Welcome screen
– Challenge ambassadors introduce themselves via video video appears only once however if the user wishes to – change her/his mind about this option she/he can:

1. Email their personal history so far to themselves;
2. Begin the Challenge again by selecting the field on the NSW Premier’s Sporting Challenge screen; and
3. Log the activities already completed as past activities.

First: Play welcome video then select Done
Second: Select to begin

Energy burned option
This option appears only once however if the user wishes to – change her/his mind about this option she/he can:

1. Email their personal history so far to themselves;
2. Begin the Challenge again by selecting the field on the NSW Premier’s Sporting Challenge screen; and
3. Log the activities already completed as past activities.

Select Year; then Month; then the Monday of the week you began the Challenge.
User can opt to have the app calculate the energy burned in kilojoules during each activity.
If Yes scroll to enter details.

Gender, height and weight are used in the calculation so are required fields.
NSW Premier’s Sporting Challenge **User guide**

**Option to calculate energy burned in kilojoules**

This is the screen that the user will see every other time she/he subsequently opens the Premier’s Sporting Challenge.

The *i* field is where the app can be reset. It also contains a copyright statement.

The weekly **level** gauge will fill as each level is reached.

Select to view activity list

Select to log an activity completed in the past

Activity History Team are available on every screen

Select to add user and members to the team. Team members minutes are added here each week.

Select to view your personal activity history

Select to return to this screen from where user can start a new activity or log a past one

User will check that her/his details are correct before confirming by selecting the OK button.

Your start date is set as 11/03/2013.
You are a 44 year old male.
Your height is 176cm and your weight is 75kg.
Press OK to confirm or press Cancel to go back and edit your settings.

OK

Cancel
NSW Premier’s Sporting Challenge User guide

Start new activity now screen

Option 1: Type activity using the keyboard that becomes available. When Done the app will offer an activity type closest to your choice. Select one.

Option 2: Scroll for an activity type. GPS is noted on activities where mapping and calculation of distance and speed are available. Select an activity by touching the most relevant activity.

Start/Cancel screen

Press the Start button when you are ready for the stopwatch to begin on your activity

Cancel your activity if necessary
NSW Premier’s Sporting Challenge User guide

**Activity in progress screen for a GPS activity**

Only Duration and Energy burned are calculated for non-GPS activities.

- **Name of selected activity**
- **Stopwatch showing duration of activity**
- **Calculation of user’s average speed**
- **Calculation of distance travelled**
- **GPS Distance accuracy** eg. + or – 69m
- **Press Stop when activity completed**
- **Calculation of energy burned based on user’s gender, height and weight**

**Activity saved**

Energy burned is only shown if the User opted into this option when the Challenge began.

- **Notification that the activity has been saved in user’s personal history**
- **Duration of activity**
- **Calculation of total energy burned for activity**
- **Select to return to this screen from where user can start a new activity or log a past one**
NSW Premier’s Sporting Challenge **User guide**

**GPS saved activity screen**

When a GPS activity is completed, red lines on the map indicate path taken by the user.

Final Duration, Distance covered and Average speed are noted.

Total Energy burned is noted.

Select to return to this screen from where user can start a new activity or log a past one.

**Log a past activity**

Select to log an activity completed in the past.
NSW Premier’s Sporting Challenge **User guide**

Log a past activity selected

Date selector for logging past activity

**Option 1:** Type activity using the keyboard that becomes available. When **Done** the app will offer an activity type closest to your choice. Select one.

**Option 2:** Scroll for an activity type. Note that GPS is not be available for activities logged in the past. Select an activity by touching the most relevant activity.

Select **Year**; then **Month**; then **Day**, then **Hours** and **Minutes**

Select **Set** when date chosen
NSW Premier’s Sporting Challenge User guide

Personal history

Challenge weeks begin on a Monday.

Activity history can be edited.

Select to view your personal activity history.

NSW PSC – personal history

Select to email

Select to return to this screen from where user can start a new activity or log a past one.

Overall: Bronze (Total Minutes: 1440 Average: 288.00 mins in 5 weeks)
NSW Premier’s Sporting Challenge User guide

Team Screen
– Challenge ambassadors introduce themselves via video
– appears only once

Add team members
– this is the screen that user will see every other time she/he subsequently opens the Premier’s Sporting Challenge app

Select to add names of team members
Select to record and view team members’ minutes for each week. The overall level is also recorded.
Email the team’s level each week to self, team members and/or teacher

Enter the name of each team member. Select Add after each name is added.
Names can be deleted
Enter the name of each of your team including your own name
Recording Team members’ minutes of activity

- Record the number of minutes each team member completes each week, including your own.

View team members’ minutes each week

- If minutes have been recorded for team members, they will appear when that week is selected.
- The Team’s overall level for the week is automatically calculated.
- Email details to team members and/or teacher.
Extension weeks
At the completion of the Challenge users will be offered to continue the challenge for up to three weeks – effectively an 11th 12th and/or 13th week will be added to the Challenge – as a replacement for weeks when the user may have been injured or ill.
If this option is chosen, the app will automatically exchange these weeks for the least active weeks of the 10 week Challenge.

Please note: Any personal or team history will need to be emailed to self before accepting the extra weeks because the app will delete these histories before these weeks begin.