

**How to Use Active for Good**

**Download the Active for Good app on your phone**

**How to Sign-Up:**

1. Press “Enter Event Code”
2. Type in “RSSM4M”
3. Tap on email and type in your school email
4. Tap on password and preferably use your school password so it is easy to remember
5. The username should be your first initial and last name: ie: jdoe
6. Choose your **B block teacher** as your team-if you are in Grade 9 and have PE/Math during B Block sign up under your PE Block B teacher; if you have a spare during Block B sign up under “Open B”

**How to Log in an Activity:**

1. Tap on “LOG AN ACTIVITY”
2. Select your activity type
3. Select your start time
4. Select your duration of your workout
5. If possible, select the effort of your workout
6. Then press save an activity

**How to Automatically Log in an Activity:**

1. Press on the three bar side menu
2. Press on settings
3. Select your fitness device (Fitbit, Garmin, Health app)
4. Follow the instructions on screen

**Other Important Information**

From the three bar side menu you can also access:

* Your stats
* The leaderboard
* Your activity history
* Your messages

**For more information, press the three bar side menu and press help to learn more about the app and the cause**

If anyone ever has a question they can email [hello@activeforgood.com](mailto:hello@activeforgood.com).

Help Center with help articles if needed: <https://activeforgood.zendesk.com/hc/en-us>

Here is a list of the technical questions which are the most common ones that come up.

<https://activeforgood.zendesk.com/hc/en-us/sections/115003560688-About-The-Technology>