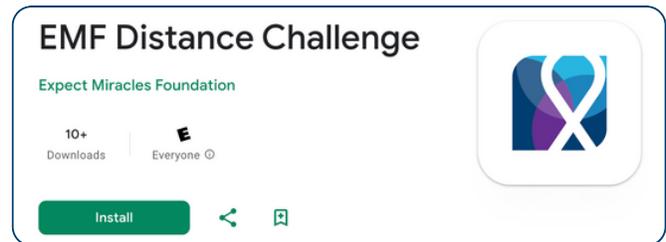




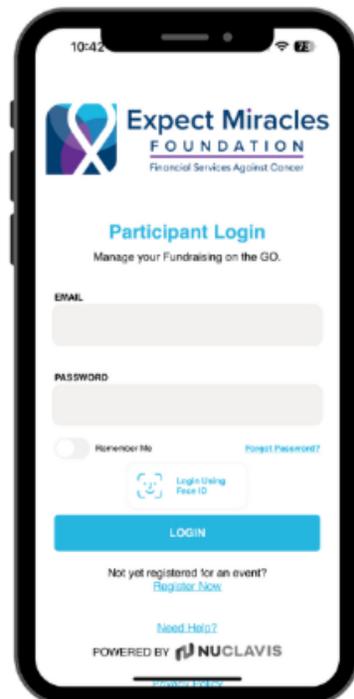
DISTANCE TRACKING INSTRUCTIONS

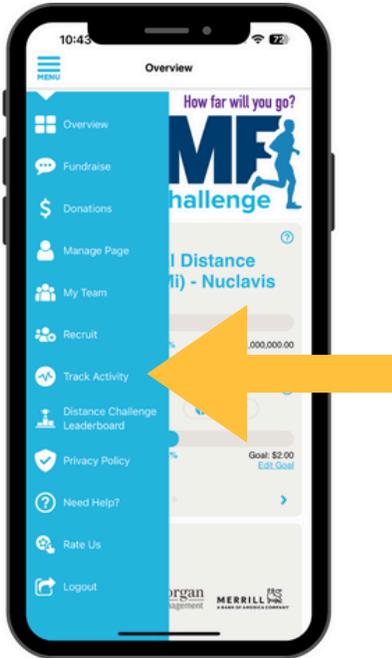
USING MOBILE APP

1. Download EMF Distance Challenge App. Search “EMF Distance Challenge” in the App Store or Google Play.
<https://urlgeni.us/EMFDistanceChallengeApp>



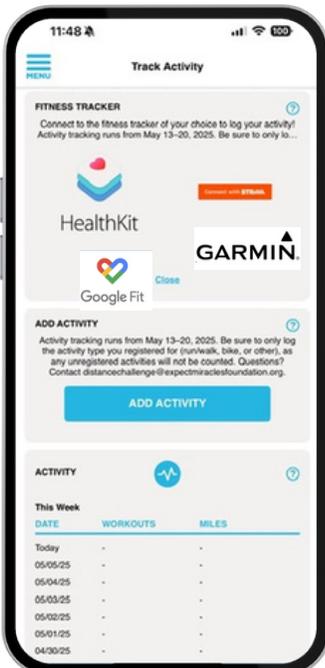
2. Input your email address and password, you can easily reset password if needed.





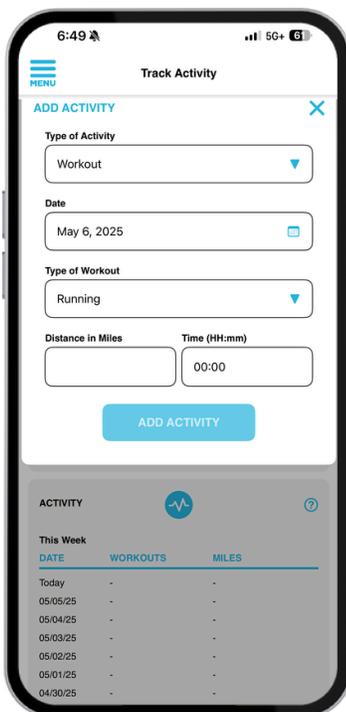
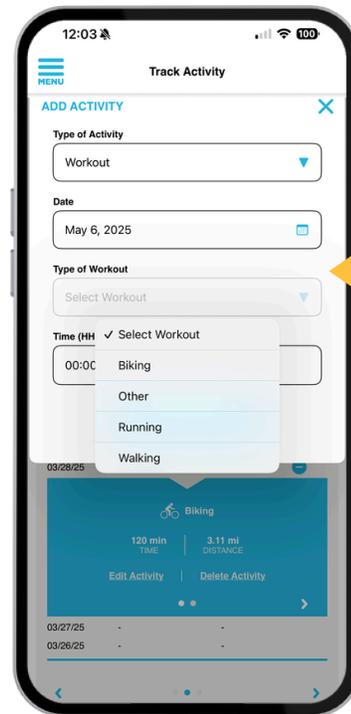
3. Toggle to “Track Activity” (only available starting 5.13).

Option A: Sync with Apple Fitness, Google Health, Garmin, or Strava



- After connecting your fitness tracking device, you must start & stop each activity in the fitness tracking app for it to sync with the EMF Distance Challenge App.
- General step counts or background tracking will not transfer—only logged activities will sync.
- **Important:** Only the activity you registered for will count toward your Distance Challenge goal and leaderboard. For example, if you registered for "bike" but track a walk or run on Strava, it may appear in the app but will not count towards your distance goal or leaderboards.

Option B: Manually Enter Workouts / Activities.



- Select your activity each time you manually log one.
- Only choose the “type of workout” you registered for (e.g., bike, walk, run).
- **Important: Only your registered activity will count toward your distance goal and the leaderboard.**
- If you enter a different activity / workout, it may appear in the app but will not be counted toward your distance goal and the leaderboard.
- You must enter the time it took, but time does not impact distance goals or leaderboard standings.