

fit for life



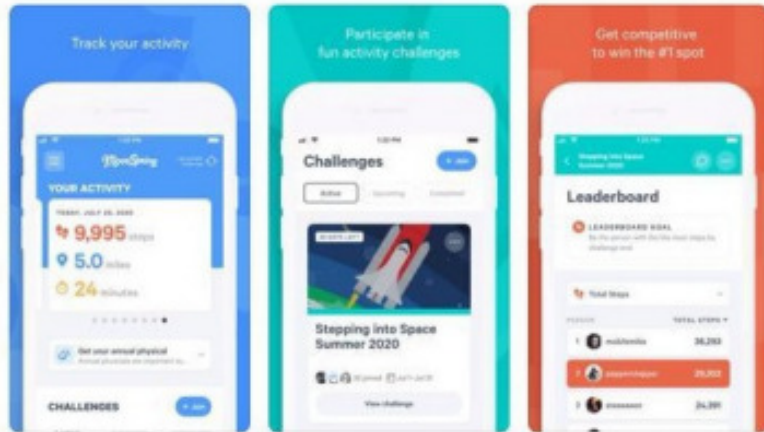
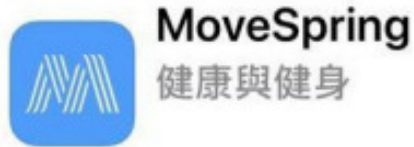
BILLION STEPS CHALLENGE

歡迎參加 2021年度 Billion Steps Challenge!
今年我們更增加難度，目標挑戰二十億步!

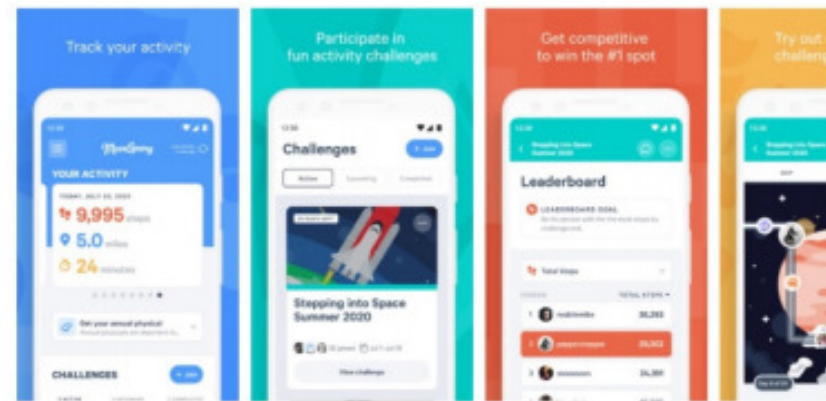
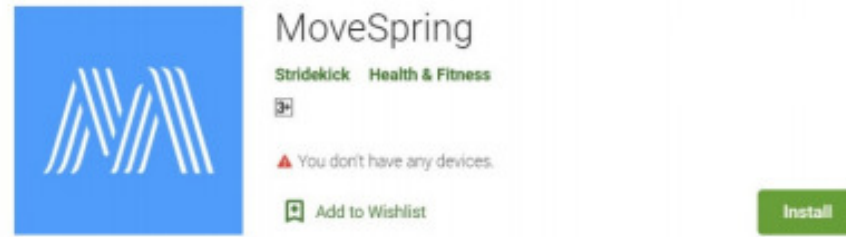
用10個星期全球一起完成二十億步 由2021年9月20日至 11月28日

在智能手機直接下載 程式

Apple App Store (iPhone)



Google Play (Android 手機
例如 Samsung)



下載步驟 (IOS平台)

第一步



MoveSpring

MoveSpring is a fun, easy-to-use activity challenge app for organizations. Connect an activity tracking device and get moving as a group.

Sign up >

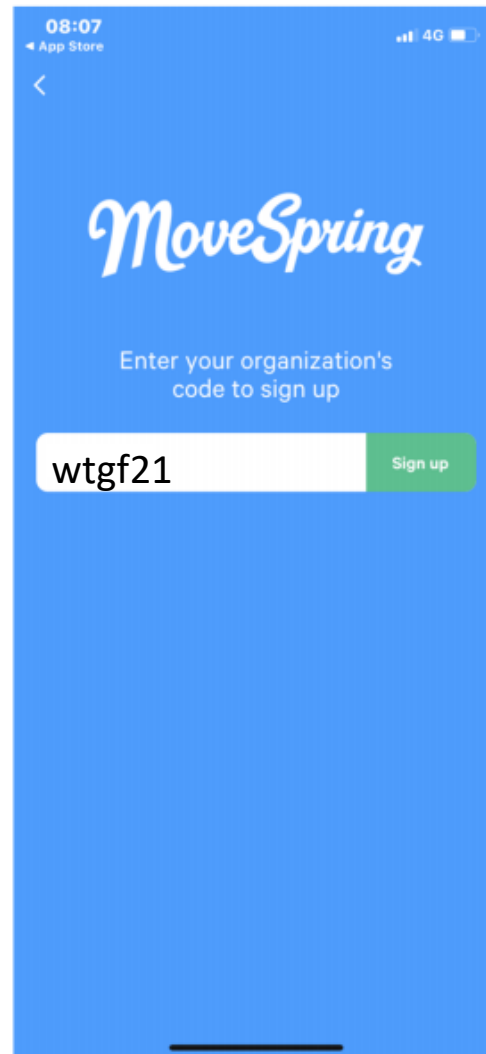
Log in >

按 "Sign Up"

Note: You can only join MoveSpring as part of an organization that has purchased a plan.

下載步驟 (IOS平台)

第二步



在空位欄填上
wtgf21 然後
按“Sign Up”

下載步驟 (IOS平台)

第三步

選擇“Country” (國家) 後, 在“Gender” (性別) 及“Age Group” (年齡) 欄, 請選擇你所屬的參加者類別

08:07
App Store 4G

MoveSpring

Additional Information
This information will help us understand our participants.

Country
HKG - Hong Kong

Gender
Male

× TYPE OF PARTICIPANT

- Transplant Recipient
- Living Donor or Donor Family
- Health Professional
- Friend or Family
- Other

如你是移植受贈者 (Transplant Recipient), 請選擇你移植的器官類別

08:08
App Store 4G

MoveSpring

Additional Information

× TYPE OF TRANSPLANT
Bone Marrow / Stem Cell

Double Lung

Heart

Heart / Lung

Intestine

Kidney

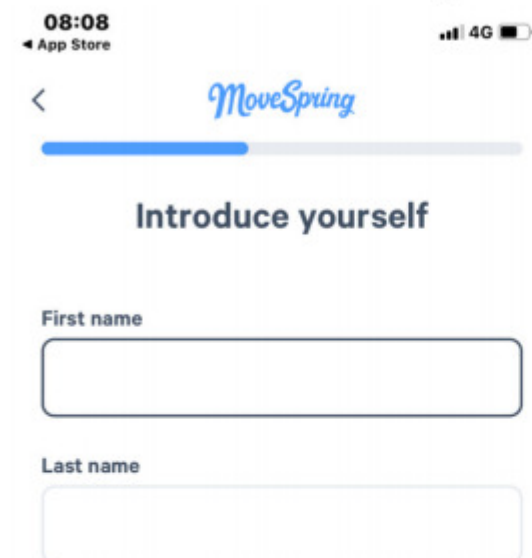
Liver

Single Lung

Pancreas

下載步驟 (IOS平台)

第四步



08:08
App Store

MoveSpring

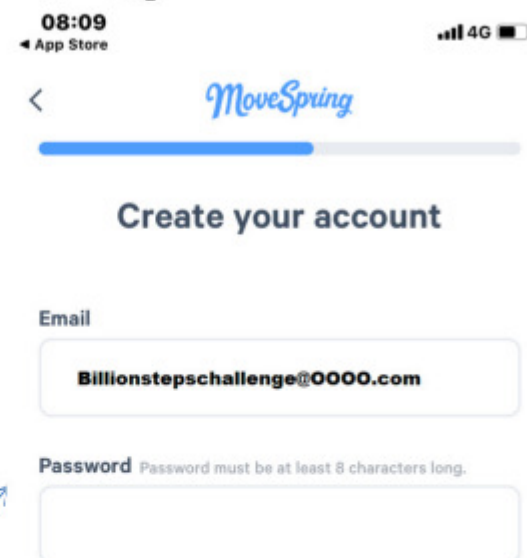
Introduce yourself

First name

Last name

在First name填上你的名字，並在Last name填上你的姓氏

此處填上你的電郵，以及為**這個APP**設定密碼



08:09
App Store

MoveSpring

Create your account

Email

Billionstepschallenge@O000.com

Password Password must be at least 8 characters long.



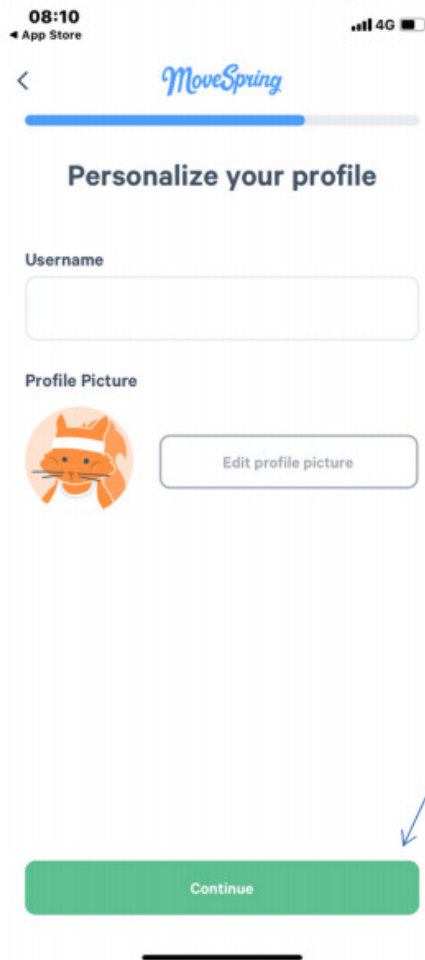
點選此方格，並按“continue” (繼續)

I agree to the MoveSpring [Terms of Service & Privacy Policy](#)

Continue

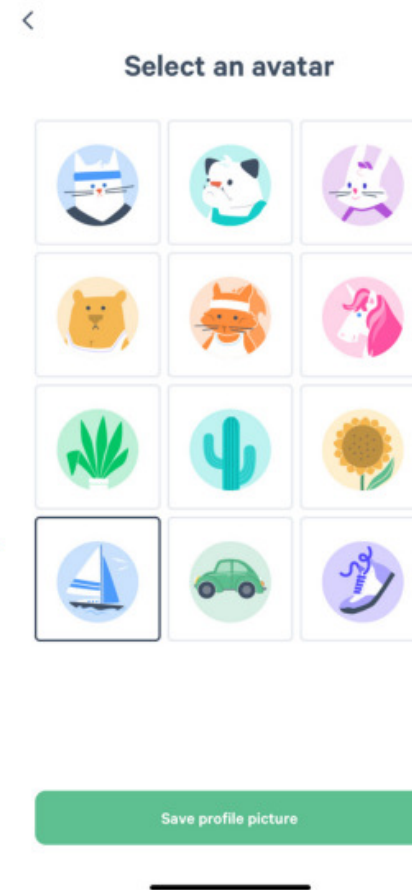
下載步驟 (IOS平台)

第五步



輸入你的用戶
名稱或暱稱

在此處更改你的
個人圖像 或 按
“continue” (繼續)
到下頁選擇你的
化身圖像



下載步驟 (IOS平台)

第六步

personalize your profile

Username Only letters, numbers, underscores and dashes are allowed for usernames

Good

Profile Picture

Edit profile picture

08:26 4G

authentication screen for that device. If you skip this step now, you will be prompted to connect a device later.

Skip for Now

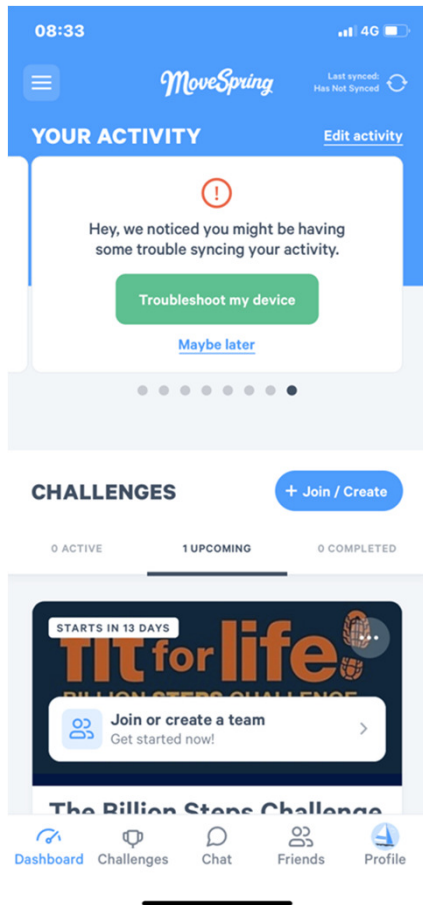
- fitbit
- Apple WATCH
- iPhone via Apple Health (Polar, Xiaomi, and more)
- GARMIN
- withings / NOKIA
- MISFIT
- Manual Entry

用戶名稱只能用英文字母、數字、下底線或破折號

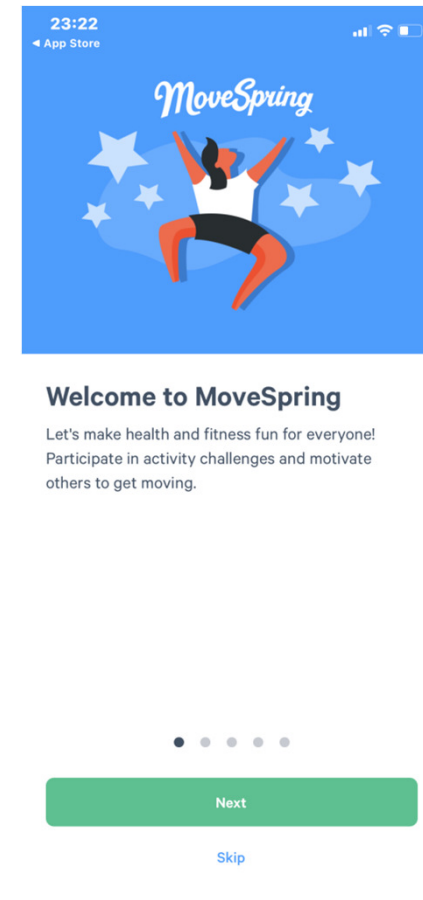
選擇你用作紀錄運動的裝置

下載步驟 (IOS平台)

完成第六步後，若你見到這個畫面，可以依照第七步繼續，然後直接去第八步。



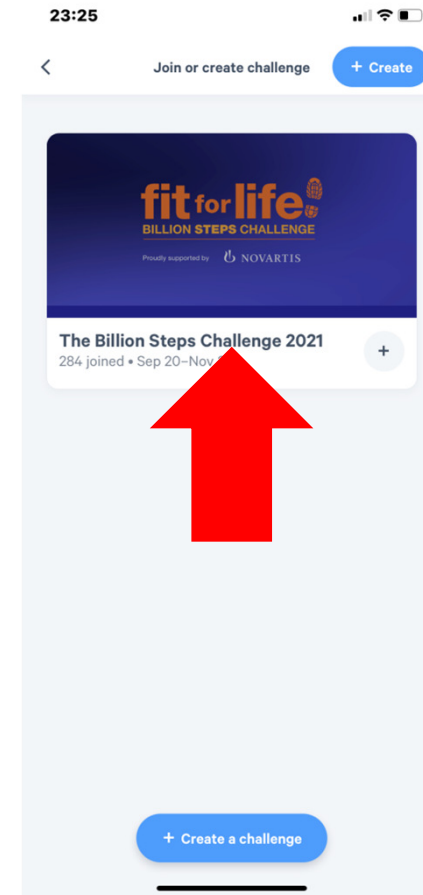
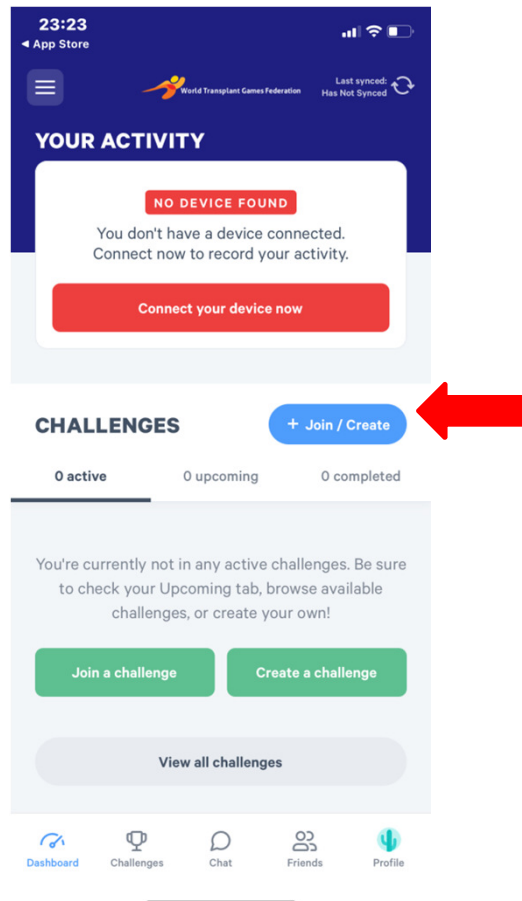
完成第六步後，若你見到這個畫面，請跟着以下步驟，才去第七步，謝謝！



下載步驟 (IOS平台)

登記好 MoveSpring , 要搵番 Billion Steps Challenge, 點擊 +join/create

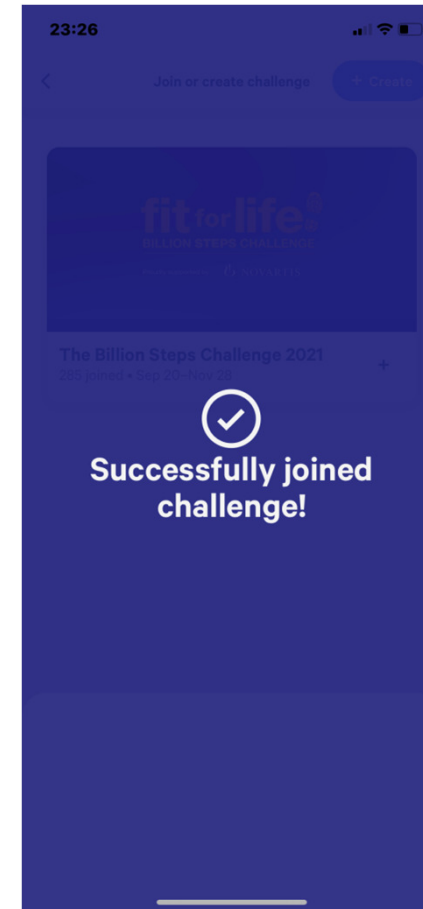
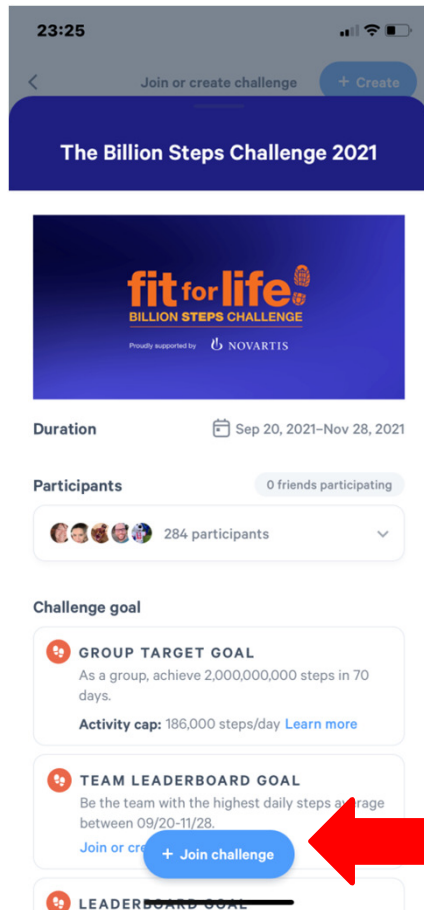
點擊+join/create 後, 會見到這個版面, 點擊billion steps challenge



下載步驟 (IOS平台)

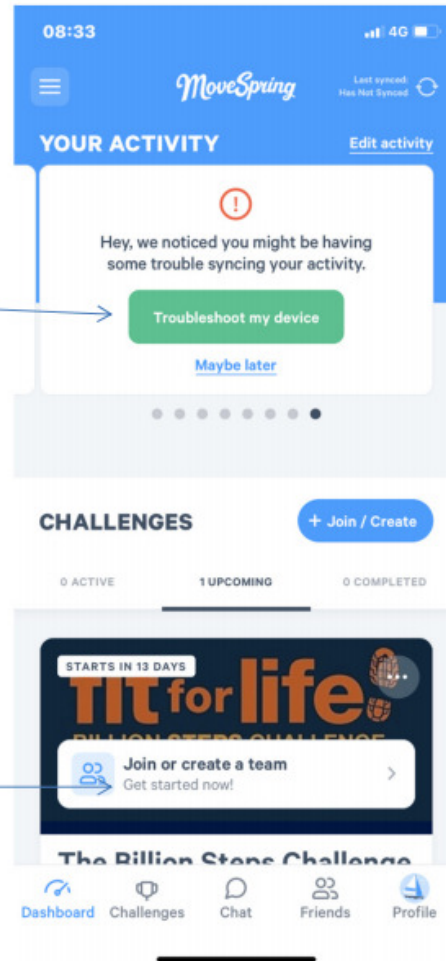
點擊billion steps challenge, 會入到這個版面, 往下點擊 +join challenge

成功加入這個活動!



下載步驟 (IOS平台)

你必須把此 App的紀錄與你智能電話上本身的健康App (Health App) 同步，請按綠色鍵完成此步驟



第七步

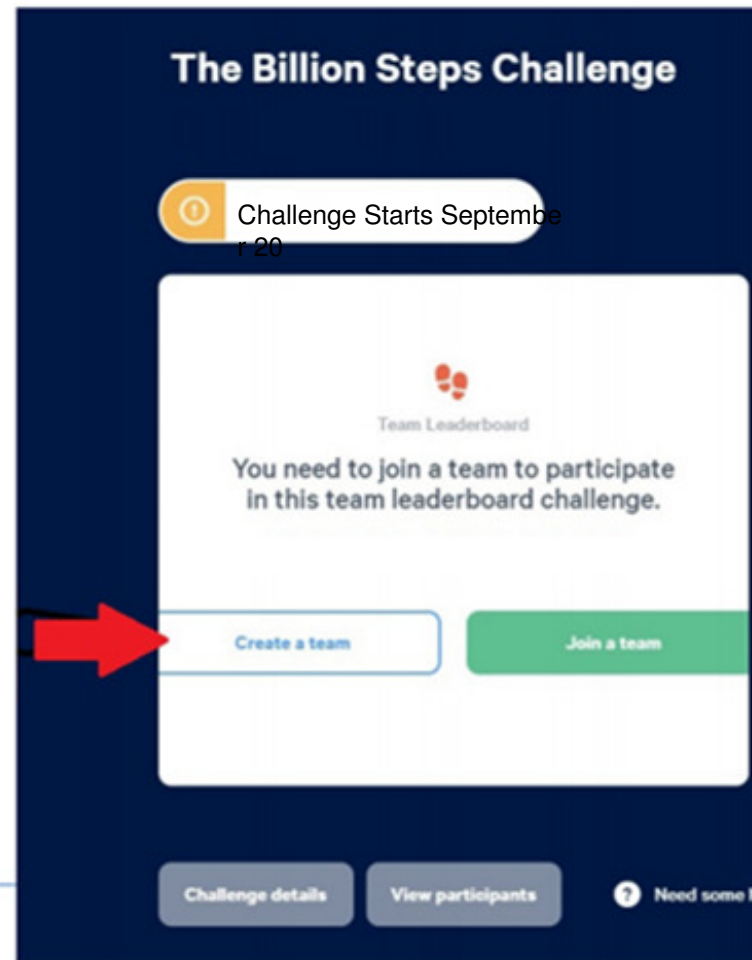
你可以加入團隊或與親朋好友自組團隊，開始挑戰！

下載步驟

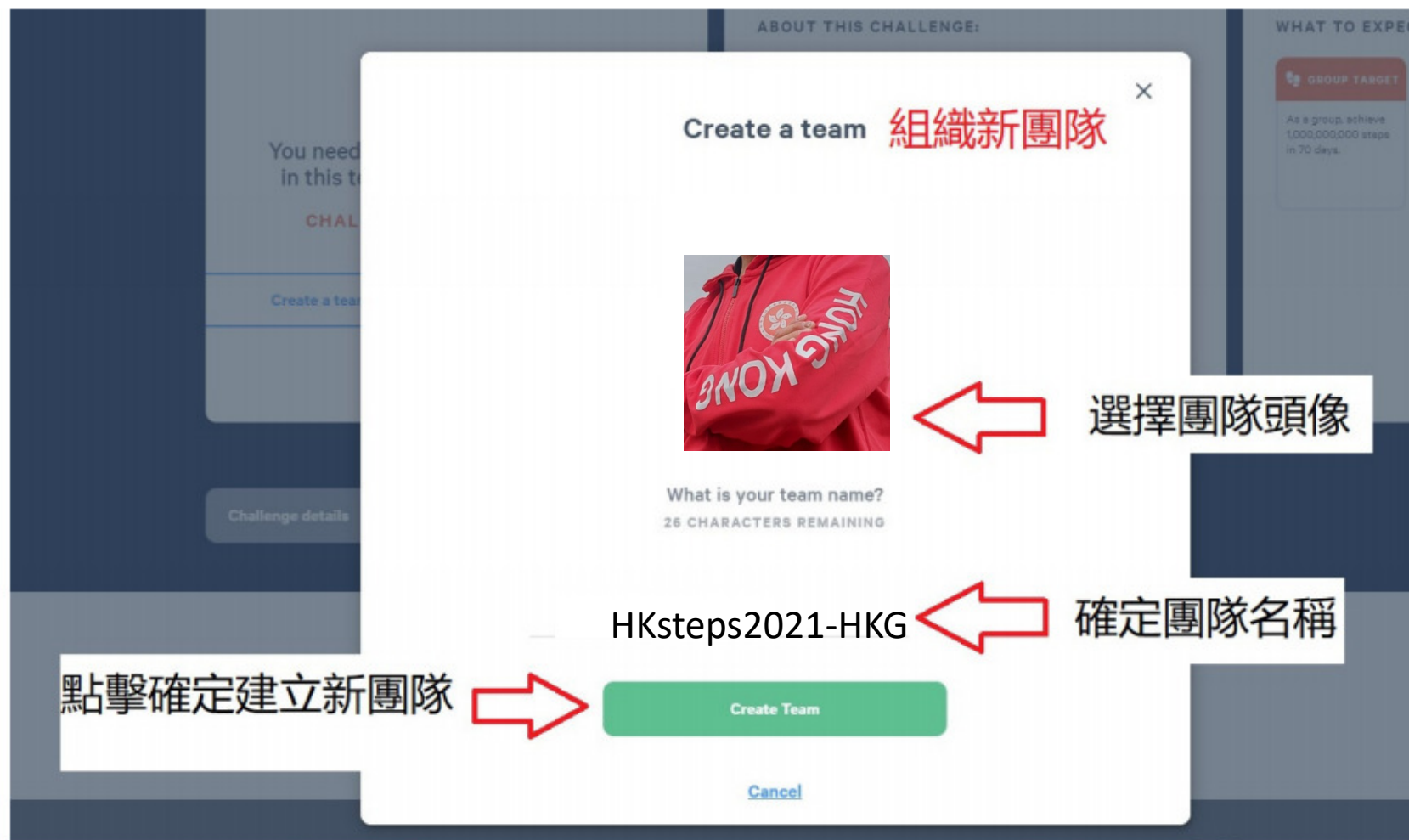
第八步

為方便我們區分
參賽隊伍所屬的
地區，請在你的
隊伍名字後加上
「-HKG」，謝謝
合作!

自組團隊



下載步驟 (第九步)

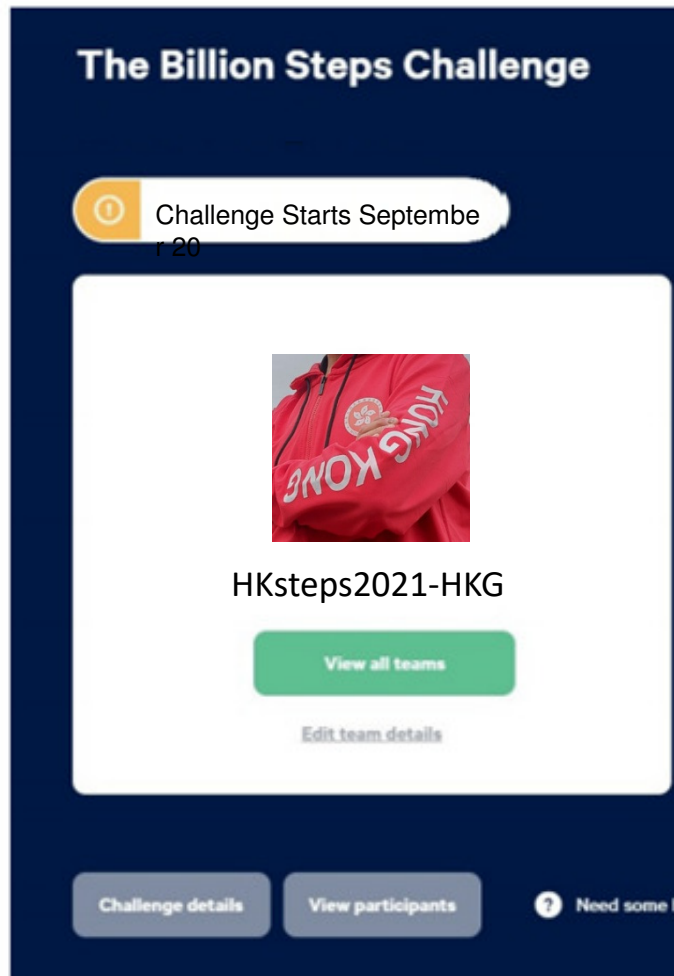


The screenshot shows a 'Create a team' dialog box with the following elements and annotations:

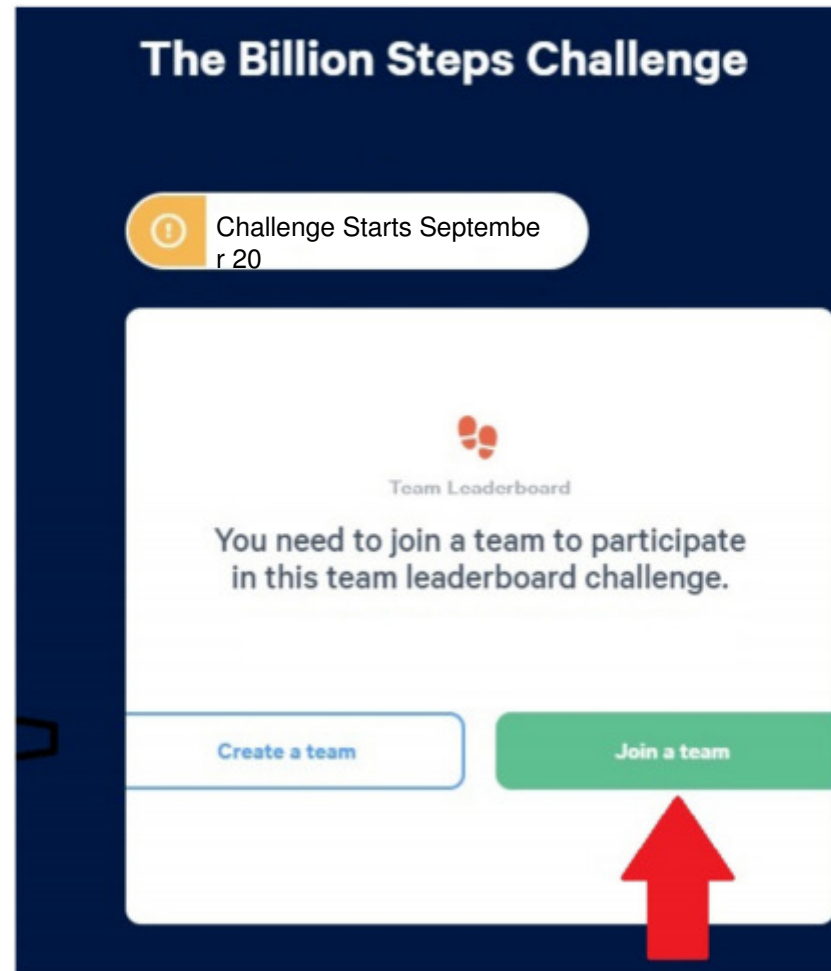
- Title:** 'Create a team 組織新團隊' (Create a team Organize new team)
- Image:** A red jacket with 'HONG KONG' written on it. A red arrow points to it with the label '選擇團隊頭像' (Select team profile picture).
- Text:** 'What is your team name?' and '26 CHARACTERS REMAINING'. The text 'HKsteps2021-HKG' is entered in the input field. A red arrow points to it with the label '確定團隊名稱' (Confirm team name).
- Buttons:** A green 'Create Team' button and a blue 'Cancel' button. A red arrow points to the 'Create Team' button with the label '點擊確定建立新團隊' (Click to confirm and create new team).

下載步驟 (第十步)

開始挑戰!



選擇加入現有隊伍




選擇加入現有隊伍





選擇加入現有隊伍


ALL TEAMS

Search by team name  找尋你想加入的團隊名稱

SORT TEAMS: A-Z by Name Team Openings [+ Create a team](#)

83 TEAMS

 **ALFA Squad - AUS**
TEAM MEMBERS: 4
1 SPOT LEFT 

 **Ashley's Heart Accomplices - USA**
TEAM MEMBERS: 5
0 SPOTS LEFT

選擇加入現有隊伍


ALL TEAMS


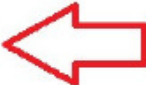
🔍 hk

Cancel

SORT TEAMS: A-Z by Name Team Openings [+ Create a team](#)

1 TEAM

 **Fit For Life!@HK - HKG**
TEAM MEMBERS: 1
4 SPOTS LEFT

  點擊確定加入團隊

選擇加入現有隊伍



Fit For Life!@HK - HKG

SPOTS LEFT: 3

[Change Team](#)

可以一齊起步喇!!!

2 TEAM MEMBERS

 Granny_Raptor

 Martin_FFLHK

Fit for life! Billion Steps Challenge

健步人生 挑戰二十億步

主辦:

協辦



<https://www.facebook.com/hktsa.org>



聯合主辦

香港移植運動協會
Hong Kong Transplant
Sports Association



謝謝!

