

This winter's funnest activity challenge

Startskottet

Challenge period: February 8 – March 13



Want a fun and engaging challenge to keep you active this winter? Join Tappa's winter campaign!

The hike from Ystad to Haparanda lasts 6 weeks and is guaranteed to kick-start the year! On a virtual map you will see the progress of each step recorded and will be able to follow your progress.

A little more activity in everyday life can bring great benefits for both physical and mental health. With bonus missions, an app to record steps and activity, as well as full support throughout the campaign, we motivate each other to an active start to 2024.

REACH THE GOAL

The goal is to maintain a daily average of 10,000 steps throughout the entire competition period. Your steps are automatically transferred through our app, and you can easily register other activities in the activity table. For example, 30 minutes of cycling equals 3,900 steps. You can integrate your wearables directly via tappa.se or Apple Health and Google Fitness.

TEAMWORK

The more the merrier! Create teams and challenge each other. We recommend teams of 2-8 people. Are you more than 8 people? Create more teams! Together you will work to reach the goal in time.

FOLLOW YOUR PROGRESS

Track your individual and team success on the virtual map with exciting stops along the way. At each stop, you'll receive interesting information about the city. By logging all your activities, you'll progress toward the goal. You'll also be able to monitor your success on leaderboards.

TAPPA CHALLENGES

In addition to registering all your physical activity, you can get extra steps by accepting different challenges. The challenges are designed to motivate you towards an active and sustainable daily routine. Give positive feedback to a colleague or take a lunchtime walk — every challenge brings you one step closer to the goal.

LET'S GET STARTED!



1. Download the Tappa app
2. Register a profile or log in with your existing username.
3. Type in the start code:

To use the webpage, go to:
www.tappa.se/reg

Questions? Contact info@tappa.se

DOWNLOAD THE APP!

App Store



Google Play



PRIZES

Prizes will be drawn weekly among all who manage to maintain a step average of 10,000 or more during the course of the competition. We administer everything around the competition with motivational updates, prizes and support. All you need to do is sign up and we'll take care of the rest.