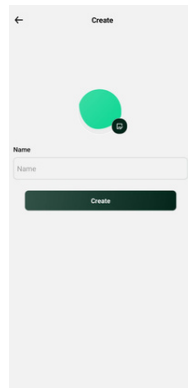
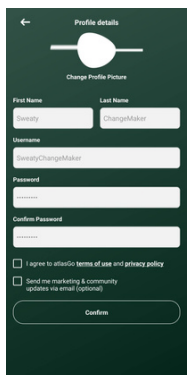
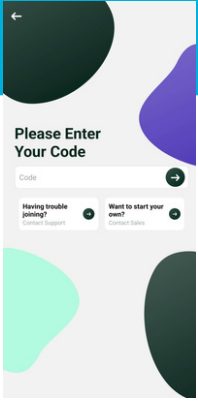


TACKLE CANCER CHALLENGE



APP GUIDE

atlasGO: wellbeing

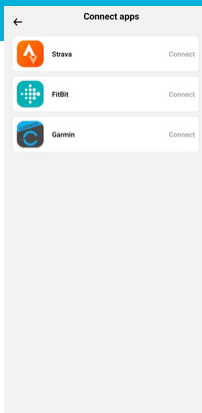
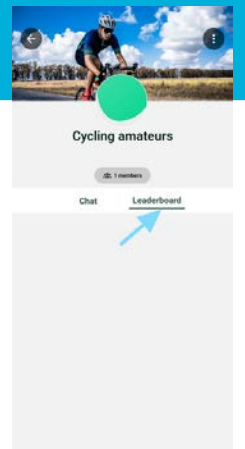
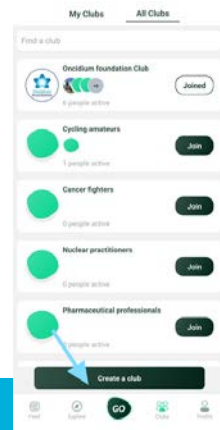


JOIN THE CHALLENGE

- 1 Enter the **password** to join the challenge
- 2 Fill out the registration form to sign up (or log into an existing account)
- 3 Join an existing team or **create your own team** (If you skipped this step but want to join or create a team, please contact [atlasGO: wellbeing support](mailto:atlasGO:wellbeing_support))

CLUBS & LEADERBOARD

- 1 Click on "Clubs" => "All Clubs", join the club(s) you like, or **create your own one(s)** (*a club is where you can meet and socialize with people having the same interest as you*)
- 2 Send a message in the **club chat** to launch a conversation
- 3 Check the **club leaderboard** and see how other users progress (will be activated from May 12th)



ACTIVITY TRACKING

- 1 Click on the "GO" button at the bottom of the page and choose to track your activity via the live tracker, an external tracker (synchronization) or enter your sport record manually
- 2 Select your activity type and turn on the tracker
- 3 Stop the tracking once you finish the workout
- 4 Take a selfie/photo, post it on the feed and share it via a social media channel

ACHIEVEMENT

- 1 Click on the "Explore" button at the bottom of the page, then on "Achievements". Select an ongoing activity and join the "Achievement".
- 2 Click on the "GO" button => "Manual Input"; choose an activity listed on the "Achievement"
- 3 Log your activity manually and check your ranking on the "Achievement" leaderboard



COMMUNITY INTERACTION

- 1 Click on the "Feed" tab, get to the general feed, and see what other users posted. (*The "Feed" is where you can share updates with all the users involved*)
- 2 React to someone's update by high-fiving his/her photo or commenting on his/her post
- 3 Click on someone's profile, join his/her personal page and discover his/her engagement updates

