



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.



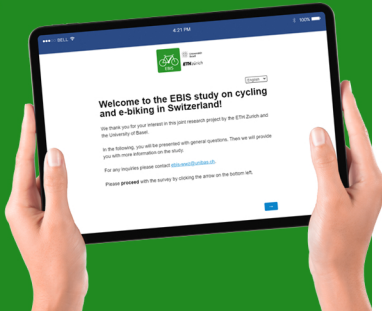
1. Install the app



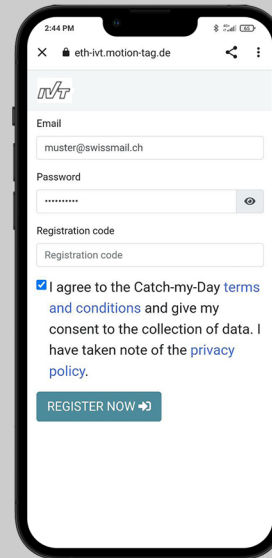
Go to the App Store search for **"Catch My Day"** and install the app

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

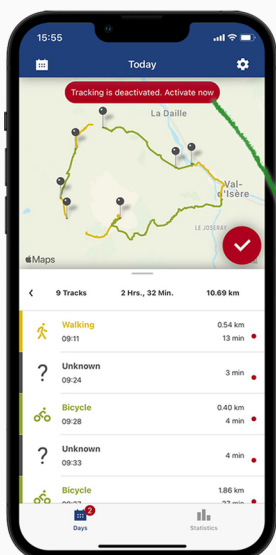
3. Log in and first settings

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:

In app location



Open the app and tap on the red message to activate the tracking



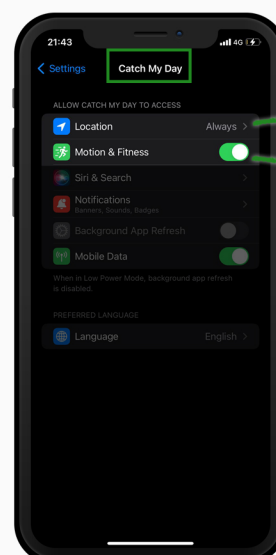
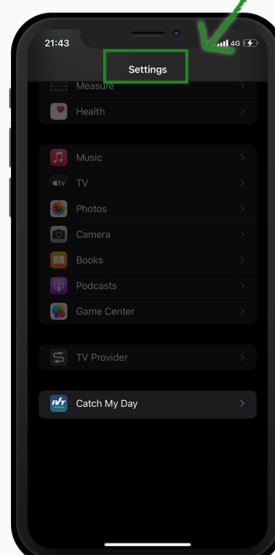
tap to activate the tracking

Close the app and go to your phone's settings

Phone settings location and physical activity



Once on the settings, go to the **Catch My Day** app and tap on it



put **Location** on always and turn on **Motion & Fitness**