



# bestlife

## Bestlife app: How to guide

The Bestlife App uses fun gamification approaches to help young people and families move more and feel good. Bestlife has been developed by JU:MP and Born in Bradford and launched in July 2023.

It is available free of charge for iOS and Android Smart phones from the Apple and Android App stores.

### Setting up

- Input an email, check your email for a code, enter the code into the app and create a safe memorable password.
- If you are under 16 then a parent or carer will need to register for you.
- If you have a Born in Bradford (BiB) code, enter it into the provided textbox. Otherwise please ignore and skip this.
- Choose avatar and create a name from the list provided

### Solo quest

- On the home screen, select 'start a solo quest', then press 'start'
- Choose 4 activities from the provided list. The order you choose them is the order you do them. You will need to input 4 activities in order to play
- You can use the filters to narrow down the options for the type of activity you can do
- Once you have 4 activities, press 'confirm choices' and then 'start'
- Press 'play'
- There is an optional questionnaire available before starting the activity to 'record how you're feeling.' Press 'next' upon completion or skip it
- The first activity should appear on screen. Press 'play'
- Follow the instructions for your activity
- Note If a timed activity start the timer when ready. You can pause the timer at any point if needed. When the timer is up, press 'finish'
- Press the back arrow in the top left of the screen to exit the activity
- To go back to the activity, press 'continue.' However, leaving the activity will cause it to restart

- For every activity you complete you are awarded a set number of points which can be spent customising your avatar!
- Upon completion of an activity, you can progress to the next one in the quest sequence

## Collab

- At the top of the screen, select 'collab' to take part in activities with friends, family, others who have the app and compete against them or work together
- Select 'start a collab' to begin
- Choose to either 'join a collab' or start your own with 'new collab'
- To join a friend's collab, enter their collab code into the textbox
- To start your own, create a name for your collab from the provided list
- Repeat same process as for 'solo quest'
- Complete activities with friends to gain points

## Customising your avatar

- Press 'store' at the bottom of the page to customise your avatar's appearance with shirts, skirts, hair, shoes and colour
- The more points earned, the more items you can buy!

## Other things to explore...

At the bottom of the screen you have options:

- The 'dashboard' shows the number of activities you have completed in a day so you can have an overview of the entire week
- 'Wellbeing' tracks your mood before and after completing an activity.
- The 'library' allows you to choose activities for your quest or complete a random activity, such as the 5 minute run etc.
- The 'outdoor adventures' will require you to step outside and head to a public park and scan a QR code to earn points
- The JU:MP Activity option is for JU:MP providers to be able to award points to children and families who attend a specific JU:MP session.

## Additional settings

- To access additional settings, select your avatar icon on the top right corner of the screen
- This will tell you the number of points you own and give you access to the 'privacy policy', 'terms and conditions' as well as 'settings'
- It also allows you to log out or delete your account.