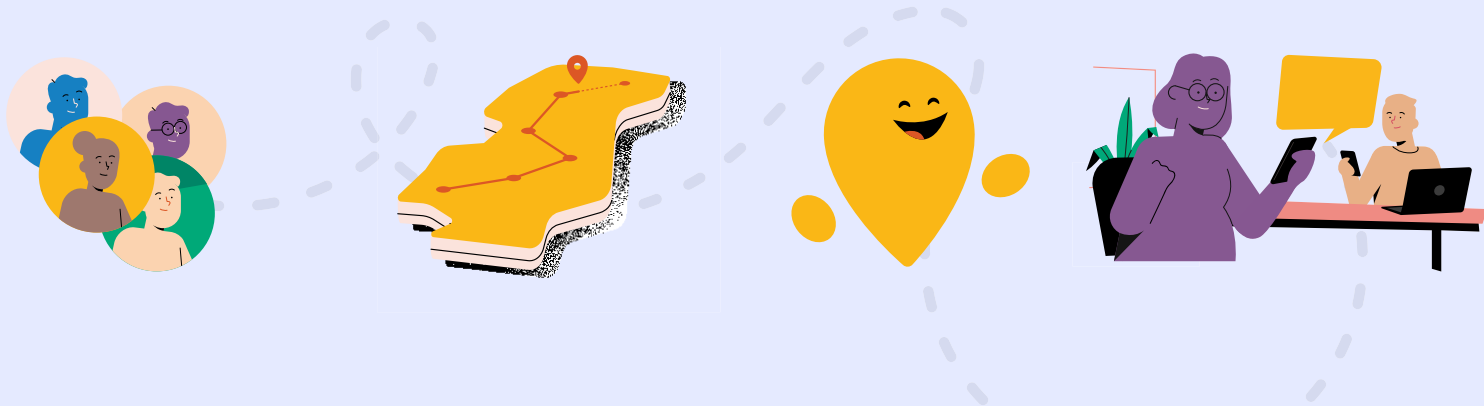
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The countdown ends and your challenge begins!

How it works

PARTICIPATE

Participants can sign up and take part either via the online challenge website or on their smart phones with our Android and iPhone apps.



5.
Users Track Their Distance

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Participants choose to track their distance manually, using a pedometer, or connecting to services like Fitbit, Apple Health, Garmin or Google Fit.
6.
Their Team's Progress Is Tracked On A Virtual Map

—

The team's real world progress will be tracked on one of our interactive route maps chosen by you.
7.
Users Gain Achievements And Motivation

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Achievement and distance based rewards are automatically given to users as they progress through the challenge and help encourage users to keep going.
8.
Challenge Ends

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At the end of the challenge, participants can see how far they travelled and check their position on the leaderboards.

03. THE BENEFITS

So why choose Big Team Challenge instead of just running something yourself?



Big Team Challenge gives you all the tools you require to run and customise the challenge to suit your organisation's needs.

You choose the duration and virtual route that suits your participants, upload your branding on the website and mobile apps, and communicate with all your participants via emails and push notifications whenever you need.

- Create and run your own private challenge, customising it to meet your needs.
- Using our bespoke platform, your participants can create or join teams, track their accumulated distance on their mobile, tablet or computer and view their challenge progress on an interactive map.
- Enjoy complete control of every aspect of the challenge; from when your challenge should begin, its duration, team size, participant limit and uploading your branding on the website and mobile apps.
- Choose from over 200 virtual routes or have a bespoke route created for your challenge (additional fee applies).
- Automatically receive all improvements and new features added over the lifetime of your account at no extra cost.
- Sign up for free and create your challenge using our Challenge Creator Wizard on bigteamchallenge.com

04. THE KEY POINTS

A run down of the important bits!

OVERVIEW

- Web, iPhone and Android Apps.
- Smart syncing with Fitbit, Garmin, Google Fit and Apple Health integrations.
- Interactive maps for your participants and teams to explore their virtual progress
- Challenge and distance achievements which users unlock as they add activity.
- Smart leaderboards to encourage healthy competition between teams.
- User and Team reports for management to track the challenge's success.

USER / TEAM REGISTRATION

- Simple user registration form for users on your unique website or using our Big Team Challenge mobile apps (iOS and Android).
- Easy for users to create and join teams.
- Limit access and registration with an optional private access code.
- Options to customise registration with additional data fields and segmenting the leaderboard into sub categories such as 'Location' or 'Department'.

DURING THE CHALLENGE

- Team progress automatically updates when distances are added by individual members.
- Track other colleagues and teams throughout the challenge.

CHALLENGE NEWS AND UPDATES

- Big Team Challenge's admin area allows organisers to send out messages to all participants via the website, mobile apps and via email and push notifications to app users.
- Export user data if you prefer to use your own email system.

ADMINISTRATION AND REPORTING

- Secure admin area which allows your designated challenge administrators to:
- Create and edit challenges.

- View and update settings, including registration and billing.
- Access (and export) user and team details.
- Create teams on behalf of the users if required.
- Update settings such as team size, registration code and logo.
- Export all user and challenge data to csv spreadsheets for analysing after the challenge has finished.

SUPPORT

- We'll always be around to offer advice on how to set up your challenges, what route might suit your needs best or how to get the most out of your participants.
- For this we have a dedicated team on hand to offer support via email or online chat. (Monday - Friday, 9.00am - 5.30pm UK time)
- For participants, we provide self-help pages and email and online chat support for any technical issues or questions.

05. SOME KIND WORDS

Why take our word from it when others have said such nice things!



NESTLÉ GLOBAL SERVICES SPAIN

First Challenge, 2021

"Our 250 walkers loved our 8 week challenge, walking in teams of 7 from Porto via Barcelona to Milano!"

People really liked the app saying it was simple and intuitive to use, they particularly liked seeing their team advance on the route map and the overall initiative received a fabulous NPS of 62.

We complemented the app with our social network and chat function and there was healthy rivalry, banter and photos throughout the 2 month challenge. Our motto was Feel Good, Share Good, Do Good, and the completing teams entered a lottery for 3 lucky teams to make a donation to a charity of choice.

From a corporate perspective this was a great virtual community building initiative, particularly during the pandemic, and I would wholeheartedly recommend the Big Team Challenge to any company who wants to build their team spirit."

Susan Harrand

Knowledge Management Expert



DOMINO'S PIZZA

First Challenge, 2020

“What a great challenge—the feedback from the entire team has been incredibly positive and we all enjoyed it very much. We raised just over £1,000 for our charity of choice and even lost several pounds between us all. Thank you for your support and guidance throughout.

Users participating in your private challenge can create or join a team, sync their steps with smart devices such as Fitbit and Garmin, earn awards and achievements, track their progress along a virtual route, and build a better active daily routine through friendly competition.

Exportable reports and our dedicated support team will help you to track the success of the challenge and demonstrate the benefits it has to you and your organisation.”

Helen Tosney-Collins

Foundation & Charity Communications Manager



NHS DUMFRIES AND GALLOWAY

5 challenges | 2015 Onwards

“Since 2015, Dumfries and Galloway Council and NHS Dumfries and Galloway have worked with the Big Team Challenge to deliver an annual workplace walking challenge.

The challenges originally targeted NHS and Council staff but were extended to include third and private sector workplaces due to their popularity. Evaluation results have shown the challenges have improved the physical and mental wellbeing of participants while weekly walking journeys have also increased.

The Big Team Challenge Team have continually provided a high quality, professional and reliable service which has made for efficient local planning and delivery. The Big Team Challenge have created a platform which is quick and easy to use for organisers and participants, requiring no technical expertise locally. For example, dashboards allow organisers to see Big Team Challenge engagement in real time while participants can check their team's progress via a virtual map based on their steps taken. Participants can sync their personal phone or wearable tech to the app/website so their step contribution can be automatically pulled for ease. The software has built in functionality that encourages ongoing engagement in the challenge for teams and participants. For example, each route travels through several destination points which are often famous cities

or landmarks. Teams are notified when they arrive at a landmark with photos and information provided for interest. A progress bar shows percentage of the route completed while leader boards are also available for those participants more competitively minded.

The Big Team Challenge respond quickly and efficiently to any questions providing excellent support before, during and after the challenge. After each challenge Big Team Challenge staff seek feedback on all aspects of the site with the purpose of improving future experiences for users.

Dumfries and Galloway look forward to working with the Big Team Challenge on the next walking challenge in Autumn 2020.”

Chris Topping

Health and Wellbeing Specialist

UNIVERSITY OF HERFORDSHIRE

3 Challenges | 2020 Onwards

“Big Team Challenge helped us diversify our physical activity offering in a time when gyms were closed and physical exercise was limited to just one hour per day with one other person.

Thanks to the Covid-19 pandemic, we have to find alternative ways of engaging with our members of staff and keeping everyone fit and well.

By using BTC, we have seen an increase in physical activity, better staff engagement and a change in habits which will benefit our participants way beyond the end of the challenges.

Just under 700 members of staff completed three challenges in total, and the help and support from the team ensured all ran smoothly for us as organisers and also for our participants. Thank you BTC!”

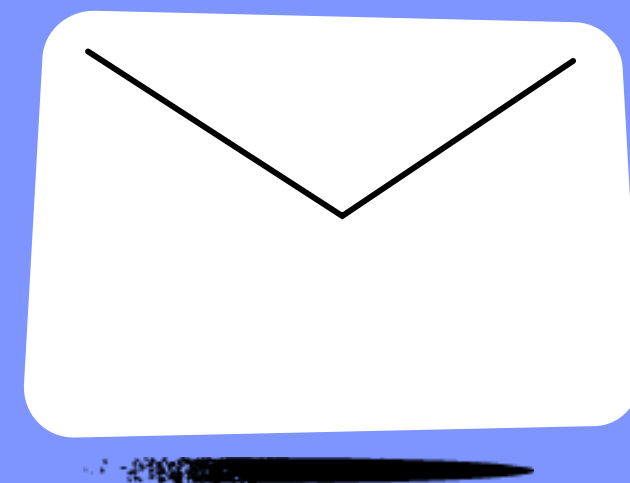
Rhian Hollyer

University of Hertfordshire Group

INTERESTED?

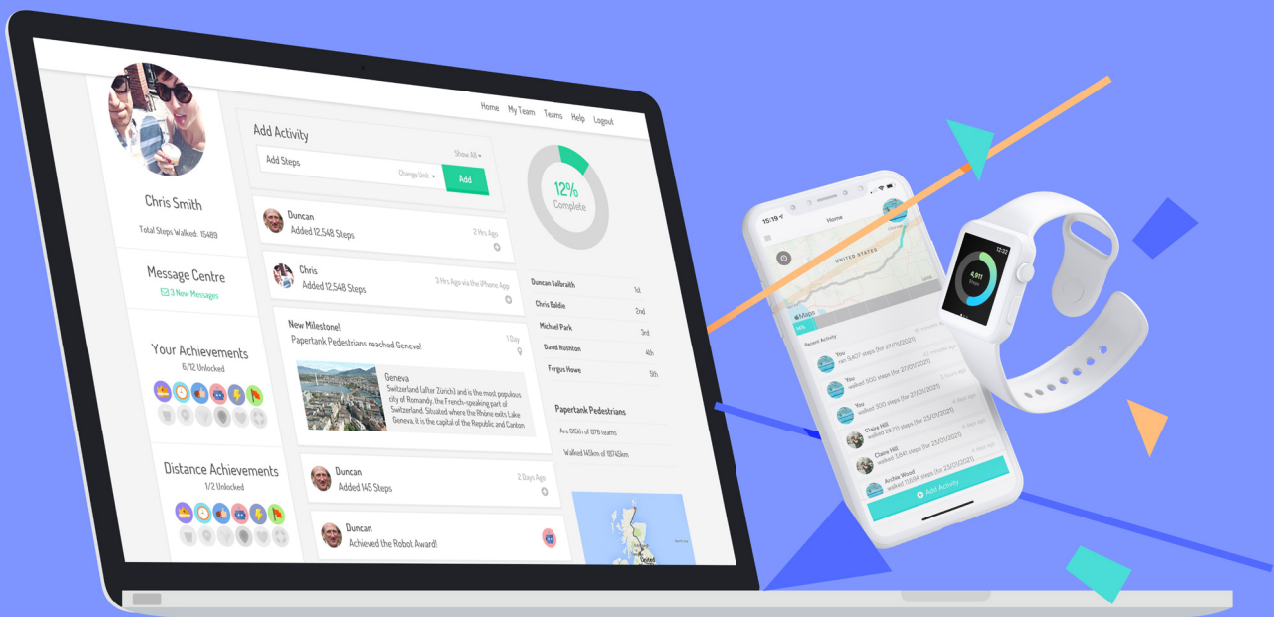
Why not get in touch to learn more and have a try for yourself?

We can't wait to hear from you.



contact@bigteamchallenge.com

LET'S GET EVERYONE MOVING.



**BIG
TEAM
CHALLENGE**