



# Quick Start Guide

## Step for Schools Virtual Challenge



EVENT CODE:  
**StepForSchools**

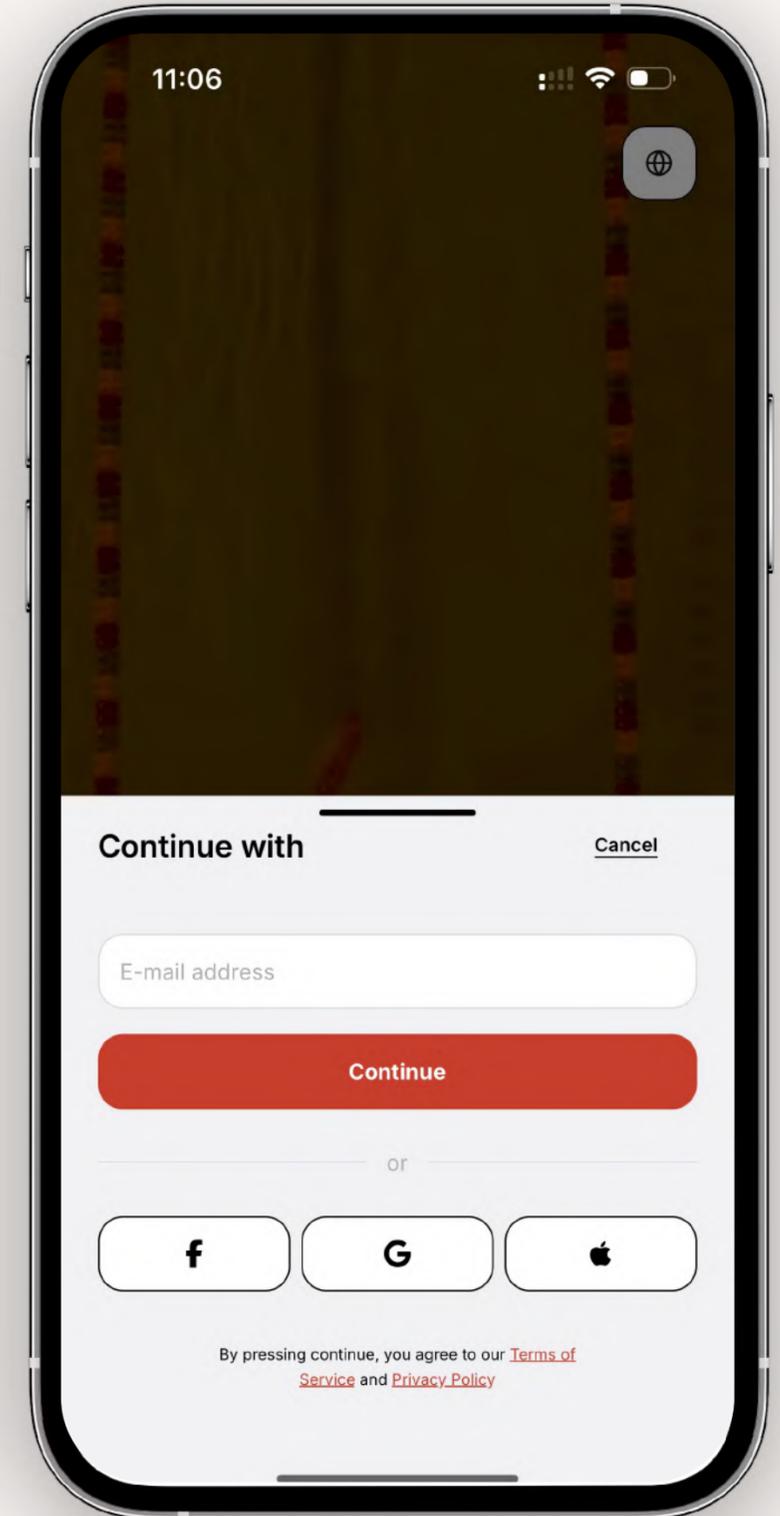
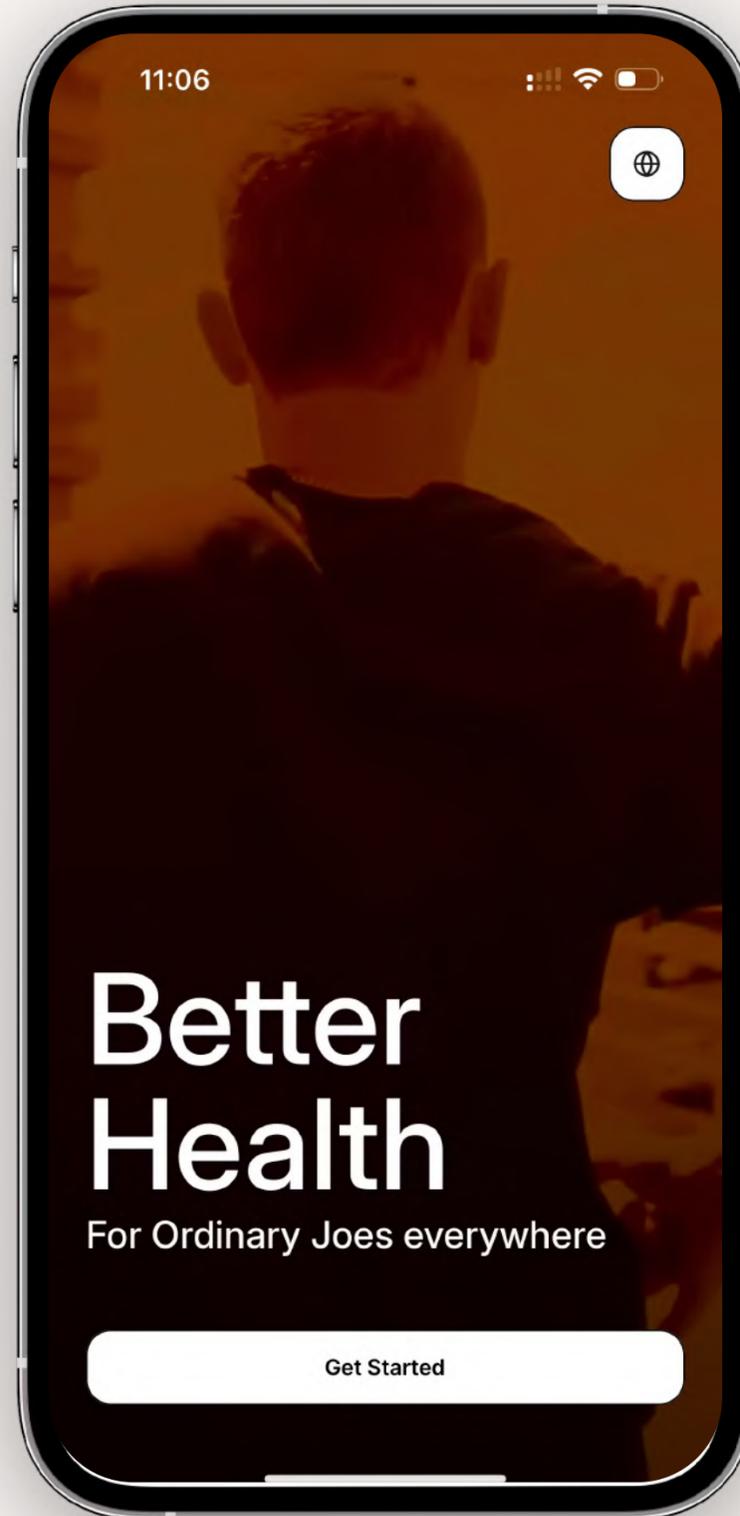


**Setting up your account and  
joining the challenge.**

**GoJoe**

# Create an account

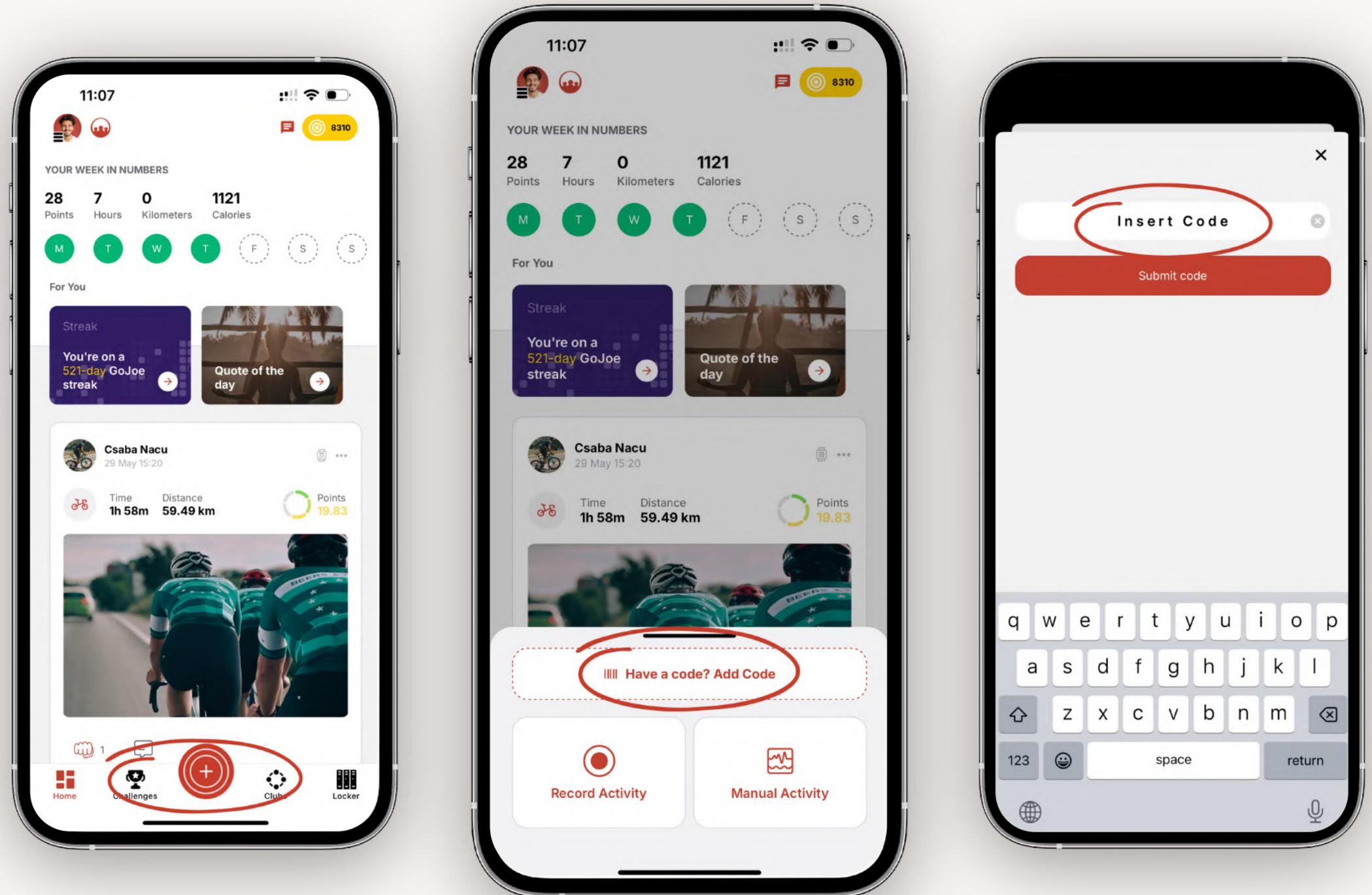
Create an account with GoJoe using any of the available options on screen, and fill out the profile information that follows.



# Join the **Vodafone Foundation** organisation

Join your organisation's page and unlock the Step for Schools challenge by:

1. Tapping the red + button
2. *Tapping 'Have a code?'*
3. *Add code*' the code **StepForSchools**

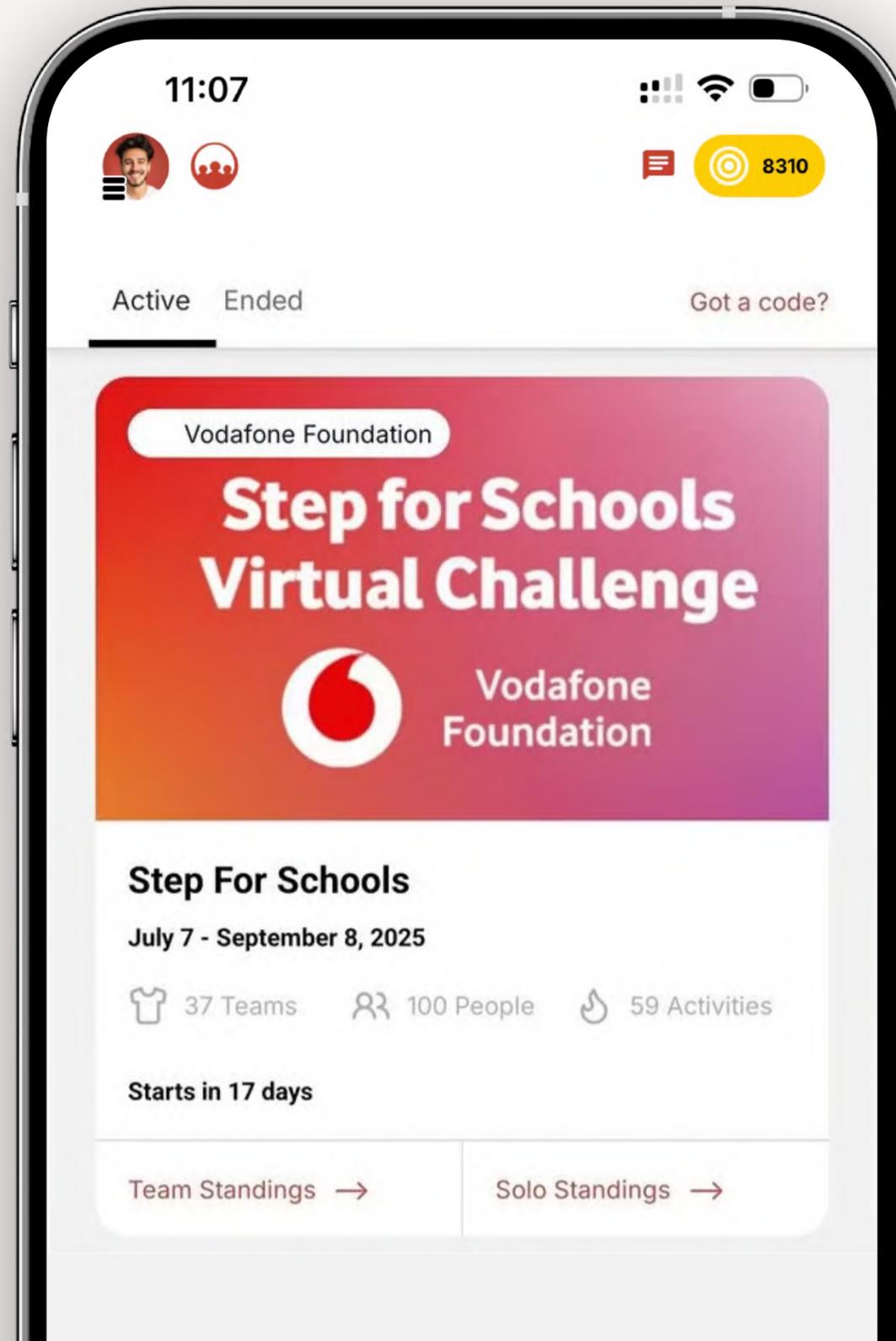


# Join the challenge

In the '**Challenges**' tab at the bottom, tap **Step For Schools** challenge and click '**Join**'

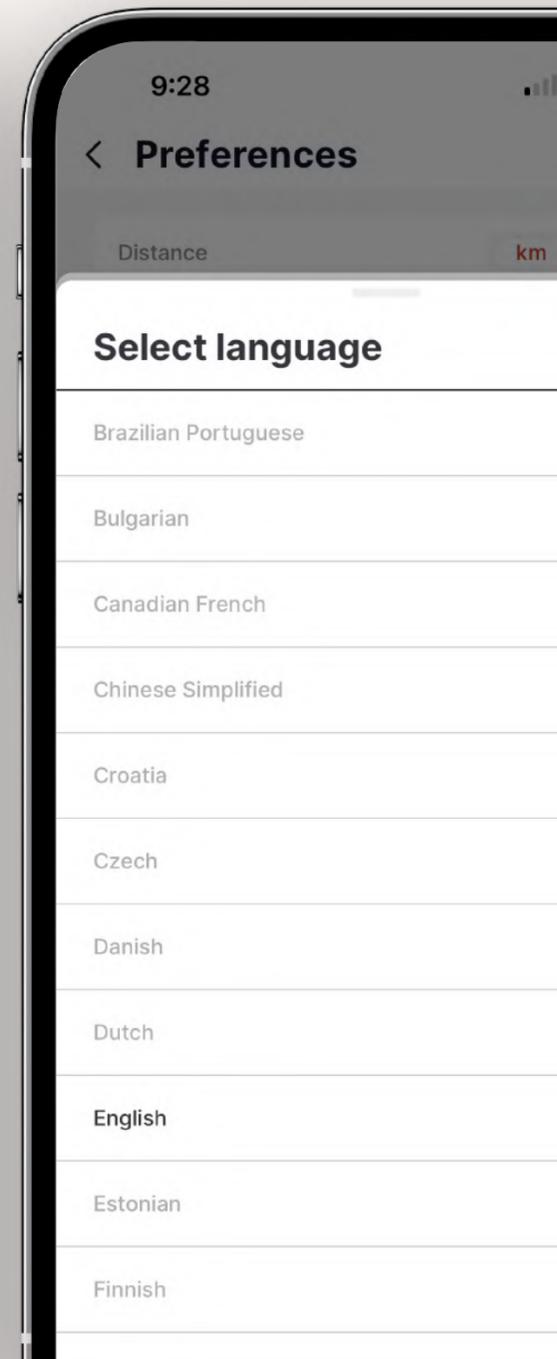
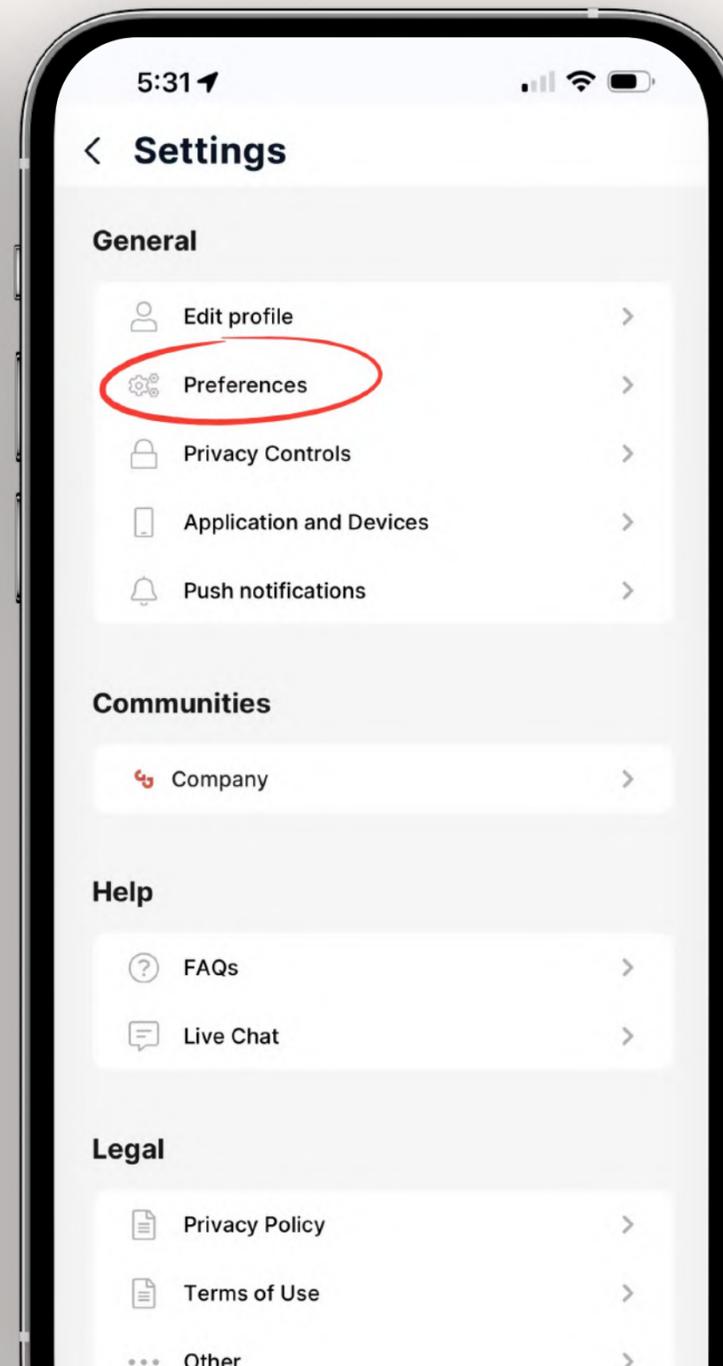
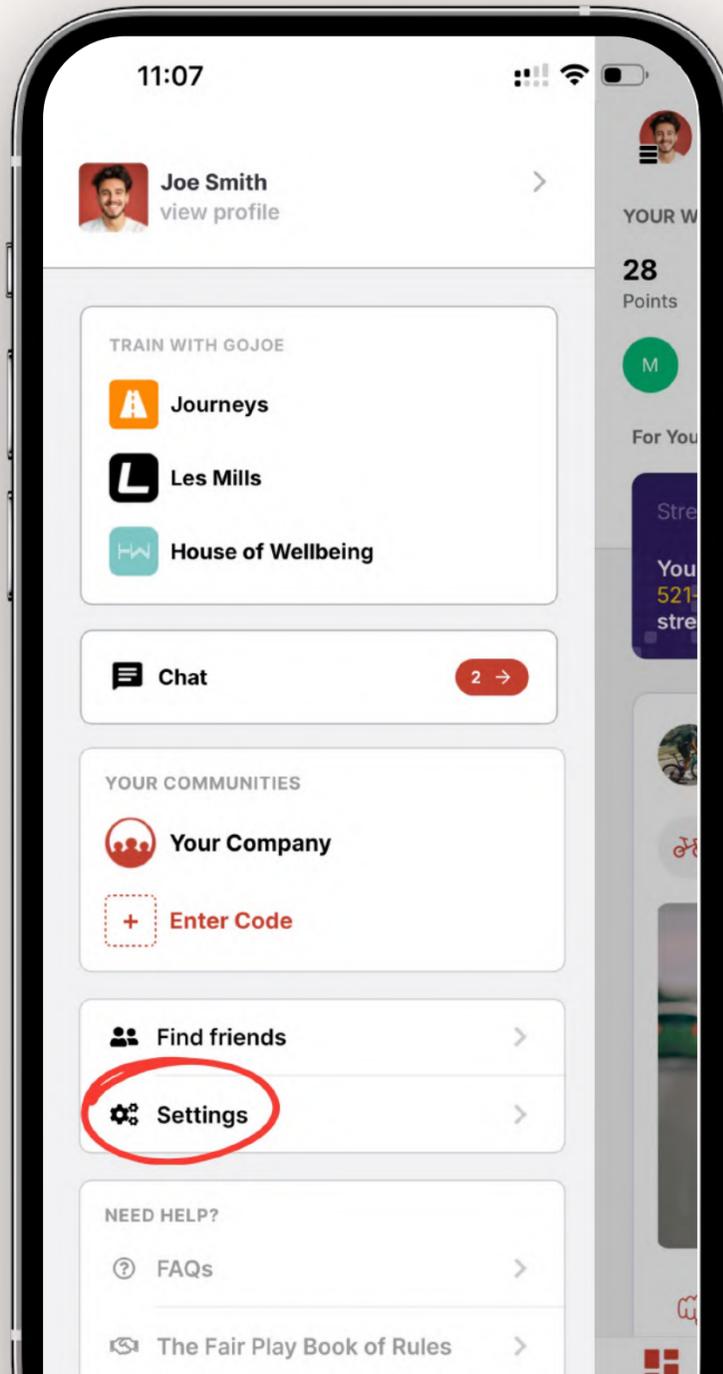
You'll need to create or join a team to be fully ready to take part.

You can join or create your own at any time. Or if you want a really quick sign up, join one of our existing Open Teams - created for anyone to join.



# Language & personal preferences

You can change the language of the GoJoe app. Tap your profile icon in the top left of the **'Discover'** tab > **'Settings'** > **'Preferences'** > **'Languages'**



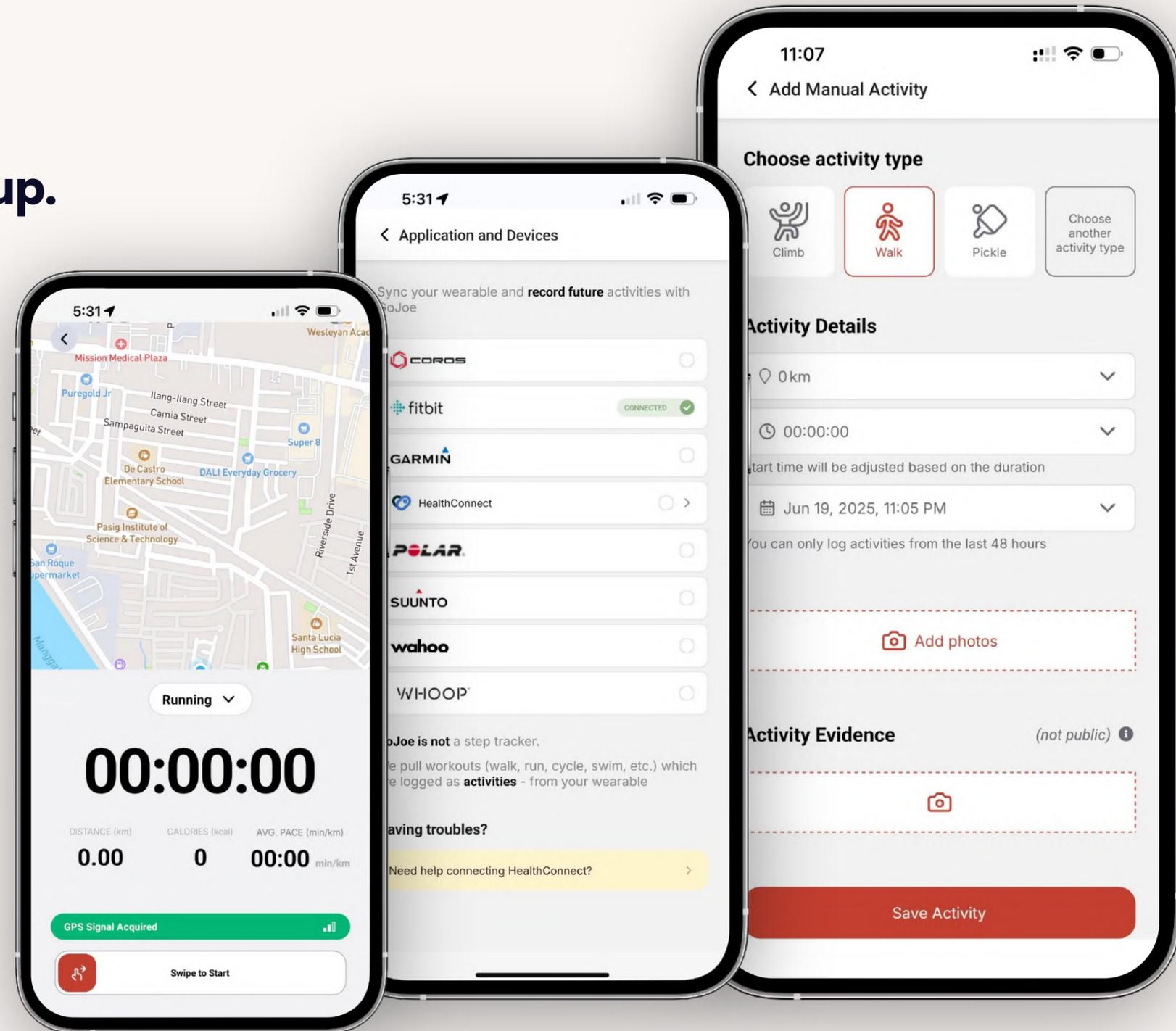
**Adding your activities.**

GoJoe

# Logging activities

There are three ways to log an activity on GoJoe. Making it accessible regardless of your tech set up.

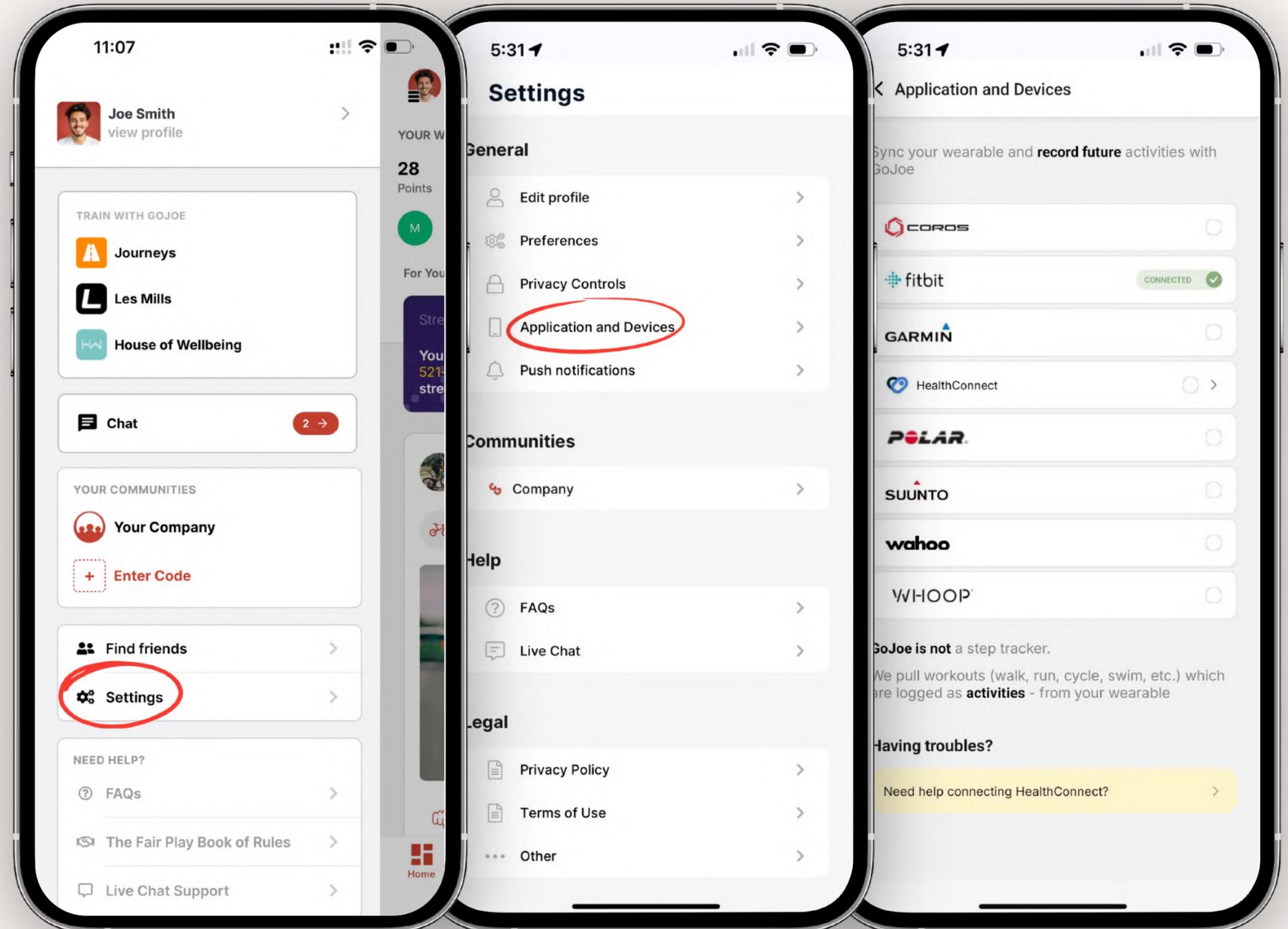
1. Sync your wearable
2. Use the in-app GPS tracker
3. Manually added activities



# 1. Sync your wearable

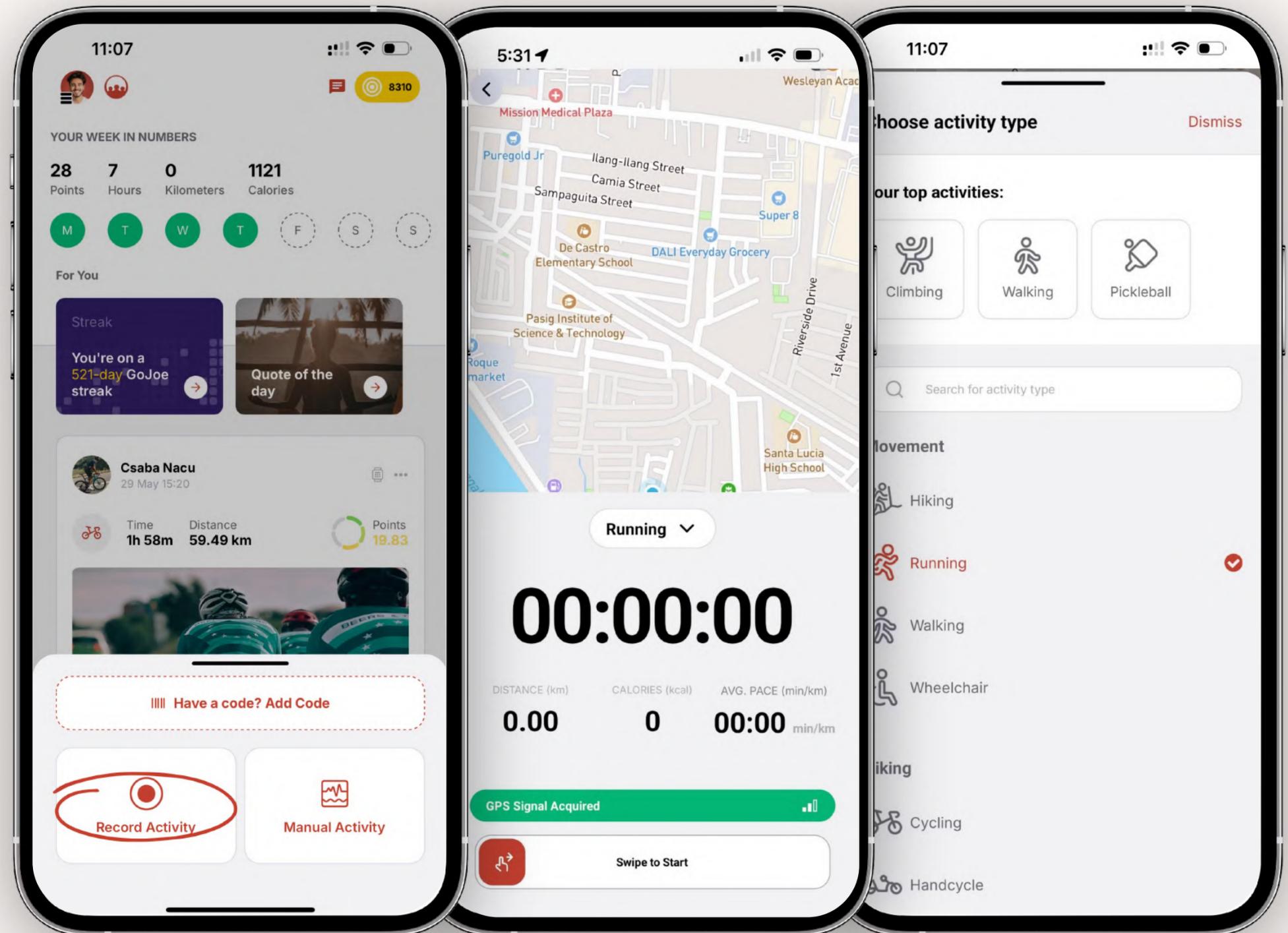
You can sync a wearable within the GoJoe app:

Tap your profile icon in the top left of the **'Discover'** tab > **'Settings'** > **'Applications and Devices'** > Select which wearable you'd like to sync and follow the steps.



## 2. Use the in-app GPS tracker

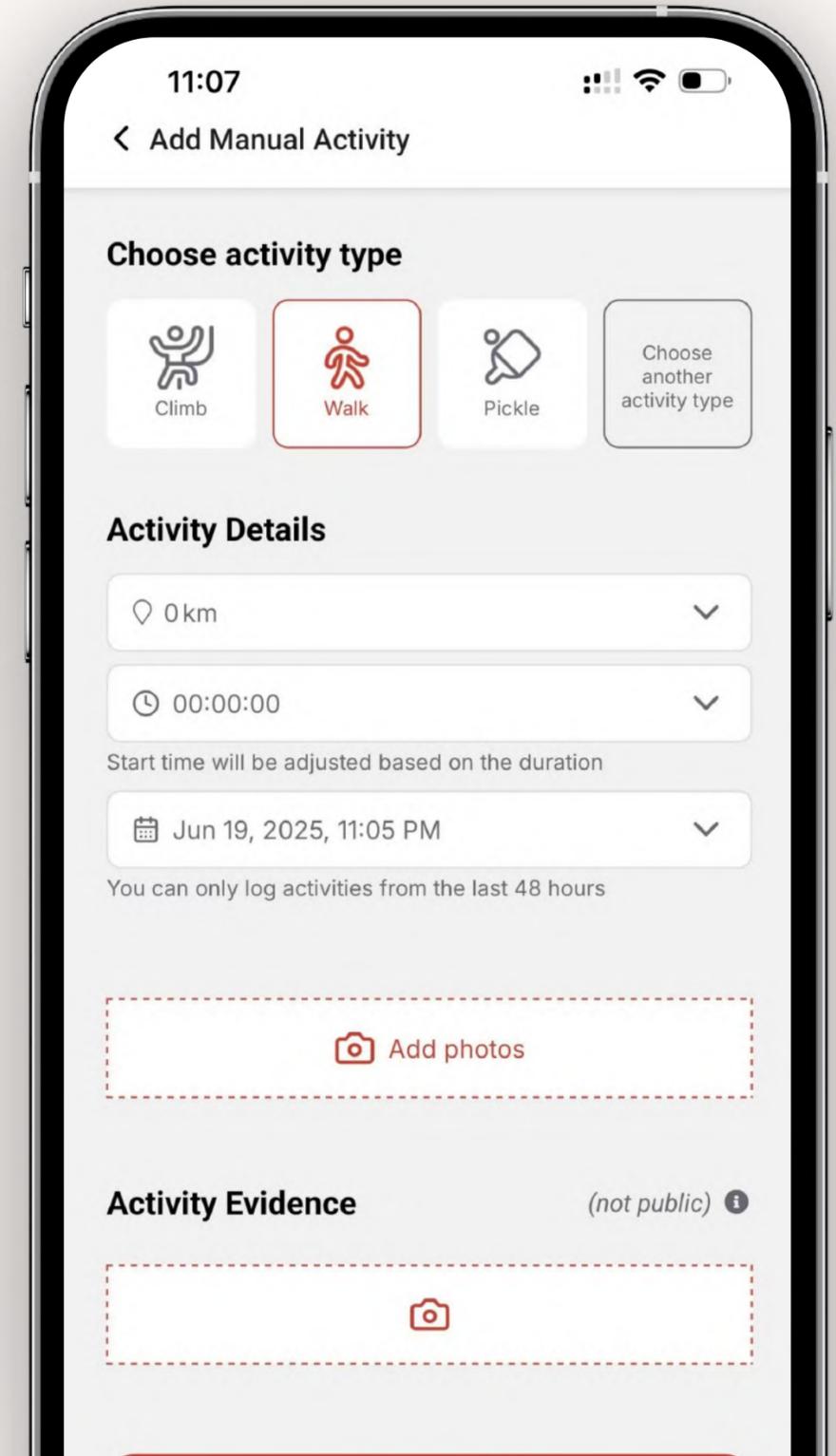
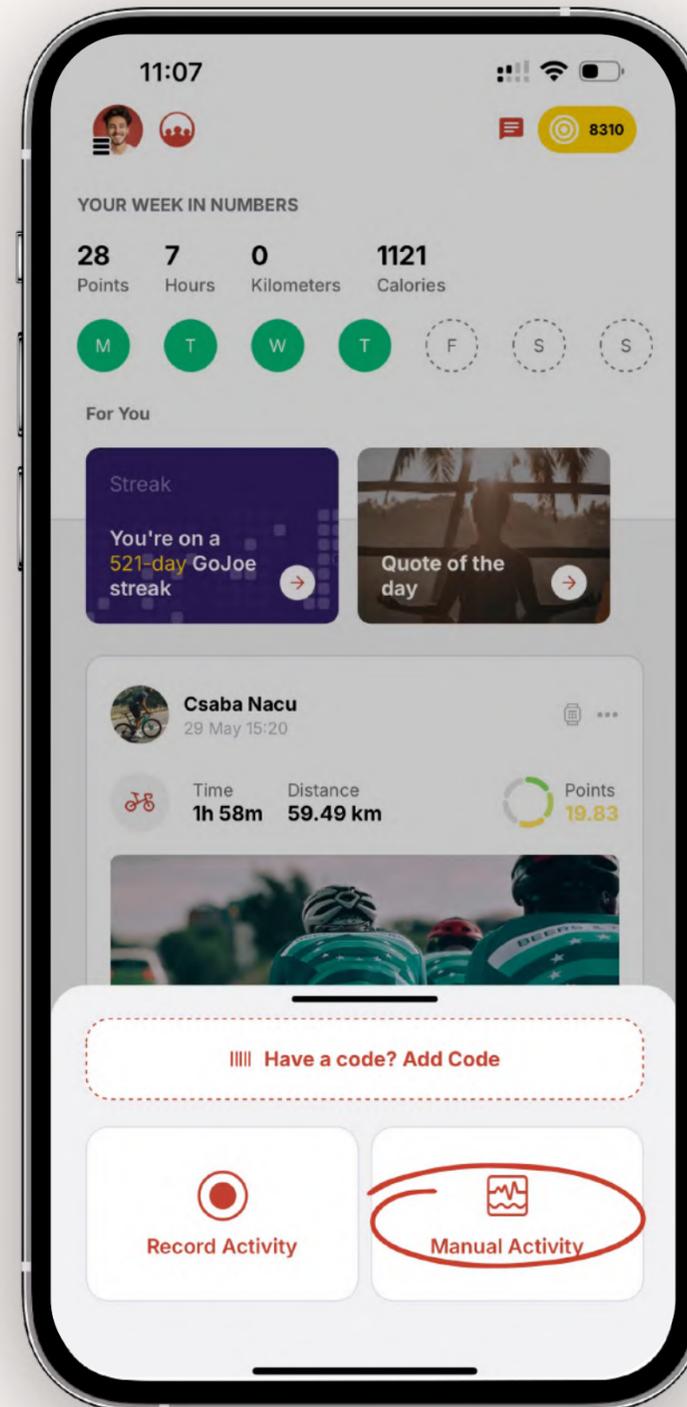
Use the in-app GPS tracker to track activities by tapping the red + button > **'Record Activity'** > Choose Activity > **'Swipe to Start'** > exercise > **'Swipe to Stop'**



# 3. Add activities manually

Add an activity manually by tapping the red + button > **'Manual Activity'** > Choose Sport > Add Duration > Set date and time > tap **'Continue'**.

Provide evidence to your activities to authenticate them.



# How do the weighted points work?

GOJOE

## Distance

- Cycling**  
3km (1.86 miles)
- Handcycling**  
2km (1.24 miles)
- Running**  
0.95km (0.59 miles)
- Swimming**  
240m (0.15 miles)
- Walking**  
1km (0.62 miles)
- Wheelchair**  
1km (0.62 miles)
- Hiking**  
0.85km (0.53 miles)
- Rowing**  
8.57 mins

## Duration

- Aerobics**  
7.5 mins
- Baseball**  
20 mins
- Breathwork**  
60 mins
- Climbing**  
7.5 mins
- Cricket**  
20 mins
- Fencing**  
7.5 mins
- Golf**  
30 mins
- Hockey**  
6.67 mins
- Kayaking**  
8.57 mins
- Mental fitness**  
60 mins
- Paddleboarding**  
7.5 mins
- Pilates**  
10 mins
- Skateboarding**  
8.57 mins
- Snowboarding**  
15 mins
- Strength**  
10 mins
- Target Practice**  
30 mins
- Water Polo**  
6.67 mins
- Badminton**  
8.57 mins
- Basketball**  
6.67 mins
- Canoeing**  
8.57 mins
- Creative Expression**  
60 mins
- Dance**  
7.5 mins
- Football**  
6.67 mins
- Gymnastics**  
7.5 mins
- Horseriding**  
10 mins
- Martial arts**  
8.57 mins
- Mindfulness**  
60 mins
- Padel**  
6.67 mins
- Rugby**  
6.67 mins
- Skating**  
7.5 mins
- Spin**  
6.67 mins
- Surfing**  
10 mins
- Tennis**  
6.67 mins
- Yoga**  
10 mins
- Barre**  
10 mins
- Boxing**  
6.67 mins
- Cardio**  
12 mins
- Crossfit**  
6.67 mins
- Diving**  
15 mins
- Gardening**  
60 mins
- Hiit**  
6 mins
- Journaling**  
60 mins
- Meditation**  
60 mins
- Netball**  
7.5 mins
- Pickleball**  
8.57 mins
- Sailing**  
10 mins
- Skiing**  
15 mins
- Squash**  
6.67 mins
- Table Tennis**  
10 mins
- Volleyball**  
7.5 mins
- Other**  
(If your activity isn't covered above)  
60 mins

# Activities for all

There are over **50 activity types** to choose from and GoJoe automatically allocates points when you log activities. All activities are weighted to level the playing field and are based on either the duration or distance of the activity type.

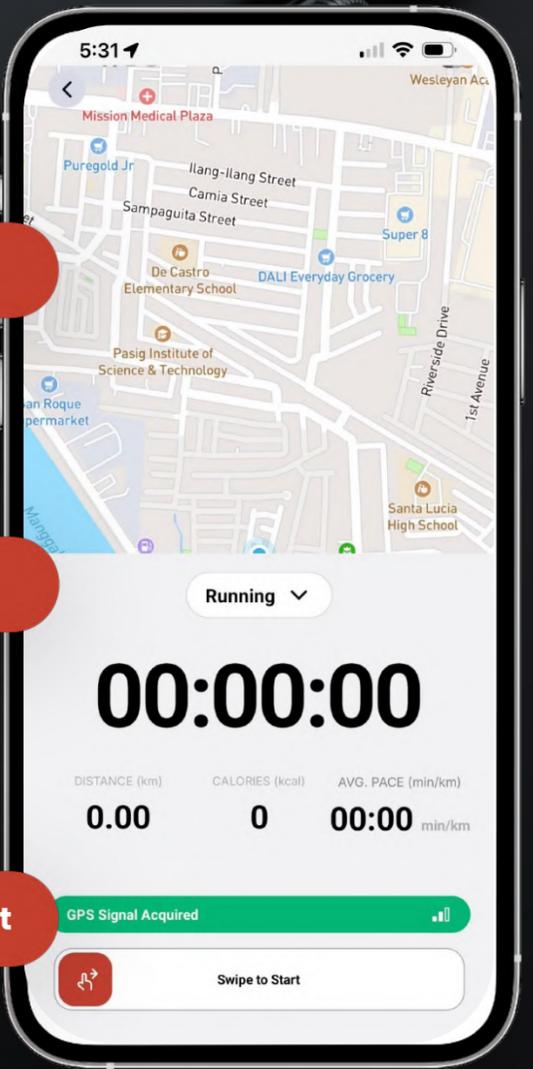
The list on the left show what you need to do for each activity to get 1 point.

Walking is included and really popular, but it's all about a planned walk and activity. We don't count everyday steps as not everyone can/wants to step and want to get everyone active in a purposeful way.

Wearables

In-app GPS Tracker

Manual Input

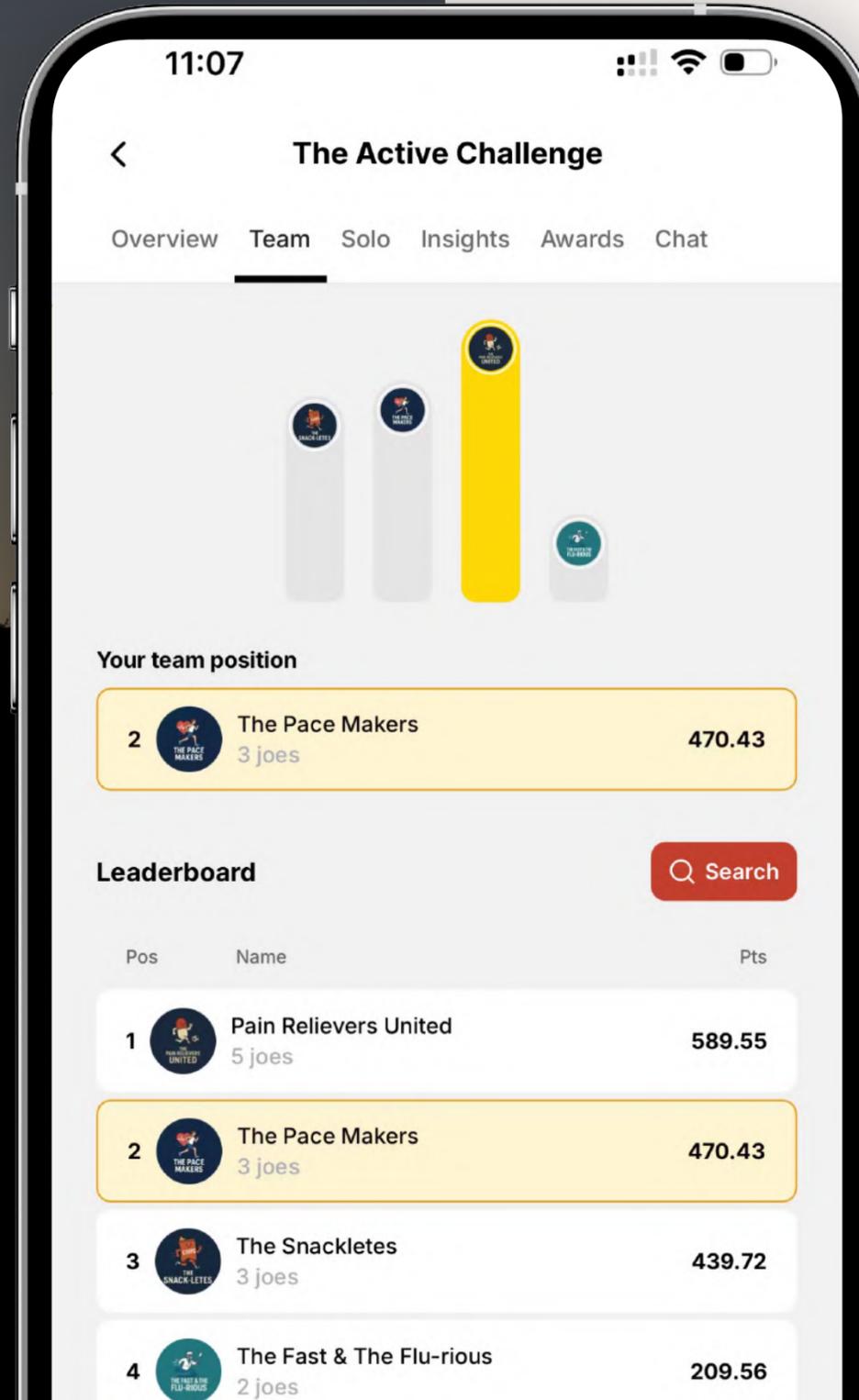


# Check out the Leaderboards

Once the challenge is live, your activities and related points will start appearing the leaderboards.

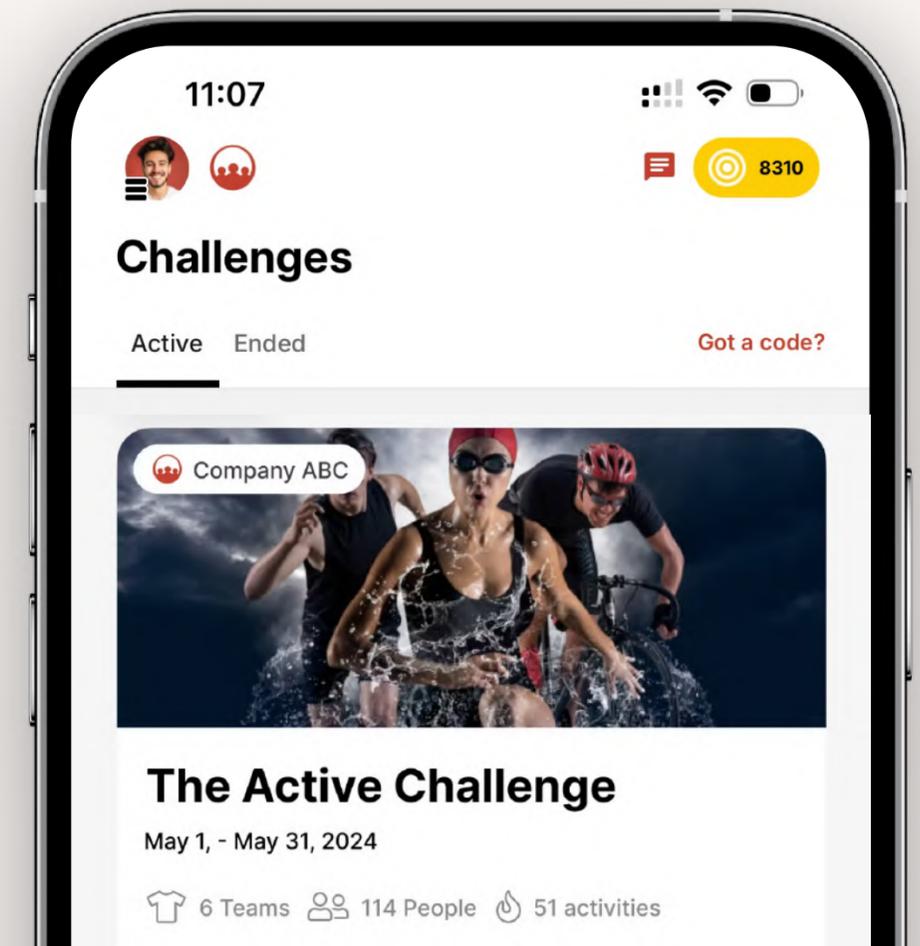
The challenge is a Most Points format, so all activities count!

There's a team and solo leaderboard to keep tabs on, as well as our tracker map that showcases your collective effort around the world visiting key Vodafone Foundation projects



You can also see challenge wide stats in **'Insights'** section as well as **'Awards'**

When the challenge has finished, it will appear in the **'Ended'** section.



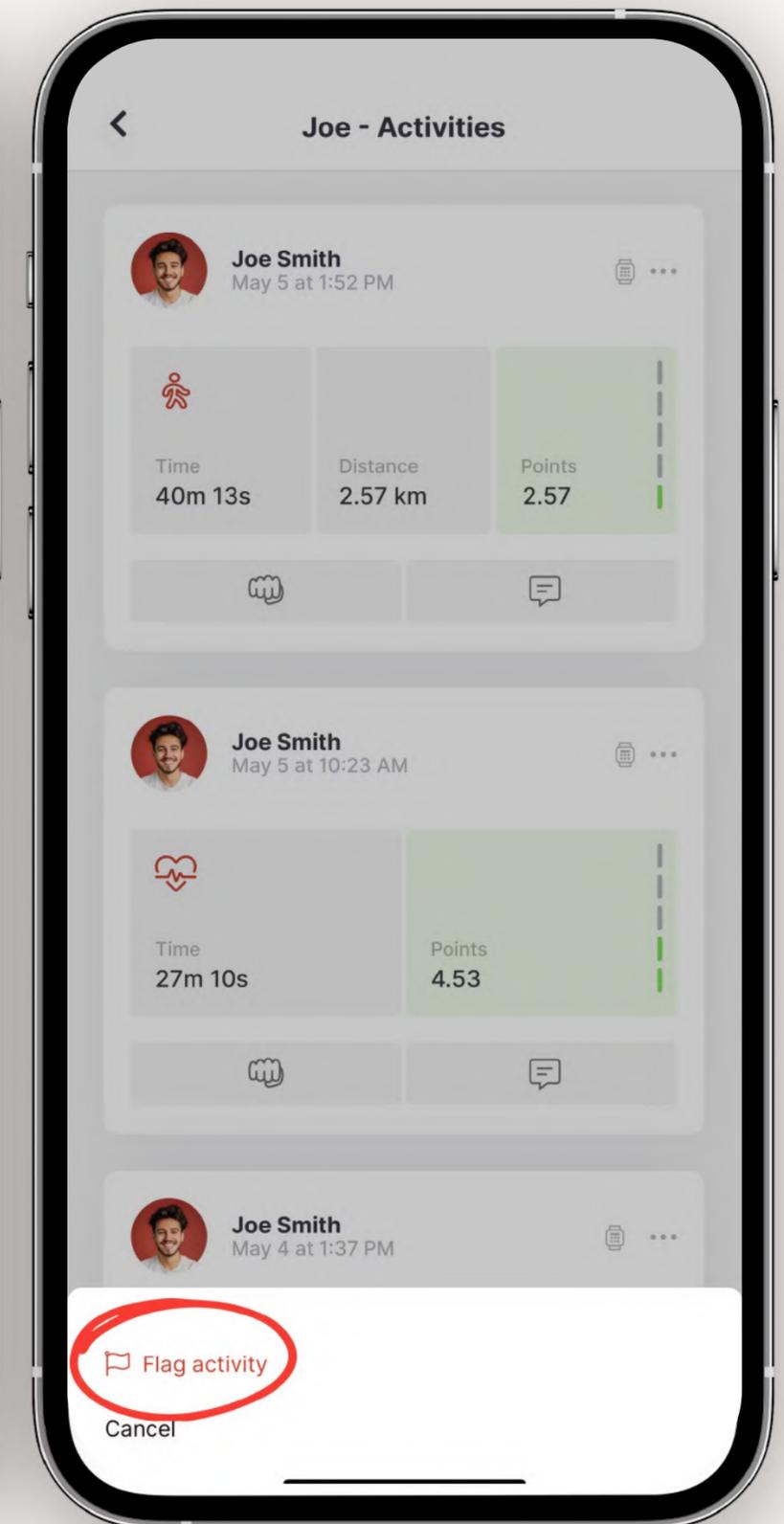
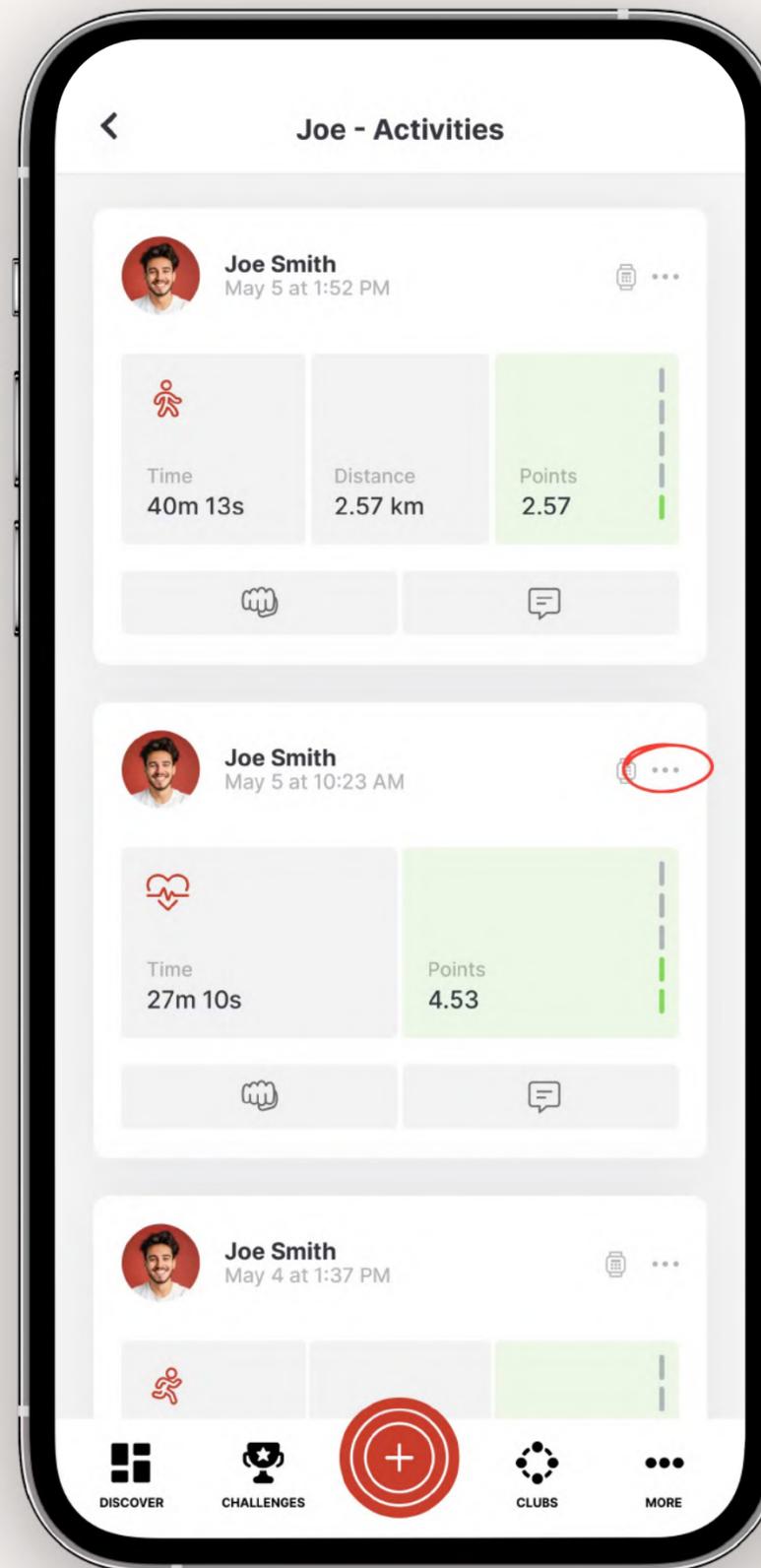
# Something doesn't look quite right?

We have a special team of GoJoe referees that are on hand to take a look in to activities that don't quite look right!

**If you see an activity that may be a little suspicious, you can press the three dots > flag activity.**

The GoJoe Referee team will take a look in to the activity and may follow up with the user with a request for some evidence.

Please add evidence to manual activities where you can!



**Make the most out of GoJoe.**

GoJoe

# Get Social

Search for your friends and colleagues in the challenge and give them a follow. Their activities will then appear on your homepage feed too!

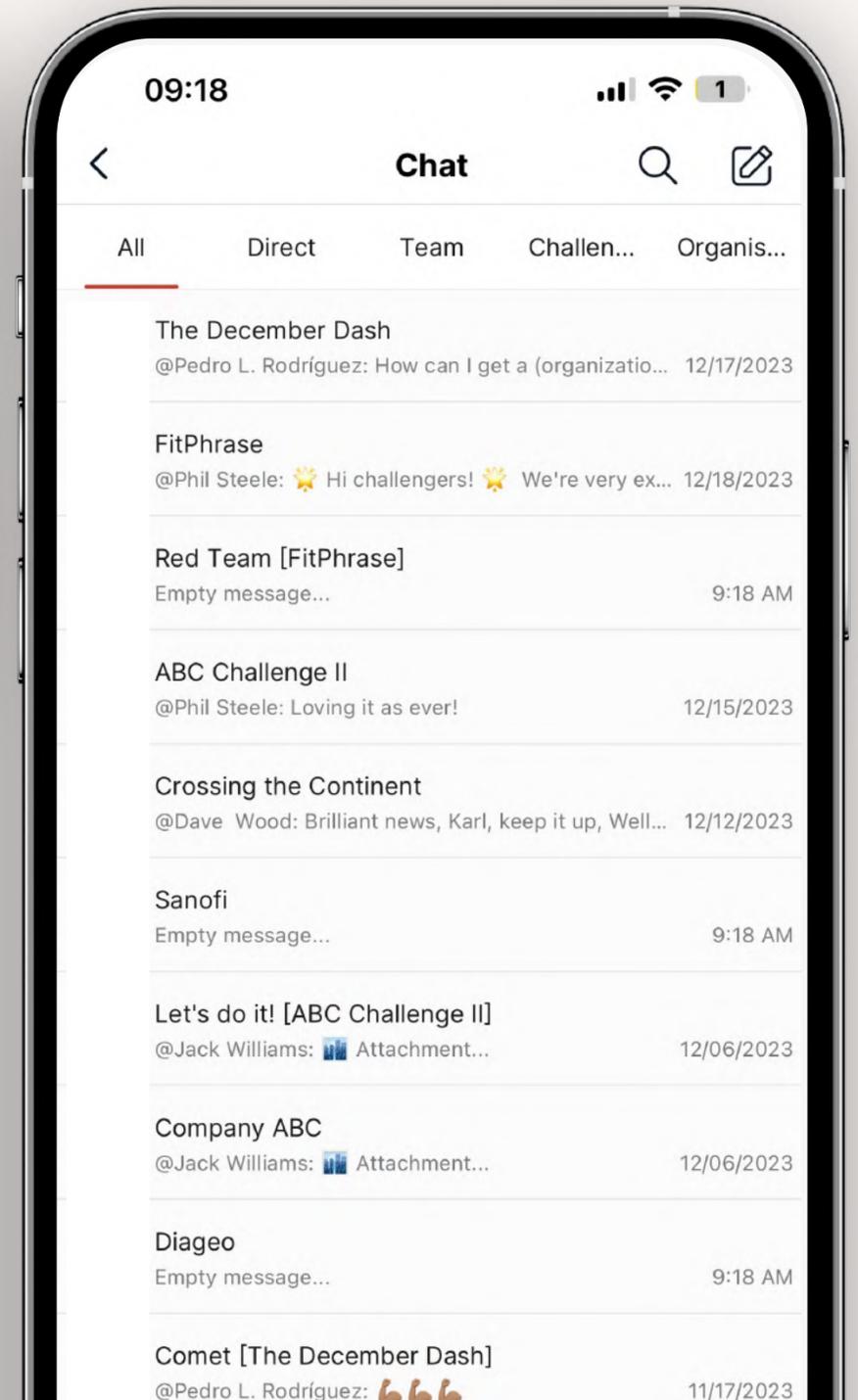
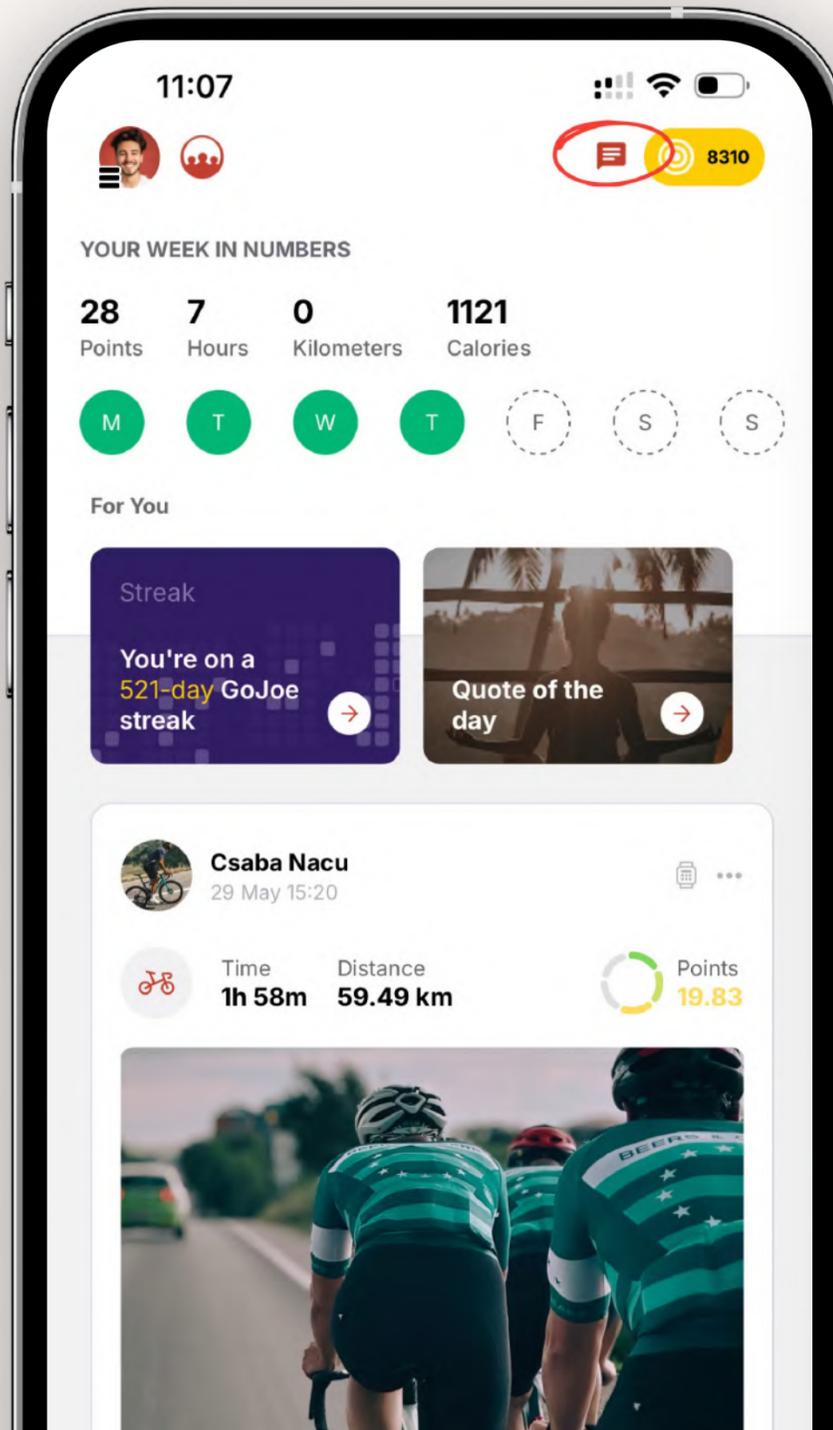
To chat, hit the chat button on the **'Discover'** tab to locate your inbox.

**'Direct'** – all direct messages from singular users

**'Team'** – discuss tactics with your team

**'Challenge'** – give words of encouragement and share your photos with everyone in the challenge

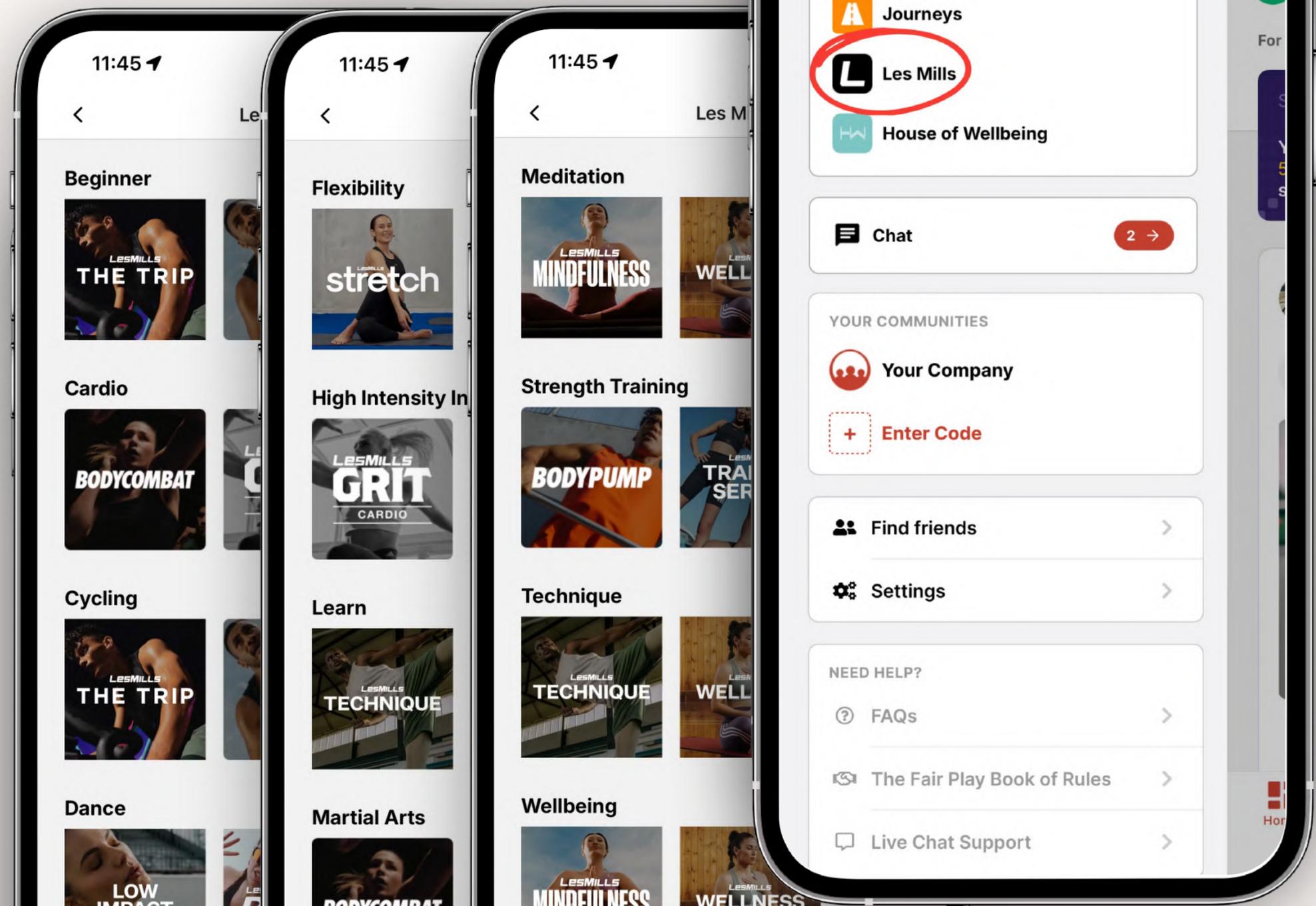
**'Community'** – chat with users from your organisation outside of a challenge



# Les Mills on demand workouts

On the 'DISCOVER' page, tap on 'Browse all classes' on the Les Mills banner.

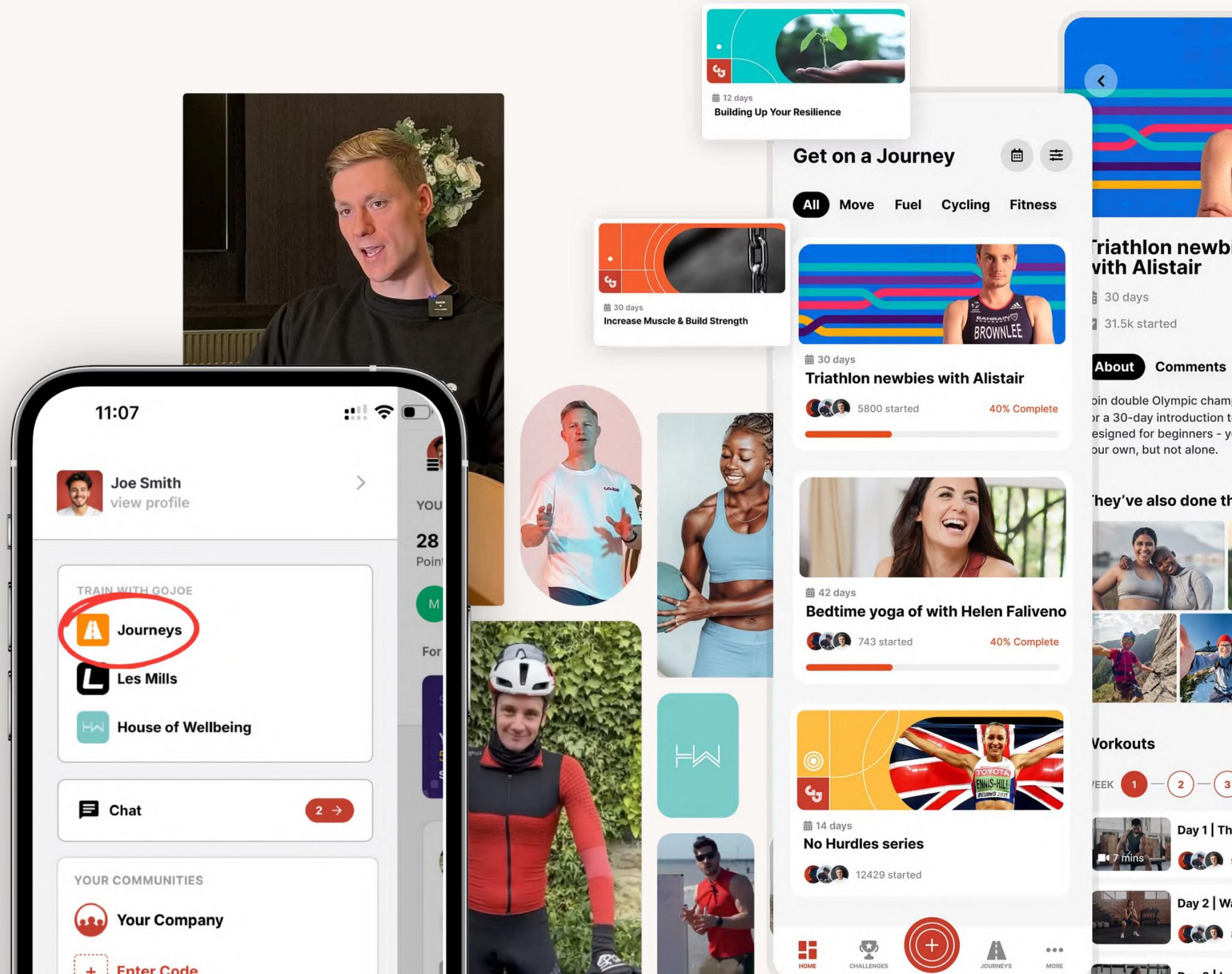
As a GoJoe premium user, you get access to over 350 diverse Les Mills classes for you to choose. You can explore each category to find your next workout, mindfulness session or stretch.



# Journeys

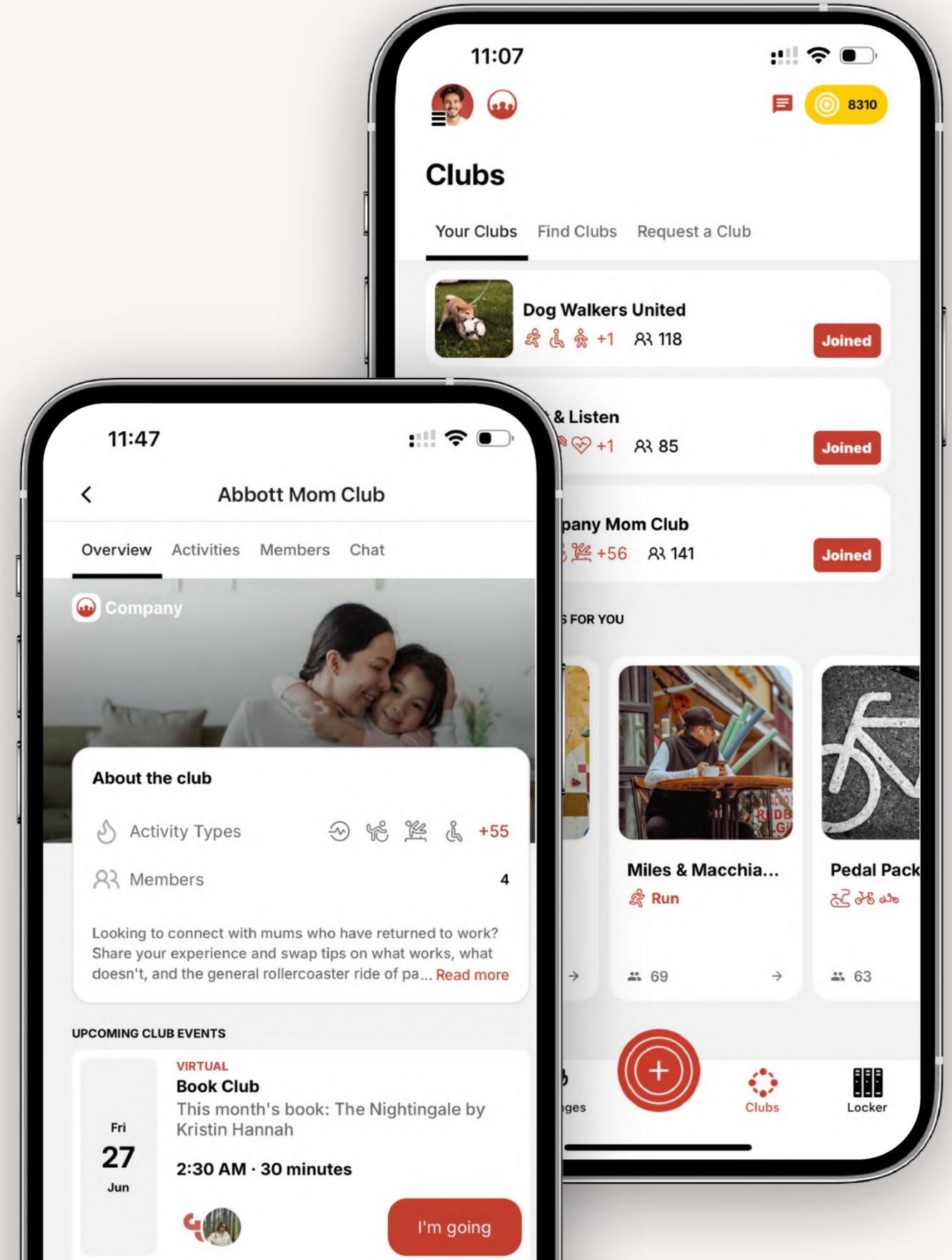
Journeys are health and fitness programmes led by celebrities or experts. You'll join others on the same journey and have structured step-by-step expert guidance to guide you.

To start a journey, tap your profile icon in the top left > 'Journeys'



# GoJoe Clubs

GoJoe Clubs bring like-minded users together around shared interests, whether it's running, cycling, lifting or even dog walking. Whatever you enjoy, there's a club for you. Plus, it's the perfect place for swapping tips and celebrating wins – big or small!



# Locker: Accessing key materials

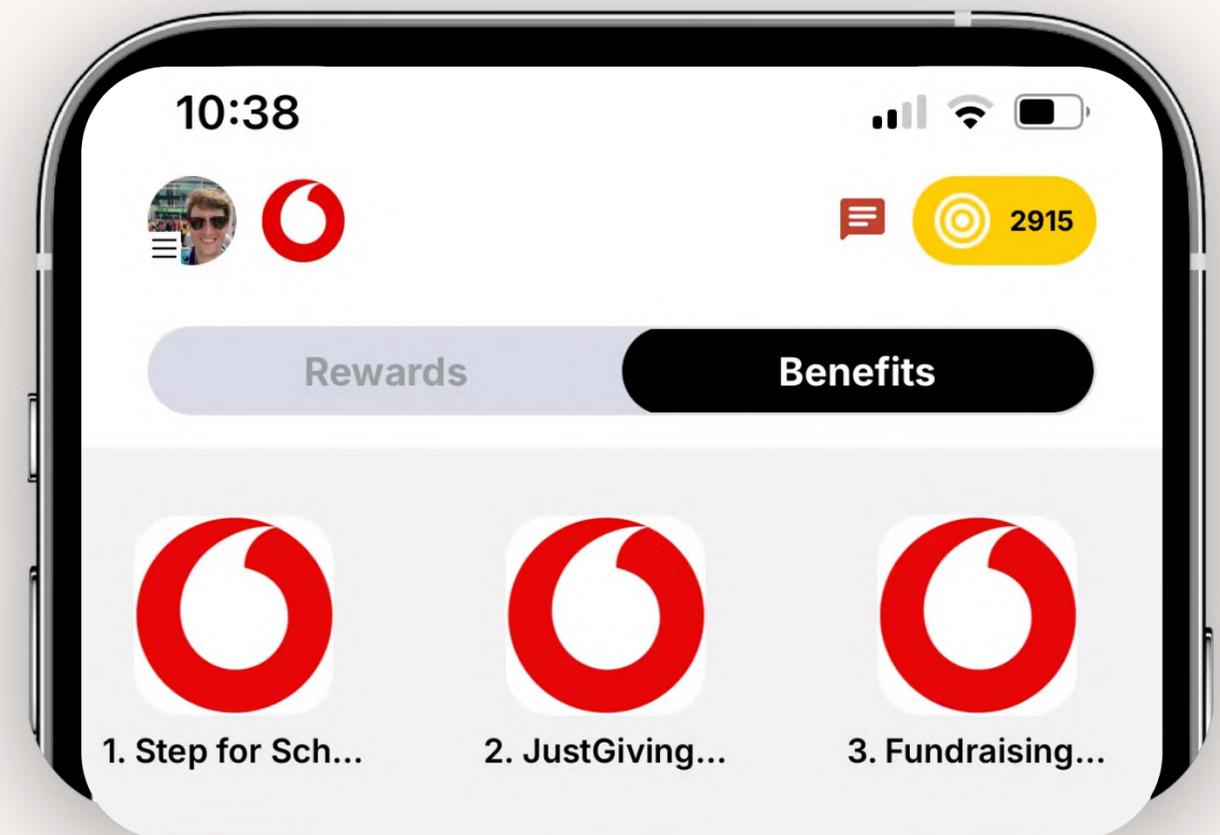
## Locker: Benefits

Tap the '**LOCKER**' tab on the bottom right, and go to the **Benefits** tab.

This is where you can find direct links to:

- The Step for Schools campaign page
- The Step for Schools JustGiving page
- A fundraising pack to support you in your fundraising efforts

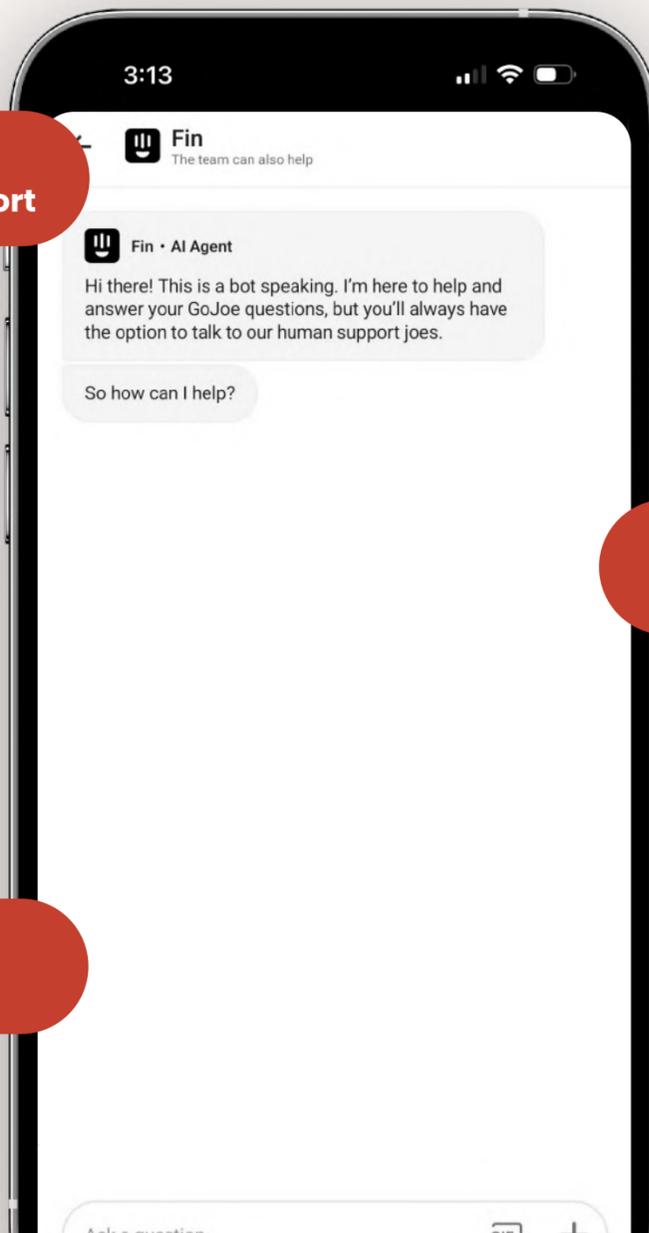
Also, these same links are available via the **Quick Links** section of the homepage.



# Help Desk

It's a team game at **GoJoe** and we are here to support you with anything you need.

**In-app**  
Menu > Live Chat Support

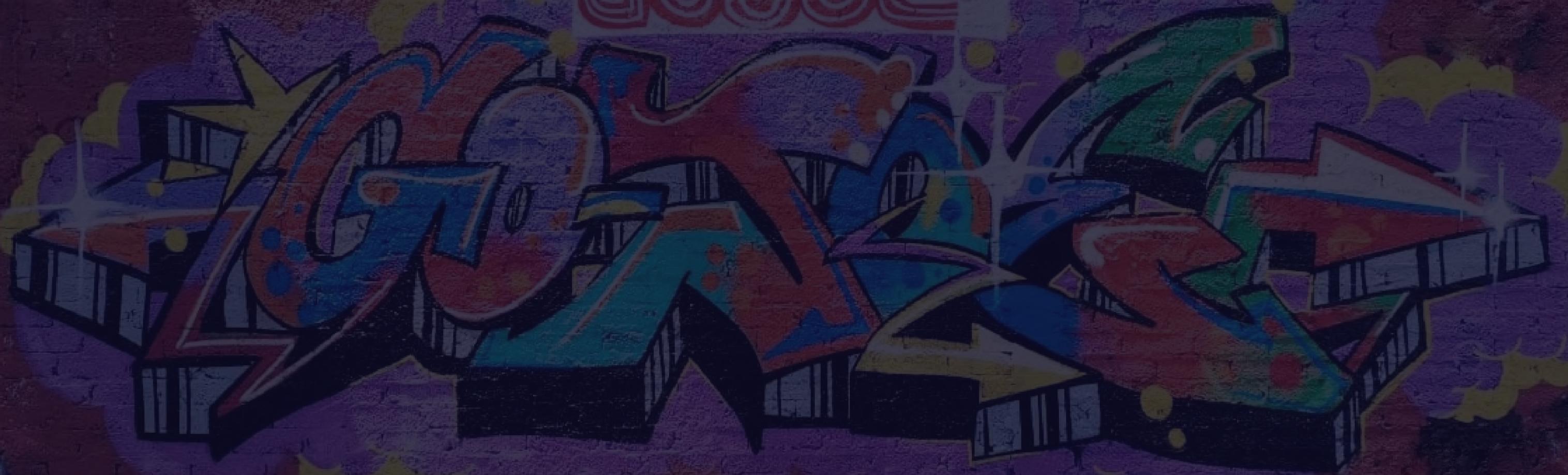


**Email**  
[help@gojoe.com](mailto:help@gojoe.com)

**Online**  
[GoJoe.com](https://gojoe.com) > Help



GOJOE



**Ready. Set.** GOJOE

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