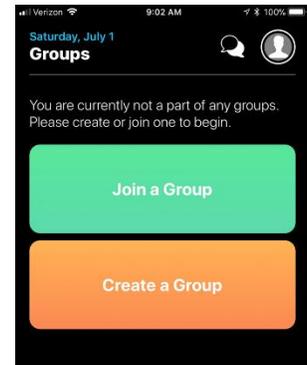


The team competition is designed to be fun and for bragging rights, of course. The app will display your personal steps, as well as the individuals on your team. You can view your team compared to other teams as well.

Join a Group (team)

1. Open the “Groups” page.
2. Click “Join a Group”
3. Use the search bar to find your team name and click “request to join” when team is located. **You can only be on one team.**

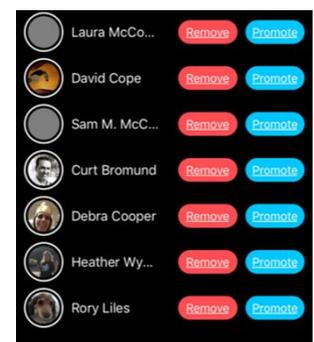


Create a Team

1. If you want to create a new team, click “Create a Group”, input team name. Whoever creates the new team is automatically the team AMPlifier. This means you are the team leader, or captain. You are the one who will get new team requests.
2. Share team name with other team members, so they can request to join. Make sure to let other potential team members about your team by sharing app and team name via text, email, or social media!
3. Teams must be 4 or more people and can be a group of friends, family, workplace colleagues or departments; all shapes and ages. Teams of less than 4 will still show on the leaderboard, but at the bottom until they have at least 4 people on their team.

As the AMPlifier, you can:

- Accept or deny people to join your team from the Requests tab
- Change team names. To change team name, AMPlifier, to remove members from group, select “Group Settings” bubble (yellow bubble on Groups page)
- Edit Users- remove users or promote user to be a co-AMPlifier
 1. Open the app
 2. Got to groups page
 3. Select group settings
 4. Select edit users
 5. Select Remove to remove the users from the team



Once you have been accepted by the team AMPlifier, you can:

- View your roster through the “Leader Boards” bubble (green) “group” tab
- View how your team is doing compared to other teams by clicking on the Global tab (Global leaders are determined by dividing total numbers of points for a team by the number of team members)
- Message team members and send pictures via the “Message Board” bubble
- Leave group by selecting the leave group option on the “group settings” bubble

