

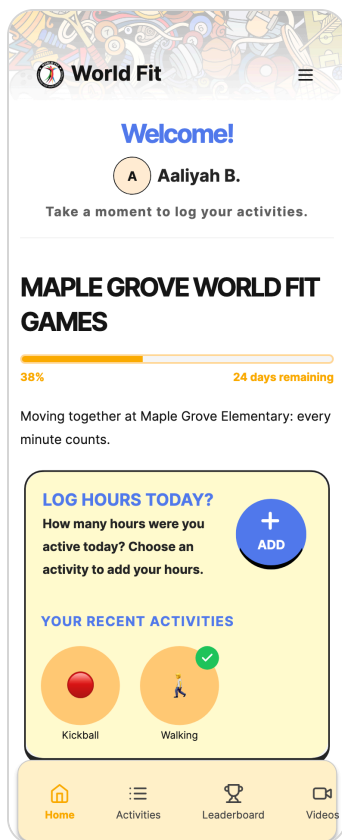


World Fit app guide

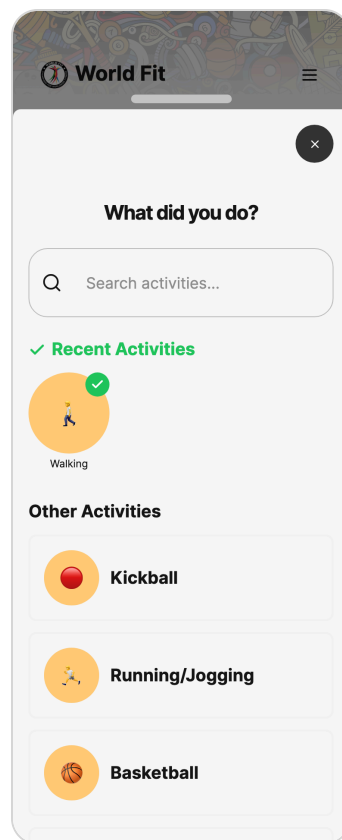
Students and buddies use the World Fit Games app to log the minutes they were active. Minutes become points, points add up for the student, the team and the school. This guide uses the Maple Grove Elementary demo school.

Students: log an activity

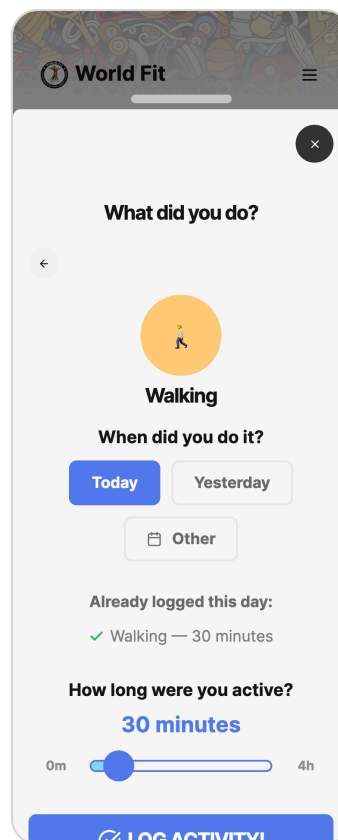
- 1 Download **World Fit Games** from the App Store.
- 2 Open the app and log in with your student ID (for the demo, `demo101` to `demo200`). No password.
- 3 On Home, tap **ADD** in the "Log hours today?" card, or tap one of your recent activities.
- 4 Pick what you did. Search if it is not near the top.
- 5 Say when (Today, Yesterday, or another date) and drag the slider to how long. Tap **LOG ACTIVITY!**
- 6 Your points update at once. The Activities tab lists every log by day.



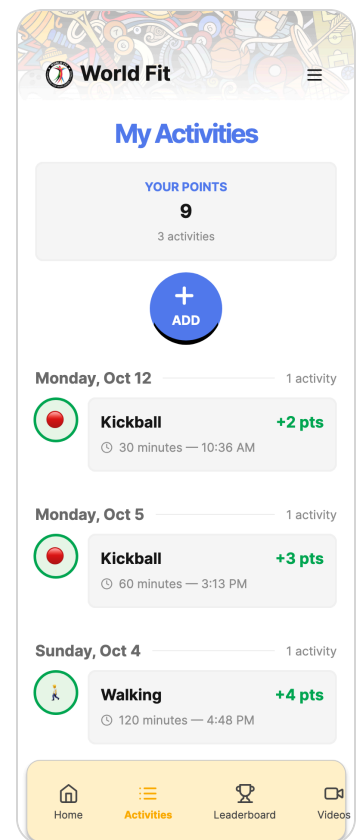
- 3 Home: the game, your progress, and the ADD button.



- 4 What did you do? Pick an activity.



- 5 When and how long, then LOG ACTIVITY!



- 6 Activities: today's walk is there with its point.

How points work

Longer activity earns more points. An entry over 3 hours, or more than three entries in one day, goes to a teacher for a quick check before it is final.

Students

The menu (three lines, top right) and the bottom bar take you to the same places: Home, Activities, Leaderboard, Videos, Profile and Logout.

Leaderboard

84 102 68
H A R
Harper J. Aiden R. Ruby E.
2 1 3

STUDENTS

Name	Pts	#	Buddy
A Aiden R.	102	14	0
H Harper J.	84	22	0
R Ruby E.	68	18	9

Leaderboard. Top three on the podium, then every student with points, number of logs, and points from buddies.

Videos

Welcome to Motivation Central!
Stay motivated and inspired with the latest videos.

WORLD FIT WALK DAY 12
Motivational message by Olympic swimmer and World Fit Executive Direct...

WORLD FIT WALK DAY 11
Motivational message by World Champion swimmer and Olympic hopeful Miss...

WORLD FIT WALK DAY 09
WORLD FIT WALK DAY 08

Videos. Motivation Central: short messages from Olympians and World Fit athletes.

Aaliyah B.

MY GAMES

Name	Points	Activity	Buddies
M Maple Grove World	9	3	0

Profile. Your games with points and activity, your buddies, and your team.

Inviting a buddy

At the bottom of Home, **Invite Buddies** shows a QR code and a Copy Link button. A family member opens the link, creates a buddy account, and is paired with the student.

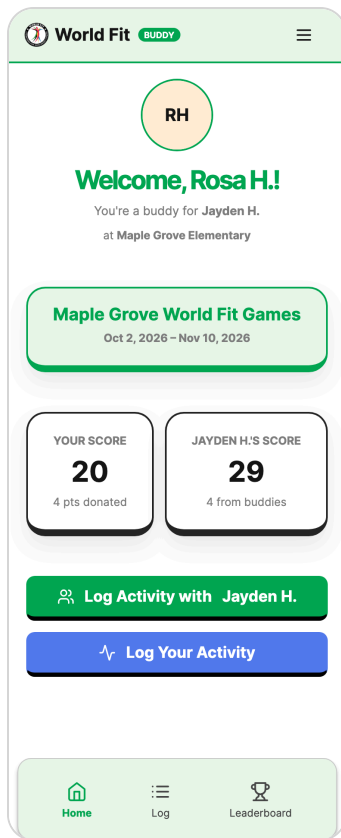
Top students on Home

Home also shows the top five students and your own row, so you can see how far you are from the podium without leaving the page.

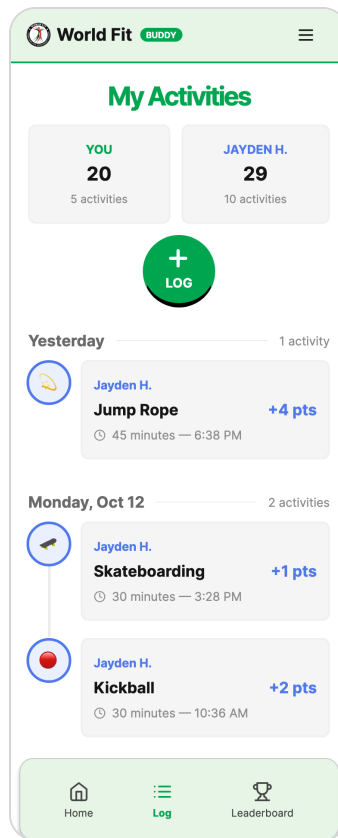
Buddies: log an activity

A buddy is a family member or friend paired with one student. Half of the buddy's points are donated to the student, so moving together helps the student's team.

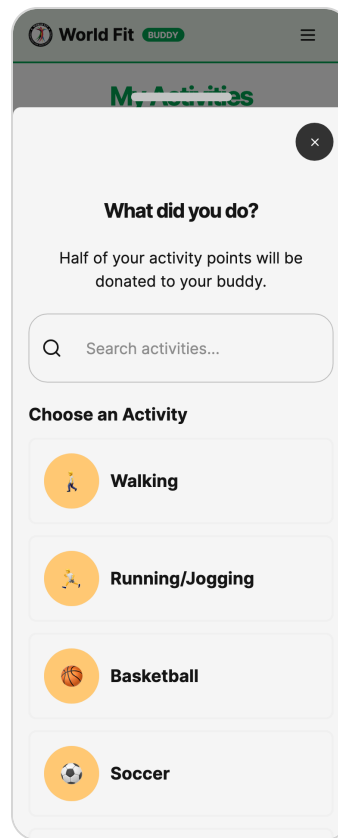
- 1 Download **World Fit Games** from the App Store (or open app.worldfitactivities.org).
- 2 Log in on the **Buddy** tab with your email and password (demo: buddy01@maplegrove.test / [MapleGrove2026!](#)).
- 3 Home shows your score, your student's score, and two buttons: **Log Activity with your student**, or **Log Your Activity**. Both open your activities page.
- 4 Tap **LOG** and pick what you did.
- 5 Choose **With [student]** (logs for both of you) or **Just me**, say when and how long, then tap **LOG TOGETHER!**



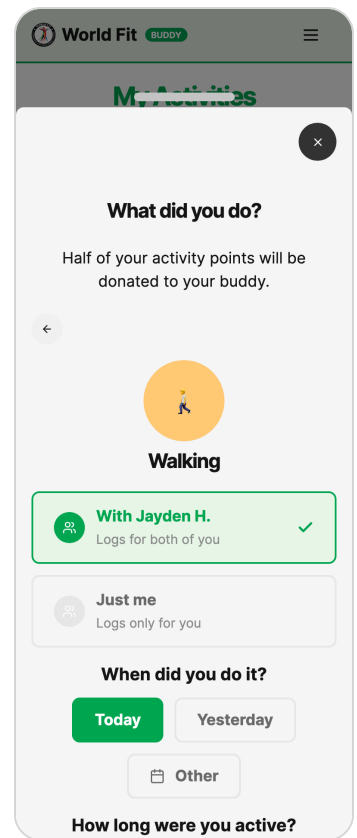
3 Buddy home: your score, Jayden's score, points donated.



4 My Activities: both of your logs by day, and the LOG button.



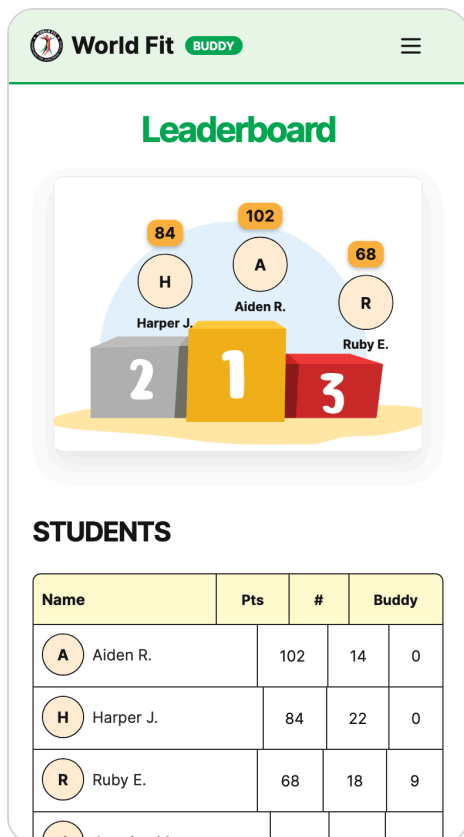
4 Pick an activity. Half of the points go to your buddy.



5 With Jayden H. or Just me, then when and how long.

Buddies

The bottom bar has Home, Log and Leaderboard. The menu (three lines, top right) adds Profile and Logout.



Leaderboard. The same school standings the students see, with the buddy points column.

CONNECTED STUDENT

Jayden H.
Your activity supports this student's score

[Remove Connection](#)

ACCOUNT

Profile. Your connected student, with Remove Connection, and Log Out.

My Activities

YOU
20
5 activities

JAYDEN H.
29
10 activities

+ LOG

Yesterday — 1 activity

Jayden H.
Jump Rope **+4 pts**
45 minutes — 6:38 PM

Monday, Oct 12 — 2 activities

Jayden H.
Skateboarding **+1 pts**
30 minutes — 3:28 PM

Log. Every activity for you and your student, newest first, with the points each earned.

What a teacher may ask about

A buddy entry over 3 hours, or a second entry in one day, is shown to a teacher for a quick check. Approved entries count in full.

Trying it on the demo school

Log as many activities as you like as a demo student or buddy. The school is reset to day 16 of the game before each demo.