

JOIN THIS FALL'S MOST MOTIVATING ACITIVITY CAMPAIGN

# TAPPA TRAMPET

CAMPAIGN PERIOD: SEPTEMBER 21 – OCTOBER 25



## Join in on fall's greatest activity challenge - TappaTrampet!

Together, teams and workplaces from all over the country will go from Los Angeles to New York. In the virtual map, you will see your progress with every step that is registered and get fun information about the cities we pass.

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

### REACH THE GOAL

The goal is to maintain a daily step average of 10,000 steps over the entire competition period. All steps you take and all activity you register count towards your step average. Your steps are automatically transferred with our app and you can easily register another activity in the activity table. You can integrate your activity watch directly via [tappa.se](http://tappa.se) or Apple Health and Google Fitness.

### PARTICIPATE TOGETHER

The key to success is reaching the goal together. Divide into teams and help, encourage, and motivate each other all the way to the finish line. In our app, you easily divide in teams and can follow all the teams in a leaderboard. We recommend teams of 2–8 people to get a reasonably large group. Are nine more than 8 people? Form more teams! Together you work to reach the goal on time.

### FOLLOW YOUR PROGRESS

Follow your and your team's progress in the virtual map with exciting stops along the way. At each stop, you can take part in fun information about the city. By registering all activity, you get closer to your goal. You will also be able to follow the progress in the top list.

### TAPPA CHALLENGES

Take on our Tappa challenges and be rewarded with extra steps. The challenges are designed to motivate an active and sustainable everyday life. Give a colleague positive feedback or go for a lunchtime walk, all challenges are 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](http://www.tappa.se/reg)

Questions? Contact [info@tappa.se](mailto: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.