



2025

WORKPLACE CHALLENGE

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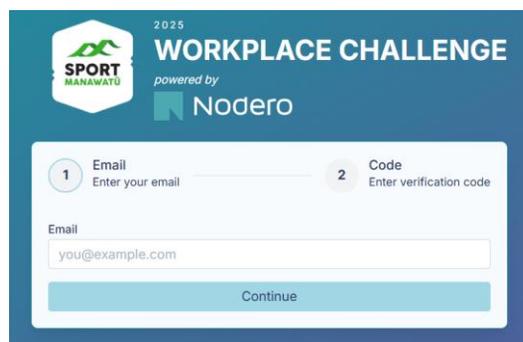


The Web App: How-to Guide!

Welcome to the Sport Manawātū Workplace Challenge Web App! Here's your simple step-by-step guide on how to track your progress using the app.

Login

- Open the app on your PC, phone, or tablet.
- Login using the email address you registered with for the Challenge.
- The app will send a verification code to your email.
- Once logged in, you'll land on your **Tracking Page** where you'll see your name, and the main page where you will track your progress.



Can't find your verification code? Check your spam or junk folder! Also, double-check that your email address was entered correctly.

Start Tracking!

There are **THREE** ways to earn points throughout the Challenge!

1. Count your **STEPS!**
2. Complete **ADDITIONAL DAILY CHALLENGES!**
3. Complete **CHALLENGE BOOSTERS!**

Select **your name** so you can start tracking your progress for the three different activities.



Then select **the date** from the calendar. Add your **steps, daily challenges,** and any **challenge boosters** you've completed.

Steps

Hit 10,000 steps (woohoo!) and your progress ring will turn green — a great visual milestone!



Additional Daily Challenges

Each day you have a chance to earn **bonus points** by completing extra challenges. Add a short description of your bonus activity, tick the box, and your points will be added to your total.

Additional Daily Challenges

30 minute continuous

5 POINTS



Complete 30 minutes of continuous moderate activity.

I completed a 30 minute strength workout!

saved

Challenge Boosters

The Challenge Boosters are **one-time** activities. Once you complete a booster activity (at any time during the Challenge), tick the box. It will stay marked as Completed for the rest of the month and your points will be added!

Active Travel

Use active travel to go to work, or another destination that you would usually drive to.

5 POINTS



One and done!

The Leaderboard

Jump over to the Leaderboard to see your personal stats!

Sport Manawatu Workplace Challenge

Solo team

Nodero

Leaderboard	Karen
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Your Stats

Steps	761,598
Points	200

You'll see the Leaderboard tables updated **each Monday**. This will show you the top teams and individuals across the Challenge.

Good luck, and happy tracking!

Don't forget to share your activities on the private Facebook group!

Need Help? For any help or questions, please contact info@sportmanawatu.org.nz