

HELP GETTING STARTED

PARTICIPANT ONBOARDING

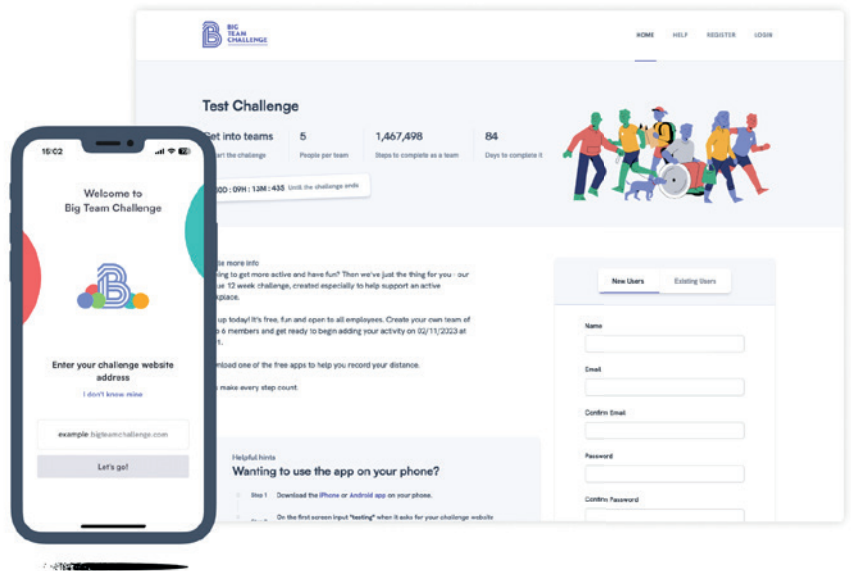


BIG TEAM
CHALLENGE

1

GO TO YOUR CHALLENGE WEBSITE

Your challenge organiser should have sent you a link to your challenge website.



Go to your challenge website address or open up the Big Team Challenge iOS/Android app and enter the address when asked.

Hint

Your challenge website address should look something like: *ExampleCompany.bigteamchallenge.com*

You can register on the right hand side of the challenge landing page and get instant access to your challenge.

If you are already registered from a previous challenge run by this organiser, you can use the login box below the registration form.

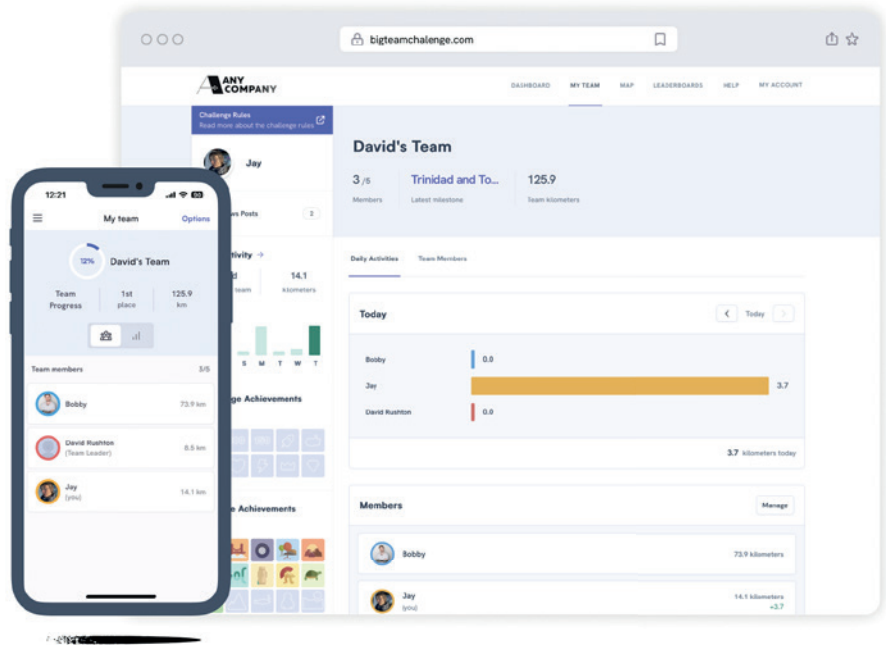
Watch a video

<https://www.youtube.com/watch?v=VyCKSfm2LMg>

2

JOIN OR CREATE A TEAM

Create or join a team with your friends and colleagues to take part in the challenge.



Joining a team

You can search for existing teams that you would like to join by typing their name into the box on this page.

Watch a video

<https://www.youtube.com/watch?v=rZ6cNfUZTkc>

Creating a team

You can create your own team and invite your friends and colleagues to join by sending invites to their email addresses.

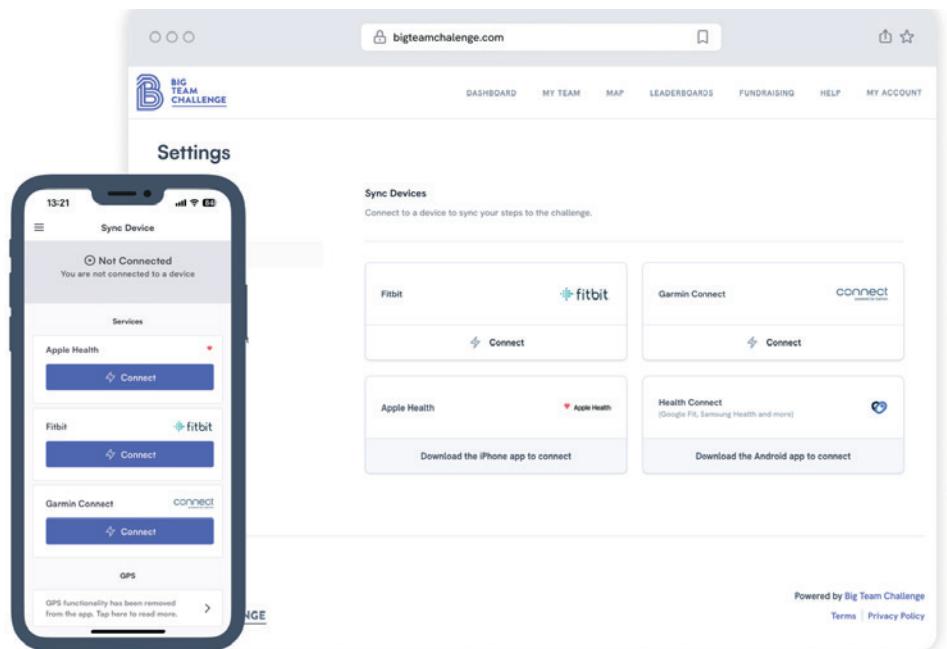
Watch a video

<https://www.youtube.com/watch?v=MRkrIMvbY-I&t=2s>

3

TRACK YOUR STEPS

Choose to sync your steps automatically or manually enter your daily activity.



Syncing your steps is the simplest way to add your daily activity to the challenge. You can sync your steps from Fitbit, Garmin Connect, Apple Health on iPhone, and Google Fit and Samsung Health on Android.

Alternatively, you can manually add your activity via the challenge website and our challenge app.

Watch a video

<https://www.youtube.com/watch?v=vZOmRVNekYk>