



Steps to Joining the 2019 APHA Billion Steps Challenge

1. Go to your phone's app store, search for **MOVE SPRING**, and download the app
2. Once the app is downloaded, open the app, and click "**Sign up for Account**"
3. Next, you should type in the organization code: **APHA2019**
4. You'll be taken to the "**Create Account**" page, where you'll create a password and input account information i.e. first and last name, username, and email
5. Next, connect your movement tracking device i.e. Google Fit, Fit Bit, Garmin
6. Allow the app access i.e. to your device and location
7. Next, you can tell the community about yourself, or you can skip this step
8. You will be taken to an introduction page with information about the app, you can scroll through this section or skip to the app's home page

You are now a part of the 2019 APHA Billion Steps Challenge!

To join Team Bike Lodi:

1. Scroll down and click the "**Go to Group**" link
2. Scroll down and click "**Join a Team**" and type "**Bike Lodi**" in the search bar
3. Click the add button, which looks like plus (" + ") sign

You are now a part of the billion-step challenge and a member of team Bike Lodi.

The app will use your device to add stats to your profile, group, and team. Through the app's homepage, you can play around with the functions and even view team leaderboards, including how Bike Lodi and the 2019 APHA Billion Steps Challenge are doing towards their goals throughout the Challenge.

Challenge dates: January 1, 2019 through April 7, 2019