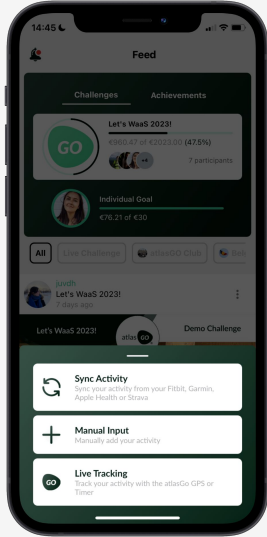


TACKLE CANCER
CHALLENGE
3RD EDITION

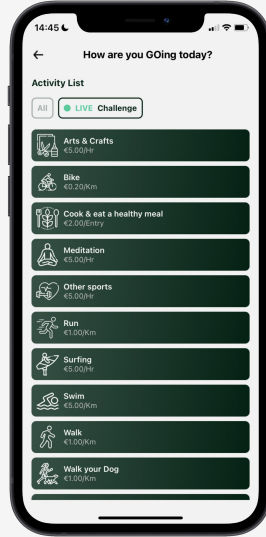


Oncidium
foundation

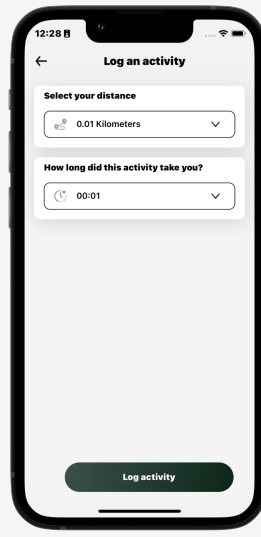
How to manually add your activity?



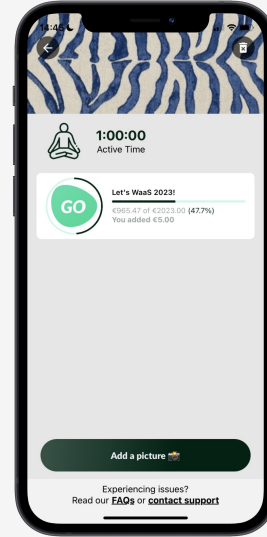
Click on the GO tab in the middle of your screen and select the "Manual Input" option



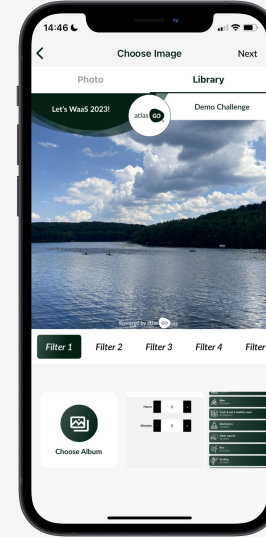
Select the activity you would like to log



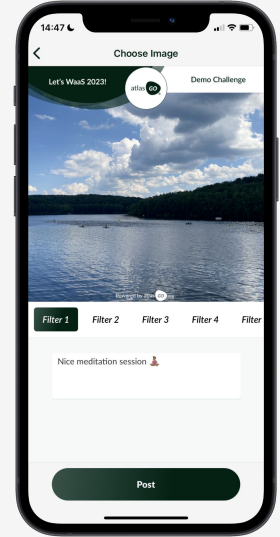
Enter the number of kilometers/miles and/or hours and/or units



Once your activity is added. Click on "Add a picture 📷", save without a picture or delete the activity.

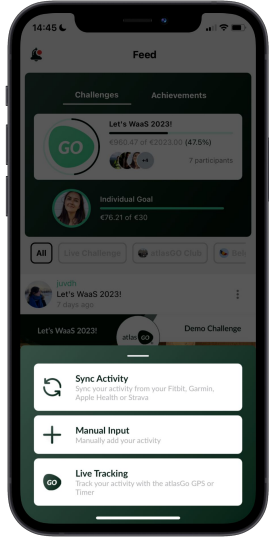


Give teroGO access to your camera to take a picture or select a picture from your library

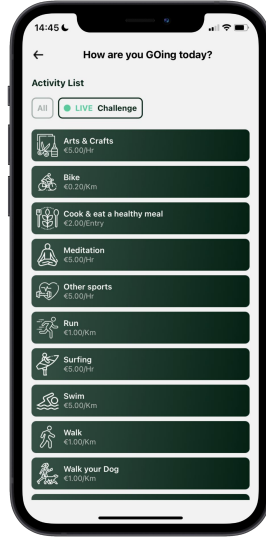


Choose a filter, add a description to your picture (optional) and click on "Post"

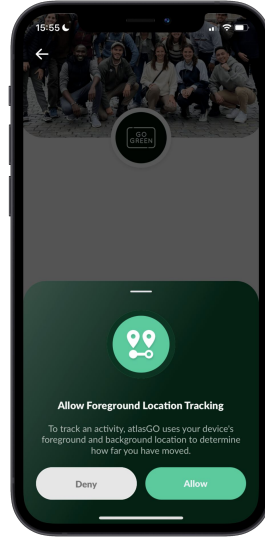
How to live-track your activity?



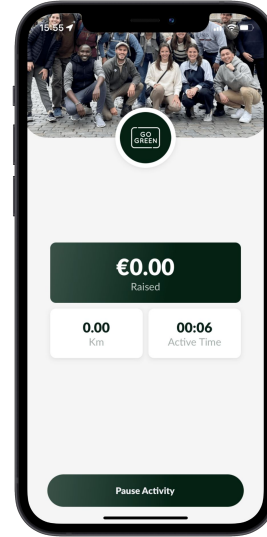
Click on the GO tab in the middle of your screen and select the "Live Tracking" option



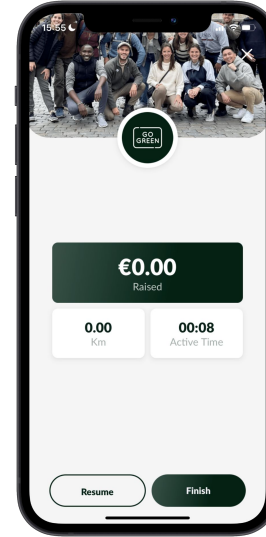
Select the activity you would like to track



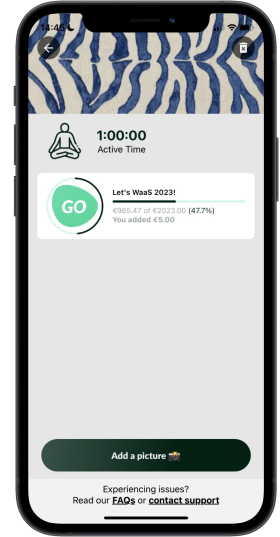
Allow teroGO to access your location for GPS tracking



Do your activity with your live tracking on

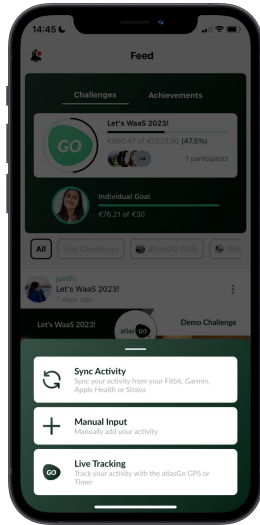


Click on "Pause Activity" then "Finish" to stop the live tracking

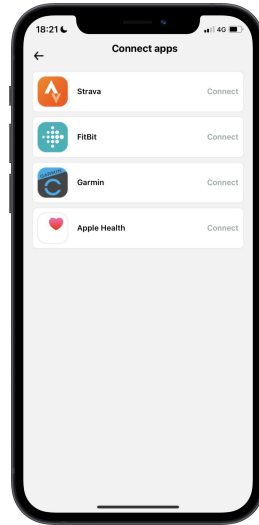


Once your activity is added. Click on "Add a picture 📷", save without a picture or delete the activity.

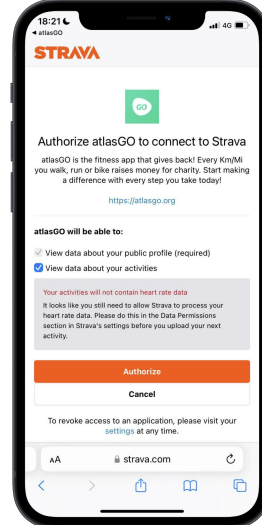
How to sync your activity?



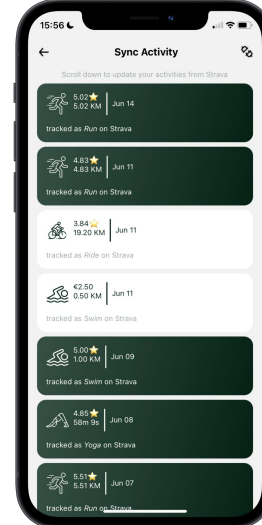
Click on the GO tab in the middle of your screen and select the “Sync Activity” option



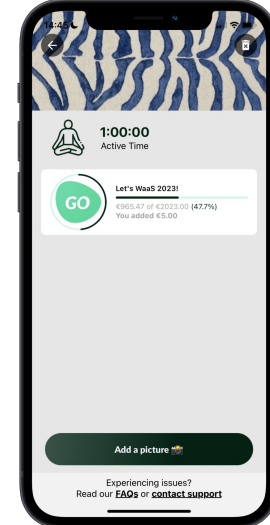
Select the app you would like to sync with teroGO



Follow the steps according to the app you are integrating with teroGO

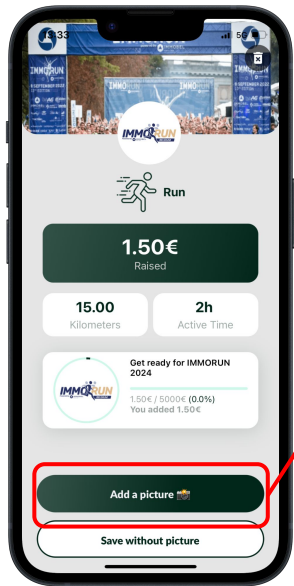


Select a dark green activity from the list: only qualifying activities (★) from max 3 days ago

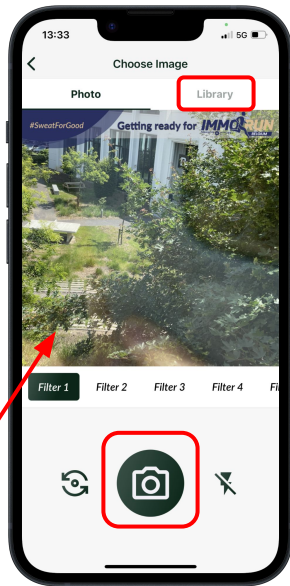


Once your activity is added. Click on “Add a picture 📷”, save without a picture or delete the activity.

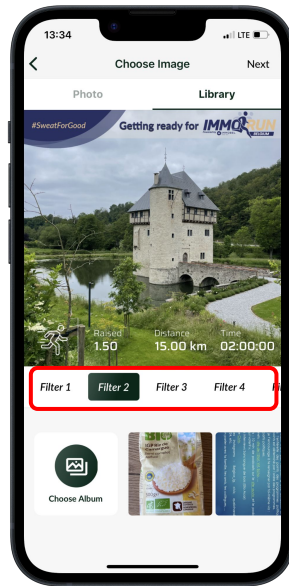
Register your activity & post a picture



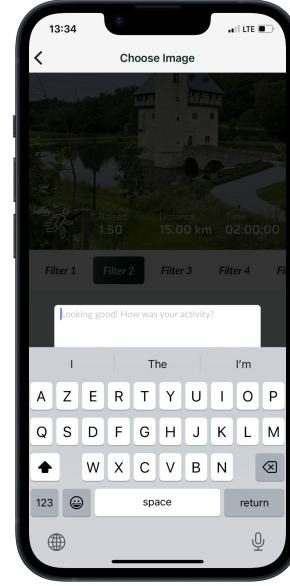
When you logged your activity, you arrive on this screen. You can choose to post a picture of your activity or not.



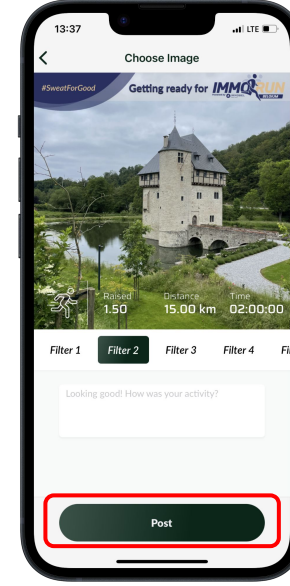
If you want to add a picture, you can directly take a picture of you view/set up or go select a photo from your library



Select the information you want to see appear on your picture by scrolling through the filters



You can add a comment or a description to your post



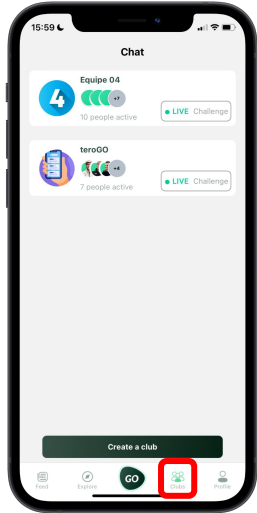
Click on "Post"



You can choose to share your picture or go back to the Feed

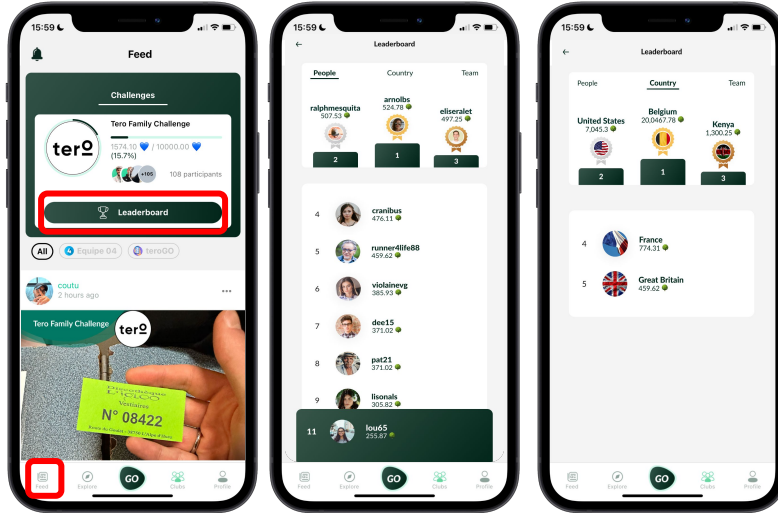
Other features

Chat with your team members



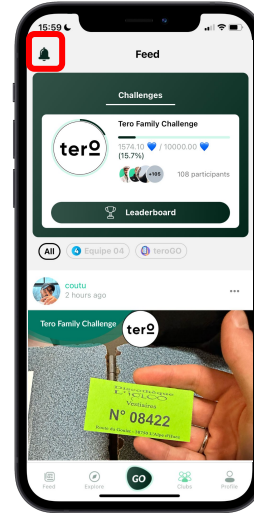
Click on the **Chat** tab .
You are part of your organisation chat by default as well as your team if you have one and your country.

Check the leaderboards



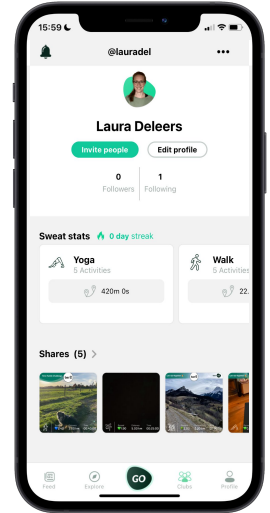
In the **Feed** tab , click the "🏆 **Leaderboard** "
You'll see the leaderboards by participant, country, and team. Look for your position by spotting the dark green box.

See who gave you high fives /



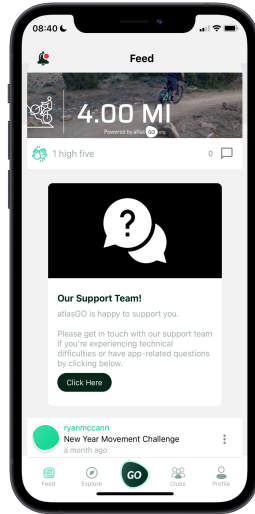
On the **Feed** tab ,
click on the bell 🛎
at the top left of the screen to see all of your notifications.

Manage your profile

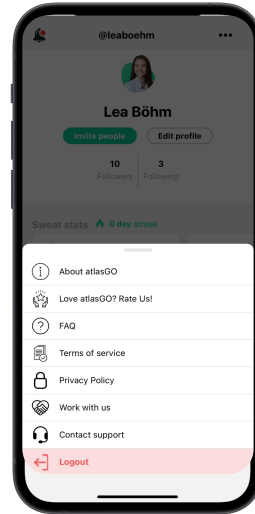


On the **Profile** tab :
See the activities and pictures you posted, edit your informations, etc. Access help by clicking on the "... " at the top right corner

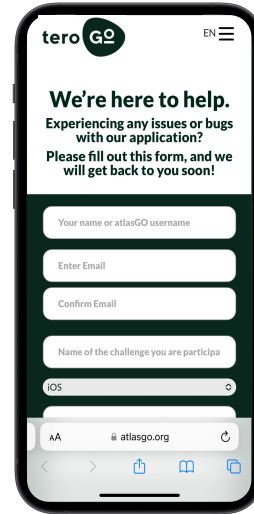
How to contact support?



Option 1:
Access the “Feed”.
Scroll through and
find “Our Support
Team” post. “Click
Here” to ping our
support team.



Option 2:
Click on your
“Profile”. Click on the
three dots in the top
right corner. Click
“Contact support”.



Option 3:
Contact support
through the [teroGO
website](https://atlasgo.org):