



World Fit student guide

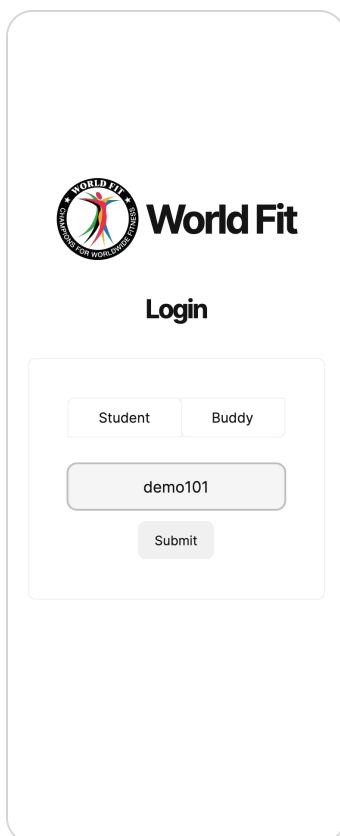
Every minute you move counts. Log what you did in the World Fit Games app, earn points, and help your team climb the leaderboard.

Log in

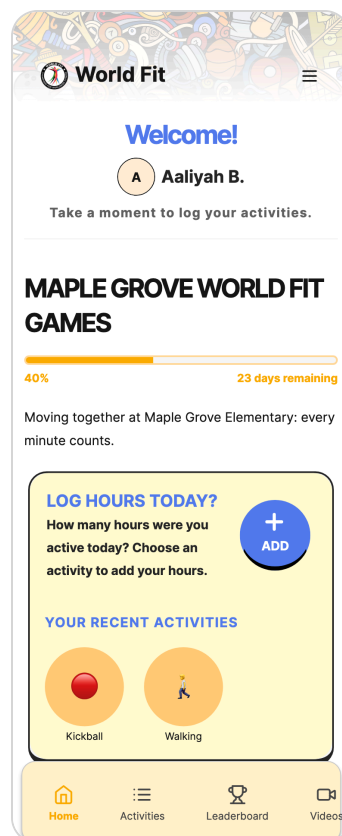
- 1 Get the **World Fit Games** app from the App Store, or open app.worldfitactivities.org in a browser.
- 2 Leave the **Student** tab selected. Type the student ID your teacher gave you and tap **Submit**. There is no password.

Log an activity

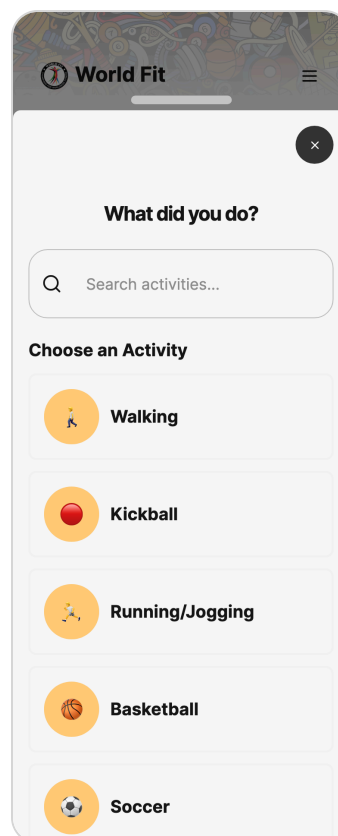
- 3 On Home, tap **ADD**, or tap one of your recent activities.
- 4 Pick what you did. Search if you don't see it.
- 5 Choose when: **Today**, **Yesterday**, or **Other** for an earlier day. Drag the slider to how long you were active. Tap **LOG ACTIVITY!**



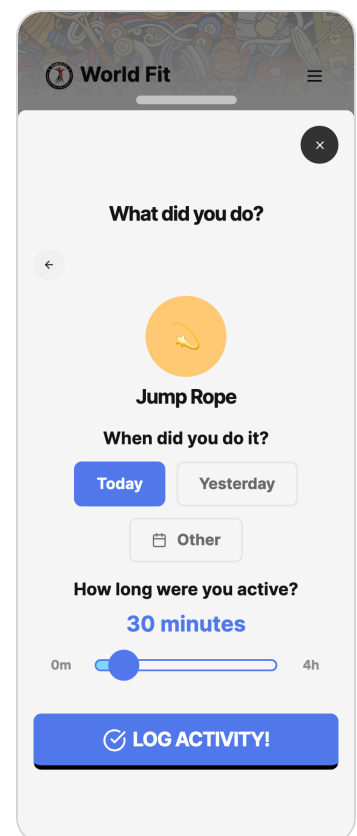
- 2 Your student ID, then Submit.



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



- 4 What did you do?



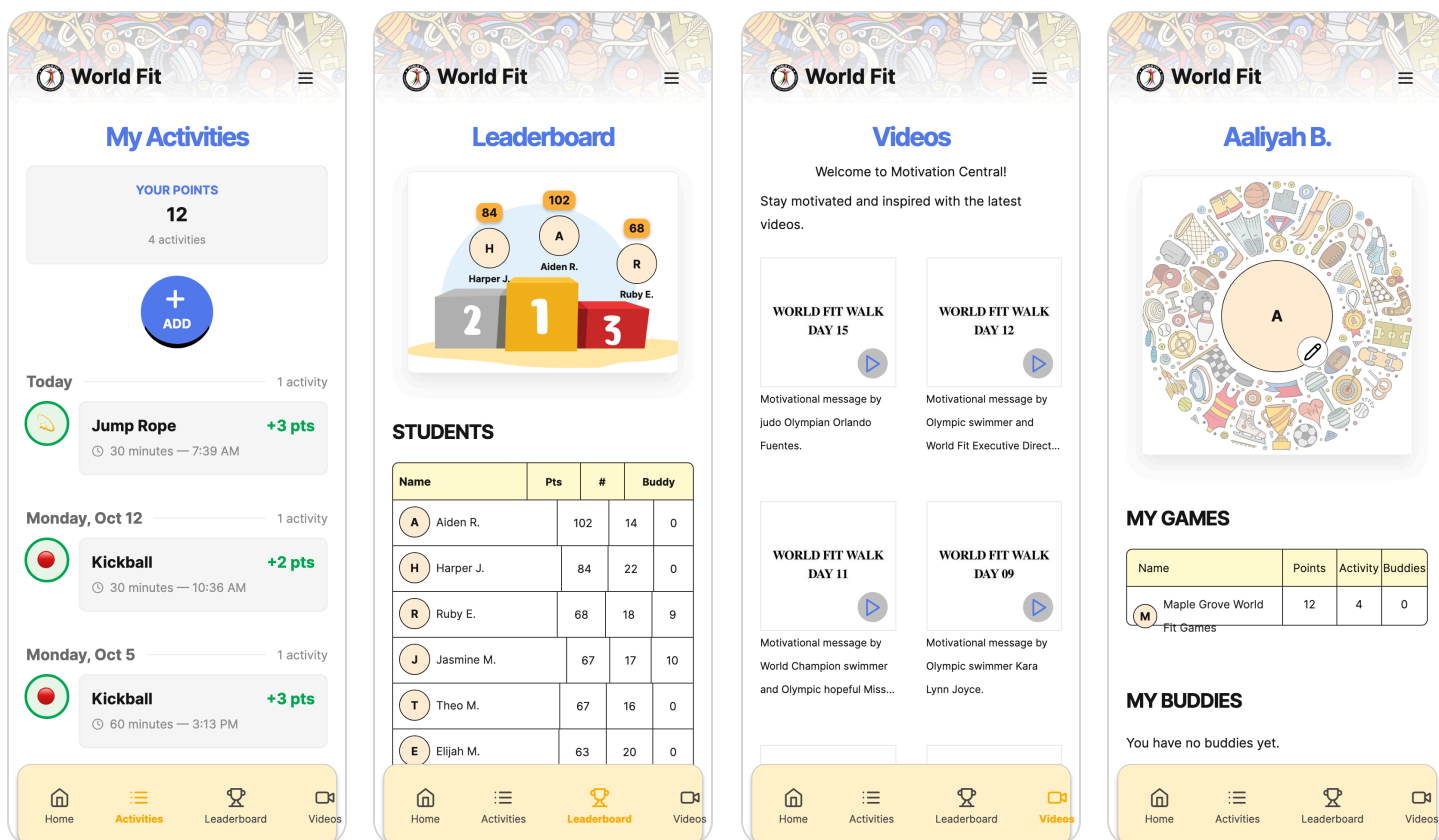
- 5 When, how long, then LOG ACTIVITY!

How points work

Longer activity earns more points, and every sport counts. An entry over 3 hours, or more than three entries in one day, goes to your teacher for a quick check first.

Around the app

The bar at the bottom goes to Home, Activities, Leaderboard and Videos. The menu (three lines, top right) adds Profile and Logout.



Activities. Your points, and every log by day. Today's jump rope is at the top.

Leaderboard. The top three, then every student with points, logs, and points from buddies.

Videos. Messages from Olympians and World Fit athletes.

Profile. Your game, your buddies and your team. Tap the pencil to change your picture.

Invite a buddy

A buddy is a family member or friend who moves with you. Half of their points are added to yours.

- 1 Scroll to the bottom of Home, to **Invite Buddies**.
- 2 Show the **QR Code** to your buddy, or tap **Copy Link** and send it to them.
- 3 They sign up and are paired with you. The buddy guide shows their side.

Forgot your student ID?

Ask your teacher. They can see your ID, and they have a QR code that logs you in without typing.

Invite Buddies

Ask family and friends to join you in Maple Grove World Fit Games.



Invite Buddies, at the bottom of Home.

Try it on the demo school

Log in with any ID from `demo101` to `demo200`. Log as many activities as you like. The school resets before each demo.