



You want to participate in our E-Biking study (EBIS)?

# Let's get started!

Thanks for filling out the initial survey. Please follow these three simple steps to get started with the tracking.



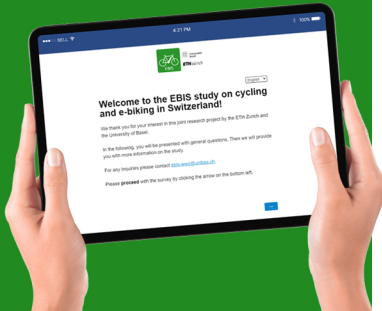
## 1. Install the app



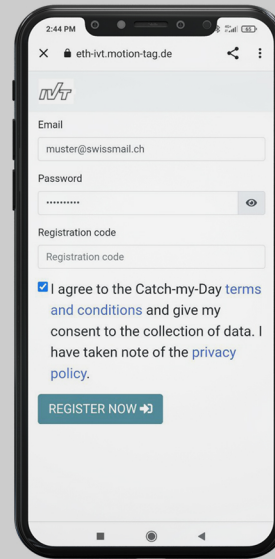
Go to the App Store search for **"Catch My Day"** and install the app

Have your registration code\* from the initial survey ready. You will need it to register in the app.

\*If you forgot or lost your code, please check your email inbox. We've sent you the registration code over there!



## 2. Registration



Once installed, open the app and fill in:



**E-Mail**

example@swissmail.com



**Password**

Minimum 6 characters



**Registration code**

Which you received after the initial survey or in your emails

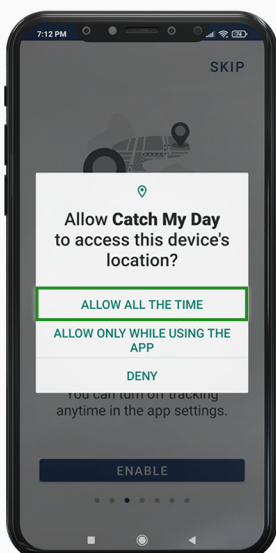
## 3. Log in and first settings

After registering you can normally log in providing only your email and password. For the first time you log in the app will walk you through the steps to provide the correct settings, it is very important to choose the correct location and physical activity settings as the corresponding screens appear:

### Location



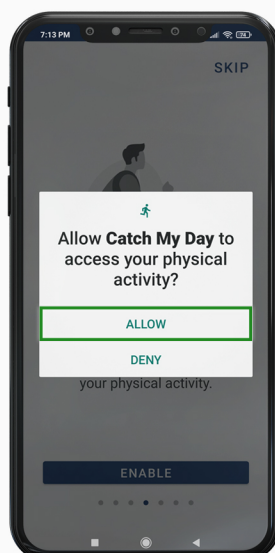
Choose **Allow all the time**



### Physical activity



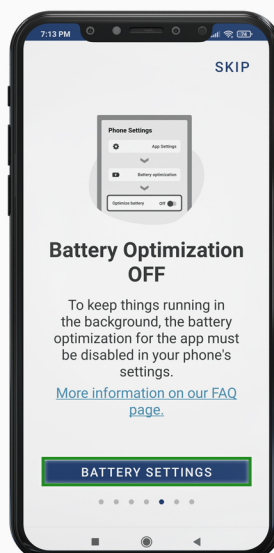
Tap on **Allow**



### Battery

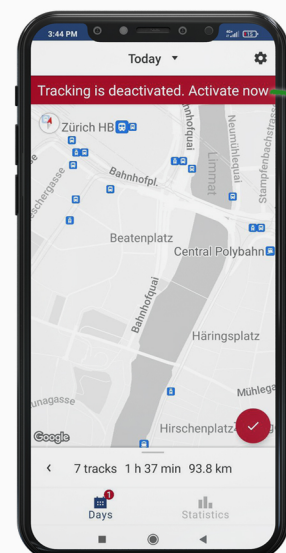


Turn the **battery optimization off**



### In app tracking

Once on **Catch My Day** tap on the red message to activate the tracking



tap to activate the tracking

visit our website  
[www.ebis.ethz.ch](http://www.ebis.ethz.ch)  
[ebis-www@unibas.ch](mailto:ebis-www@unibas.ch)