

bodykey

by  NUTRILITE™

# BodyKey™ App 2.0 User Guide

(AMWAY™-Organised and Self-Organised Challenge)



Gear Up for bodykey ▶▶  
**Fitness**  
**Community**

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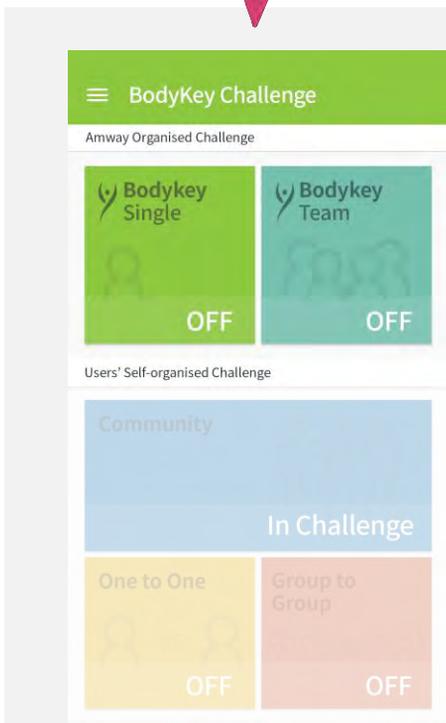
# Getting Started

## Introduction to BodyKey™ Challenge

If you lack the self discipline to achieve your weight loss or fitness goal, perhaps joining a challenge will do it for you. Gather a group of friends with a shared interest and keep each other committed towards a common fitness regime. This will motivate you and help you achieve success with your fitness goals.

The BodyKey App is designed to support a weight management challenge at your own pace while making it a fun experience. You can either join a challenge or lead a challenge.

Two types of challenges are available in the BodyKey App.



The screenshot shows the 'BodyKey Challenge' app interface. At the top, there is a green header with a menu icon and the text 'BodyKey Challenge'. Below this, there are two main sections: 'Amway Organised Challenge' and 'Users' Self-organised Challenge'. The 'Amway Organised Challenge' section contains two buttons: 'Bodykey Single' and 'Bodykey Team', both with 'OFF' indicators. The 'Users' Self-organised Challenge' section contains a 'Community' section with an 'In Challenge' indicator, and two buttons: 'One to One' and 'Group to Group', both with 'OFF' indicators.

As an added motivation, AMWAY organises challenges periodically.

All valid BodyKey users are eligible to participate in AMWAY-Organised Challenges. You can join either as an individual or part of a group.

- **BodyKey Single**
- **BodyKey Team**

Participate in the challenges and stand a chance to win prizes sponsored by AMWAY.

## Introduction to BodyKey™ Challenge

### BodyKey Challenge

#### AMWAY™-Organised Challenge

#### Self-Organised Challenge



The BodyKey App allows you to challenge each other virtually as it includes a self-reward system that can help you stay motivated.

- **One-to-One Challenge**  
Compete with another person in your own country or in another country in the SEA/ANZ region.
- **Group-to-Group Challenge**  
Be part of a group of 4 people to compete with another group in the same country or in another country in the SEA/ANZ region.
- **Community Challenge**  
Join a group of people (up to 50 members) to complete a challenge among yourselves.



# Getting Started

## BodyKey™ Reward System

### What are BodyKey “Keys”?

To make the challenge fun and rewarding, the BodyKey App allows users to earn reward points, also known as Keys, during their weight management journey.

There are two ways to earn the Keys.

- 1** Earn one Key when you fulfil any one of these criteria.

Criteria	Description	Key
<b>1</b> Daily Active Stepper	Complete 10,000 steps daily in 1 day	
<b>2</b> Frequent Challenger	Complete 3 types of challenges in 1 month (regardless if you win or lose)	
<b>3</b> Challenge Organiser	Lead and complete 3 challenges	
<b>4</b> Good BodyKey Learner	Complete BodyKey App tutorial (one-time reward only)	
<b>5</b> Promo Video Watcher	Click on promotion link to watch video (one-time reward only)	
<b>6</b> Welcome Back	Return to BodyKey App after 90 days of inactivation	
<b>7</b> Level Up	Move 1 level up	
<b>8</b> Special Event Attendant	Attend an event or participate in a promotion	

*Note: AMWAY™ reserves the rights to revise the rules at any time without prior notice.*

# Getting Started

## BodyKey™ Reward System

**2** Earn one or more Keys when you participate and win any Self-Organised Challenge.

Types of Challenge	Keys
<b>1</b> One-to-One Challenge	
<b>2</b> Group-to-Group Challenge	
<b>3</b> 15-Day Community Challenge	Vary based on number of participants. See page 19 for details.
<b>4</b> 30-Day Community Challenge	
<b>5</b> 60-Day Community Challenge	

**!** However, you will also risk losing your Keys if you lose any of the Self-Organised Challenge that you have participated in.

For example, you need to have at least one Key to participate in a One-to-one Challenge. If you win the challenge, one extra Key will be added to you. However, if you lose the challenge, one Key will be deducted from you.

The Keys will reset once a year on the first of September. You will be notified of the reset through the BodyKey App. *The first reset will happen on 1 September 2018 as the update is less than a year.*

All BodyKey users will be given five (5) Keys at the start of a "new" year.

## BodyKey Rewards System

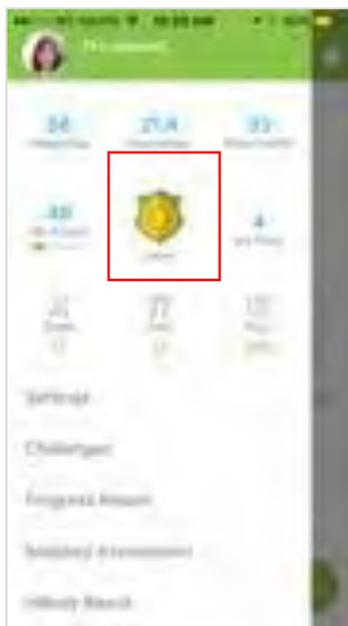
### What are BodyKey Levels?

The more Keys you earn, the more you will be rewarded. You can move your "Level" up when you have obtained enough Keys to reach the next level.

For example, to move from Level 6 to Level 7, you will need to accumulate an additional of 30 Keys.

Moving up gets tougher as your level progresses. There is a progress bar in the BodyKey App that indicates how close you are to achieving the next level. You can move up as you earn more Keys. Likewise, you can be pushed down when you lose keys.

Good news is that although your Keys will reset each year, your Level will remain the same and **not** be reset.



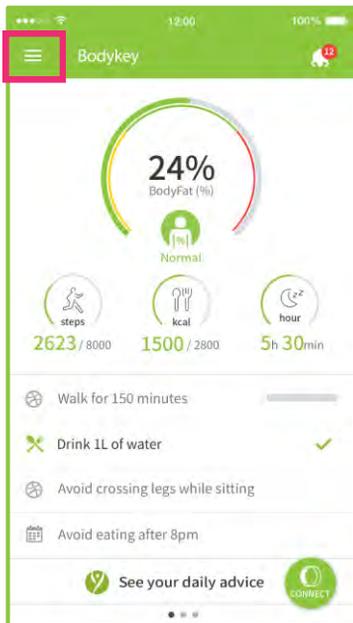
LEVEL UP TABLE		
	incremental	Accumulative
Level 1	10	10
Level 2	10	20
Level 3	10	30
Level 4	20	50
Level 5	20	70
Level 6	20	90
Level 7	30	120
Level 8	30	150
Level 9	30	180
Level 10	40	220
Level 11	40	260
Level 12	40	300
Level 13	50	350
Level 14	50	400
Level 15	50	450
Level 16	50	500
Level 17	50	550
Level 18	50	600
Level 19	50	650
Level 20	50	700
Level 21	50	750
Level 22	50	800
Level 23	50	850
Level 24	50	900
Level 25	50	950
Level 26	100	1050
Level 27	100	1150
Level 28	100	1250
Level 29	100	1350
Level 30	100	1450

# Getting Started

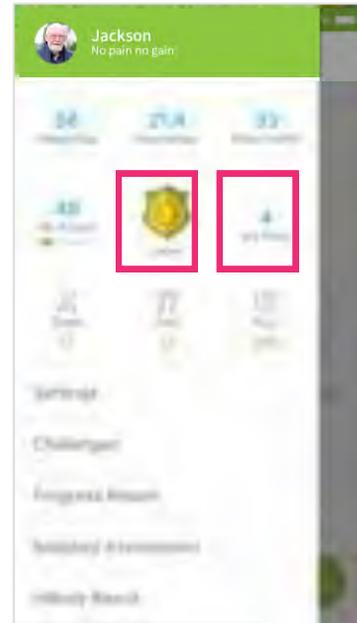
## Challenge Ranking Boards

The BodyKey™ App displays different ranking boards according to your accumulated Keys and level. You can view your own ranking within your country or region.

**1** Select the **MENU**  icon at the top left of the dashboard.

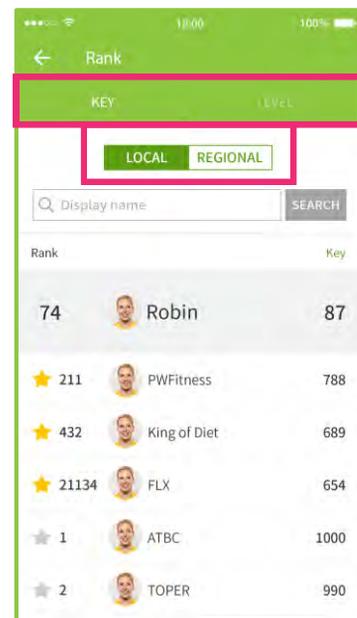


**2** Select **My Rank** or **Level**.



**3** Select **KEY** or **LEVEL** to view the respective ranking board.

Within each ranking board, you may also select **LOCAL** or **REGIONAL** to see your ranking within your country or the SEA region.

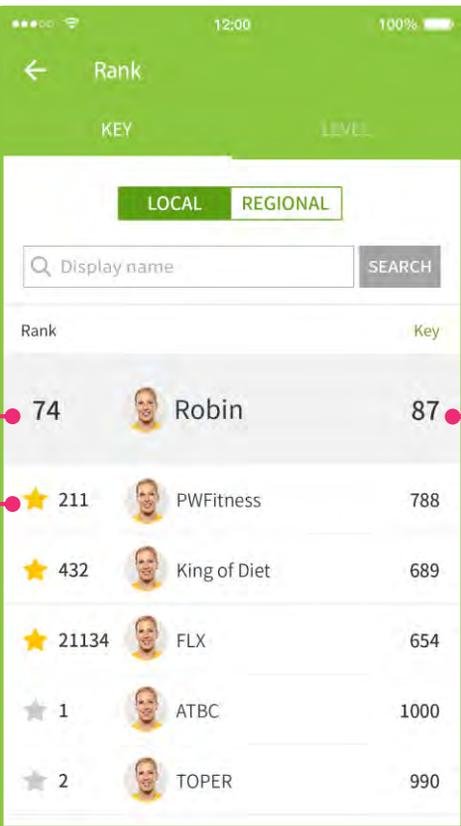


# Getting Started

## Challenge Ranking Board

Your own ranking will always be displayed at the top of the list. By default, only the top 100 BodyKey™ users will be listed on the ranking boards.

You can search for any BodyKey user to find out their ranking. Enter their display name in the search field and then select **SEARCH**. Select the star symbol★ if you wish to mark the person as your friend. Thereafter your starred friends will always be displayed on the ranking board on your BodyKey App until you “un-star” them. You can have a maximum of 10 starred friends.



The screenshot shows the 'Rank' screen in the BodyKey app. At the top, there are tabs for 'LOCAL' and 'REGIONAL'. Below that is a search bar with the placeholder text 'Display name' and a 'SEARCH' button. The main content is a list of users with their ranks and key counts. The user 'Robin' is highlighted in grey, indicating they are the user's current rank. The user 'PWFitness' is marked with a yellow star, indicating they are a starred friend. The user 'ATBC' is marked with a grey star and the number '1', and 'TOPER' is marked with a grey star and the number '2'.

Rank	Key
74	87
★ 211	788
★ 432	689
★ 21134	654
★ 1	1000
★ 2	990

Your current rank ← 74

Your starred friend whom you have marked to follow ← ★ 211

→ 87 Your total number of Keys

## Overview

The Amway-Organised Challenge is the official weight management challenge conducted by Amway at a periodical basis. Winners will be chosen based on several criteria, which may vary for different challenges and in different countries. The measurements and tracking on the BodyKey App are for reference only as user's data are entered without Amway's verification.

You can sign up for the Amway-Organised Challenge as an individual or in a team or both.

### Single Challenge

1. Select **BodyKey Single** on the Challenge Dashboard.
2. Select **JOIN CHALLENGE**.
3. Once **CONFIRMED**, your challenge begins the next day.



### Team Challenge

1. Select **BodyKey Team** on the Challenge Dashboard.
2. Select **JOIN CHALLENGE**.
3. Set up your team name and icon. The team leader must be an ABO.
4. Add your team members.
5. Once you have a complete team, the team leader selects **START**. The challenge will begin the next day.



## Overview

### Requirements for all participants

- ▶ Conduct the InBody Test on the day you sign up for the challenge. The test record will be used as a reference for one of the winning criteria.
- ▶ Sync your steps and conduct your InBody Test daily to track your progress.
- ▶ Visit an AMWAY Shop for a weigh-in:  
(1) before the challenge starts, and  
(2) at the end of the 60-day challenge  
These measurements may be used to determine the final winners.



### Challenge Dashboard

#### Single Challenge



#### Team Challenge



Day X of the challenge and the days remaining

Total accumulated reduction against the highest individual/team

Individual reduction

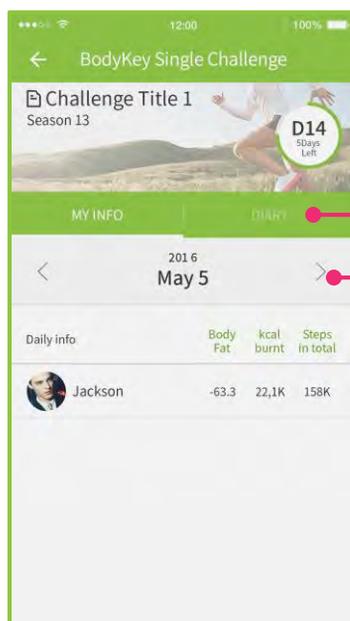
Ranking based on total reduction

View Body Fat or Steps data

# AMWAY™-Organised Challenge

## Overview

Your challenge will begin the day after you have signed up. Once started, you will be able to track your accumulated results on a daily basis. Select the “total accumulated reduction” number on the Challenge Dashboard to view the daily results on **MY INFO** or **MY TEAM INFO**.

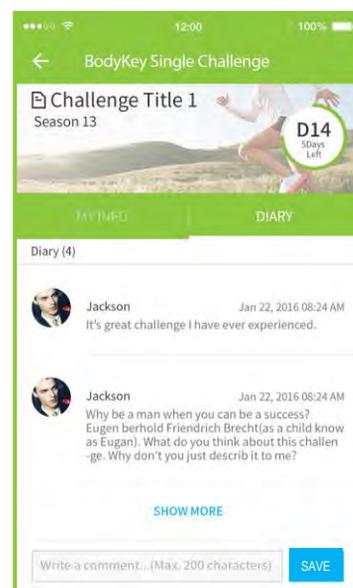


Use the navigation arrows to view the previous or next day's accumulated results

For **Single Challenge**, you can select **DIARY** to write your own progress notes.

The Diary is for personal viewing.

No one can see what you have written here.



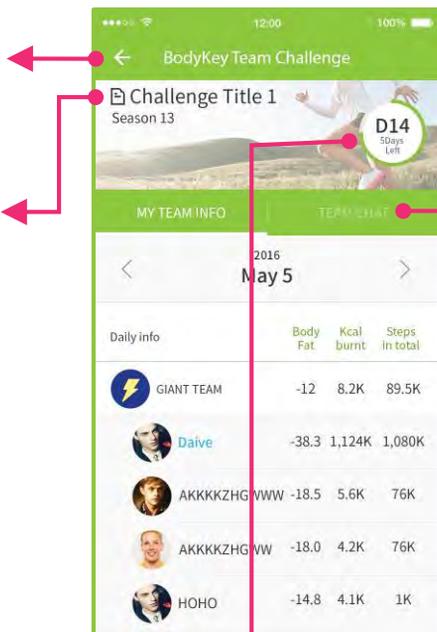
Enter your notes and then select **SAVE** to save in your Diary.

# AMWAY™-Organised Challenge

## Overview

Return to Challenge dashboard

Retrieve information on the challenge



Timer counting down 3 hours prior to start and end time.

The start and end times are based on time zone GMT+7.

For **Team Challenge**, you can select **TEAM CHAT** to communicate with your team members.

Use this space to share tips and encourage each other during the challenge.



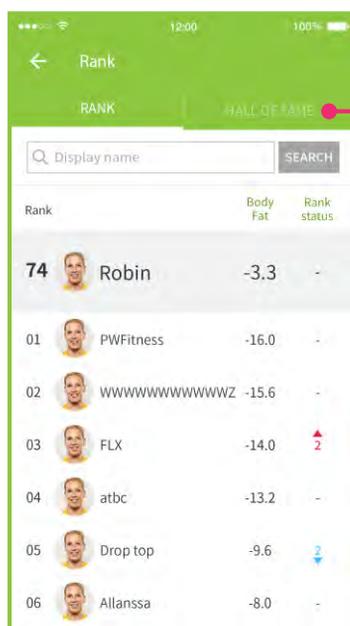
Enter your message and then select **SEND**.

	Challenge Start time	Challenge End time
Thailand, Vietnam	12 mid night	12 mid night
Malaysia, Singapore, Indonesia, Philippines	11pm	11pm
Sdney	1am	1am
Auckland	3am	3am

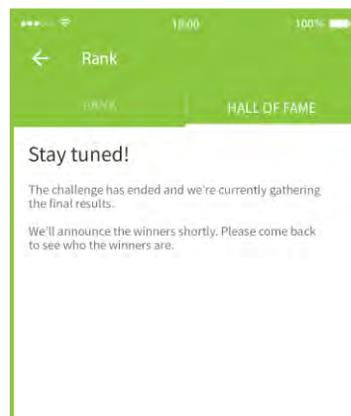
# AMWAY™-Organised Challenge

## Overview

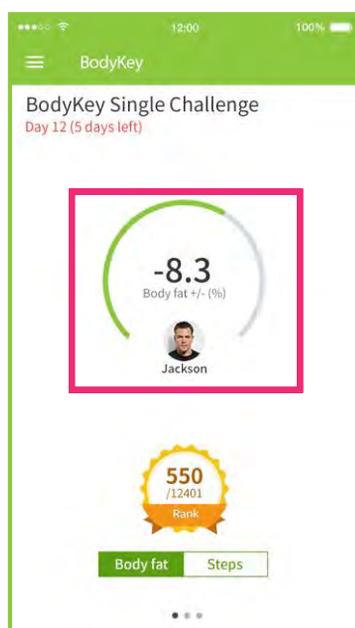
Select the ranking icon to view the ranking board. **The top 100 will be automatically displayed.**



Select **HALL OF FAME** to view announcement of winners.



Select one of these tabs to toggle between displaying data of your or your team's total accumulated body fat percentage and total number of steps taken.



## Participate in the Single Challenge

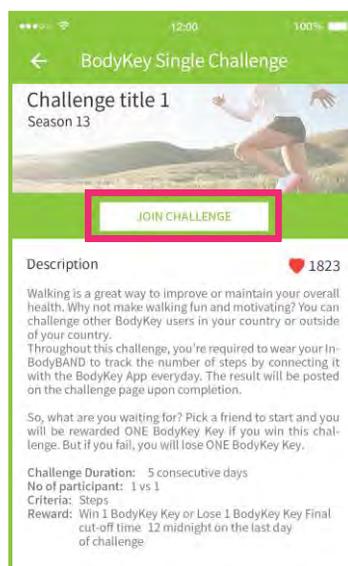
The Single Challenge is open only to BodyKey users who have a valid master code. This is the only challenge that allows you to participate alone.

### Joining the Challenge

- 1 You can only join the challenge when its status displays 'ON'.  
Select **BodyKey Single**.



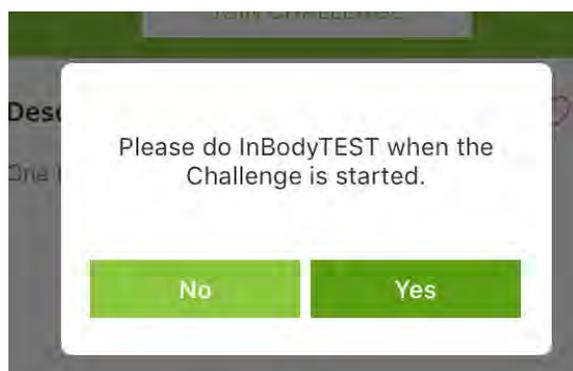
- 2 Read about the challenge.  
If you wish to participate, select **JOIN CHALLENGE**.



- 3 Select **CONFIRM** to join the challenge. Your challenge will begin the next day.

#### Reminder

Conduct your InBody Test before you start your challenge. The BodyKey App will use the test results for all calculations.



## Participate in the Team Challenge

The AMWAY-Organised Team Challenge is open only to BodyKey users who have a valid master code. This challenge is only available periodically and is open for registration when its status displays "ON". You can form and lead your own team or participate as a member in your friend's team.

### Joining the Challenge

**1** You can only join the challenge when its status displays "ON".

Select **BodyKey Team**.



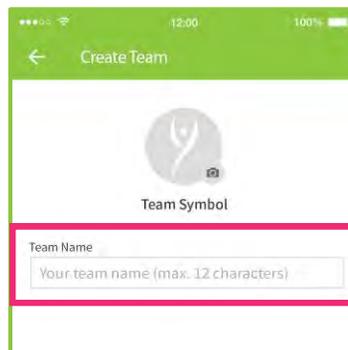
**2** Read about the challenge.

If you wish to participate, select **JOIN CHALLENGE**.



**3** Enter your **Team Name**.

No duplication of team name is allowed so be creative with your team name. A pop-up error message will appear if the name is a duplicate.

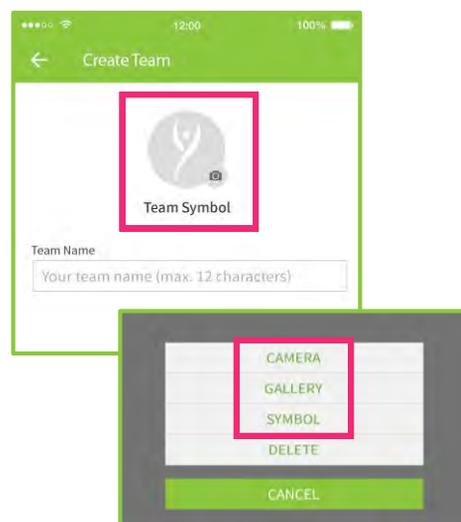


## Participate in the Team Challenge

**4** Tap on the **Team Symbol** to add an image to represent your team.

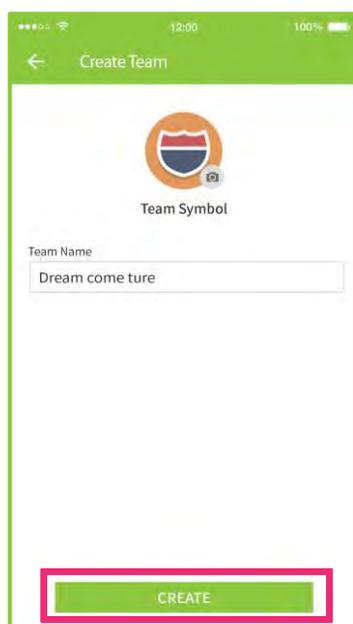
You can choose to:

- Take a photo by selecting **CAMERA**.
- Select an image from your phone's photo **GALLERY**.
- Use a **SYMBOL** provided in the BodyKey App.

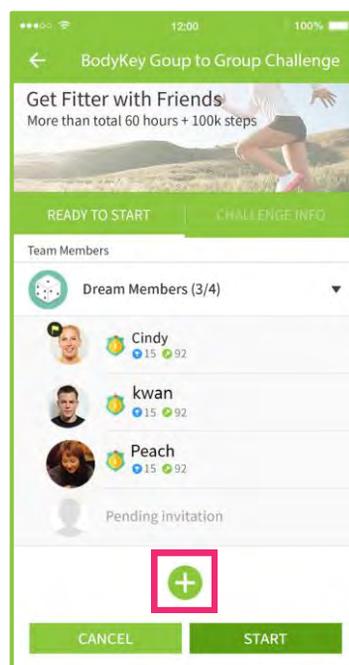


**5** Select **CREATE**.

Note: You must be an ABO to lead a challenge.

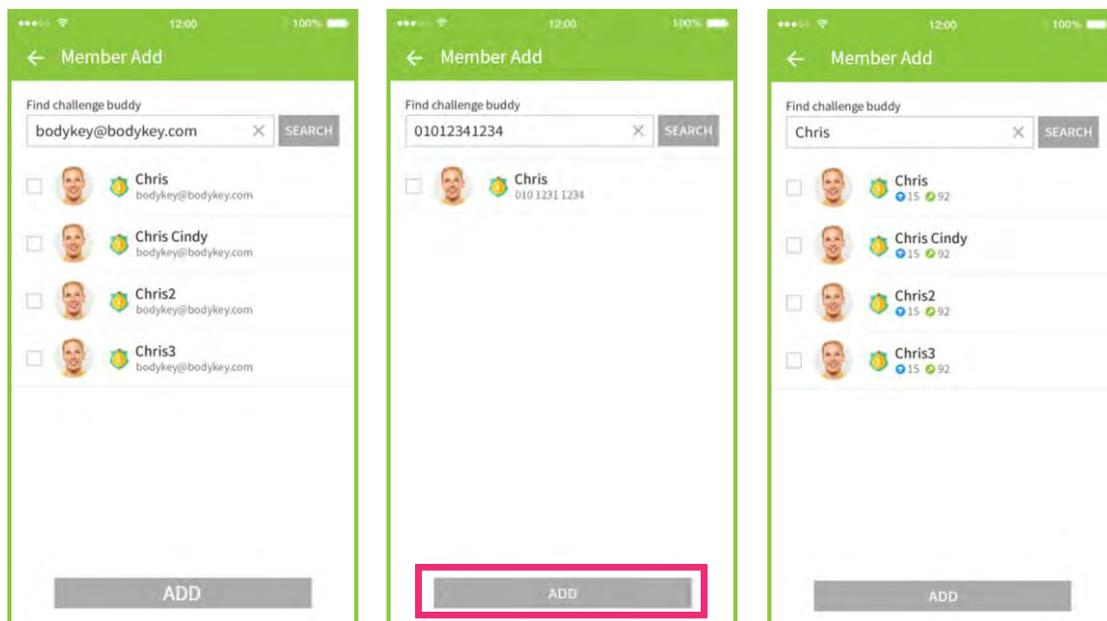


**6** Select **+** to add members to your team. You need to have enough members to start the challenge.



## Participate in the Team Challenge

- 7 You can find your friends by searching based on email, mobile number or display name. Select the person and then select **ADD**.

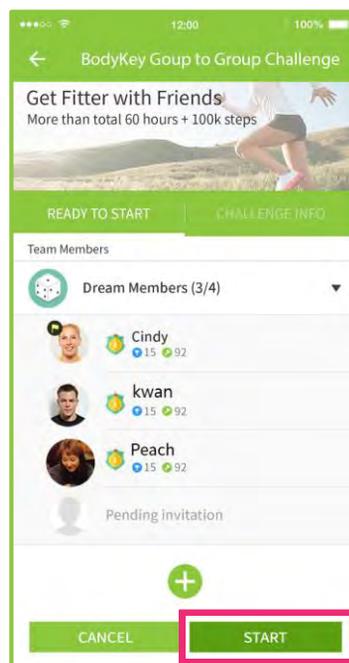


- 8 Once you have added all your team members, then you can select **START**. The challenge will begin the next day. **Your team members will automatically see the challenge page.**

### Problem adding someone?

Here are possible reasons for not being able to find the person on the BodyKey App.

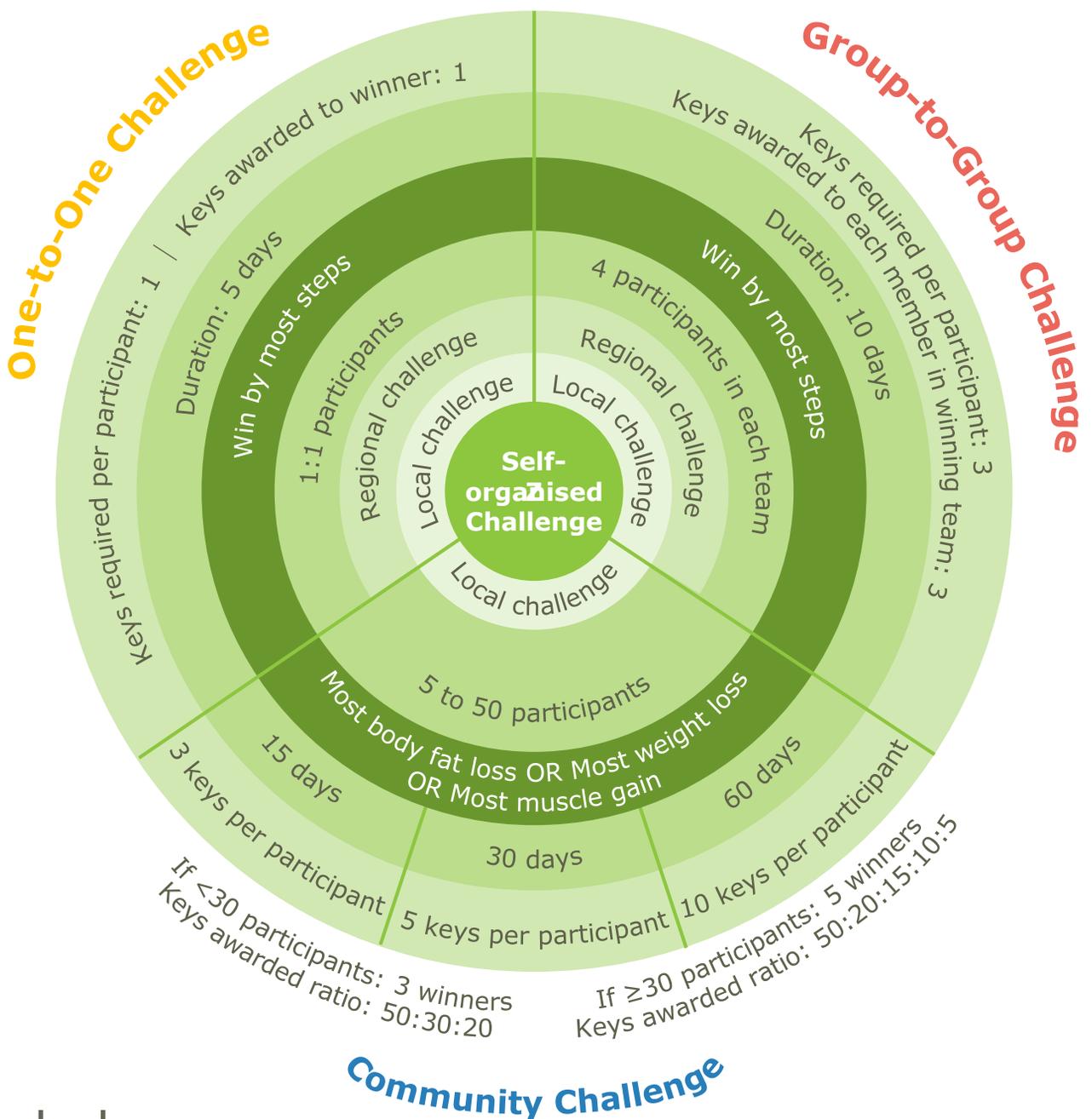
- The person does not have a valid master code.
- The person has set his or her status to private.
- The person has joined another team.
- The person has not signed up as a BodyKey user.



# Self-Organised Challenge

## Overview

The Self-Organised Challenges are solely managed by users themselves. All participants must be a BodyKey™ user with a valid master code. Individuals can challenge other individuals and teams can challenge other teams in any country within the SEA/ANZ region. Results are based on inputs entered by the users themselves without any verification by AMWAY.



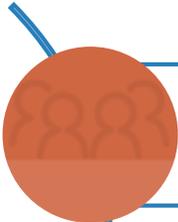
# Self-Organised Challenge

## Overview

### Team Leaders

Only ABOs can create and lead a Group-to-Group and Community Challenge. The team leader must be an ABO. Below are the tasks of a team leader.

Note: There is no team leader in a One-to-One Challenge.



#### Group-to-Group Challenge

Form a team of 4. Then invite another team of 4 to compete with your team.



#### Community Challenge

Determine the challenge criteria and duration. Then invite a group of friends to compete with each other.

### Participants

- ▶ You can join different teams for different types of challenges. However, all team members must be from the same country.
- ▶ You can participate in multiple challenges but only one type of challenge at each time.  
E.g. You cannot join two Community Challenge at the same time but you can join one One-to-One Challenge and one Group-to-Group Challenge at the same time.
- ▶ You must have sufficient Keys to participate in the challenge. You can check the required number of Keys in the challenge description before you join.
- ▶ To participate, you can either:
  - a. Invite others to compete in the challenge that you have created or accepted.
  - b. Accept an invite to compete in a challenge.
  - c. Accept an invite to be part of a team.

# Self-Organised Challenge

## Participate in a One-to-One Challenge

Walking is a great way to improve or maintain overall health. Use the One-to-One Challenge to make walking more fun and motivating. Just initiate a One-to-One Challenge with other BodyKey users in your country or another country within the SEA/ANZ region.

You need one Key to create or participate in the One-to-One Challenge. During the challenge, you are required to wear your InBodyBAND to track the number of steps by connecting it with the BodyKey App every day. Results will be posted on the challenge page upon completion.

Winners: +1 

Losers: -1 

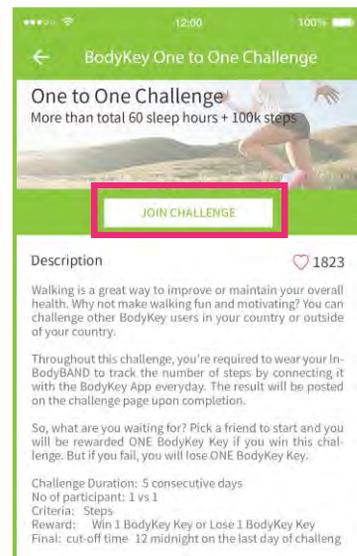
### Joining a One-to-One Challenge

**1** You can only join the challenge when its status displays "ON".

Select **One to One**.



**2** Read about the challenge. If you wish to participate, select **JOIN CHALLENGE**.

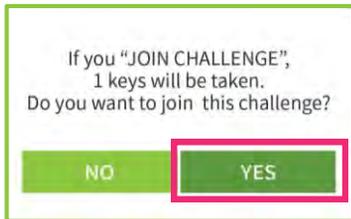


# Self-Organised Challenge

## Participate in a One-to-One Challenge

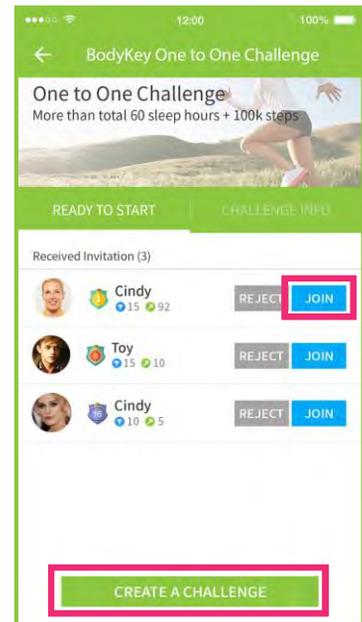
**3** A pop-up message will appear to confirm your participation.

You are required to utilise 1 Key to join the challenge. Select **YES** to join.



**4** Select **JOIN** to accept an invitation.

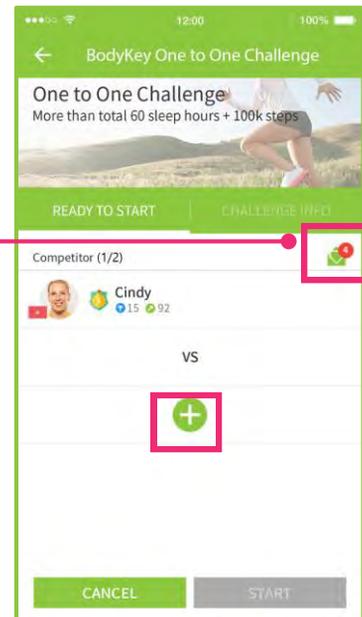
Or select **CREATE A CHALLENGE** to start your own challenge.



**5** Select **+** to invite someone to compete with you.

See page 32 for more info on how to send invitation.

*Indicates that you have pending invitation.*



# Self-Organised Challenge

## Participate in a One-to-One Challenge

- 6 Once a person accepts your invitation, the **START** button will be activated. Once you select **START**, the challenge begins the next day. A countdown timer will appear at the top right corner and **start counting down 3 hours before the challenge starts and 3 hours before the challenge ends.**

Select ← to review the challenge dashboard for quick summary.

The image shows two screenshots of the BodyKey app interface. The left screenshot shows the 'One to One Challenge' setup screen. It features a back arrow in the top left, a challenge title 'One to One Challenge' with a sub-goal 'More than total 60 sleep hours + 100k steps', and two buttons: 'READY TO START' and 'CHALLENGE INVITED'. Below this, it lists two competitors: Cindy (15 points, 92 steps) and Daive (15 points, 92 steps). At the bottom, there are 'CANCEL' and 'START' buttons. The right screenshot shows the challenge dashboard. It displays 'Day 12 (5 days left)', the current position of two participants: JACK (60,000 Steps) and TOTORO (10,000 Steps), and a progress bar. At the bottom, it shows '620 On-going Challenges' and '2,011 Completed Challenges'. Red arrows and text annotations connect the two screenshots: one arrow points from the back arrow in the first screenshot to the text '...the countdown begins...', another points from the 'CHALLENGE INVITED' button to '...see your invitation from others', and two arrows point from the challenge counts in the second screenshot to the labels 'Total ongoing challenges' and 'Total challenges completed this year'.

Please note that all start and end times are based on GMT+7. See page 13 for more details.

# Self-Organised Challenge

## Participate in a Group-to-Group Challenge

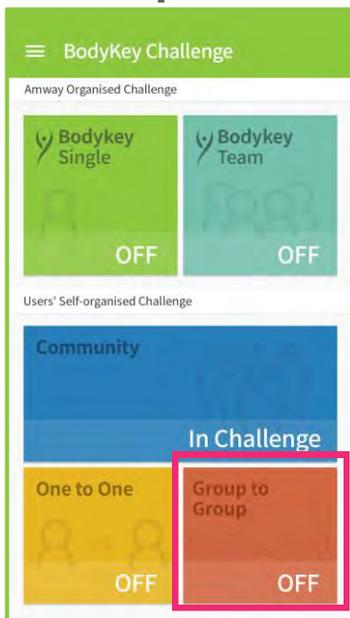
Invite your friends to join you as a team for a fitness challenge! You can challenge another BodyKey team as you and your team encourage each other to walk more. You may initiate a Group-to-Group Challenge with a BodyKey team in your country or another country within the SEA/ANZ region.

Each team member will require 3 Keys to participate in a Group-to-Group Challenge. During the challenge, each team member is required to wear the InBodyBAND to track the number of steps by connecting it with the BodyKey App every day. Results will be posted on the challenge page upon completion.

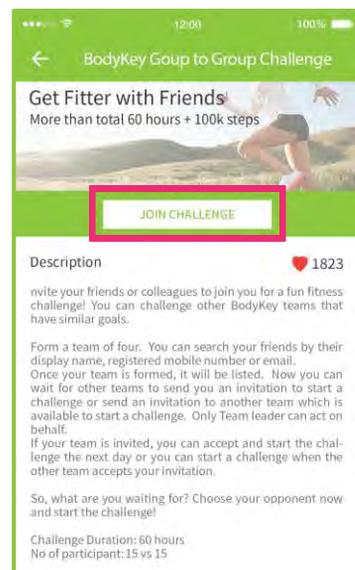
Winning team: +3    each team member  
Losing team: -3    each team member

## Joining a Group-to-Group Challenge

**1** You can only join the challenge when its status displays "ON".  
Select **Group to Group**.



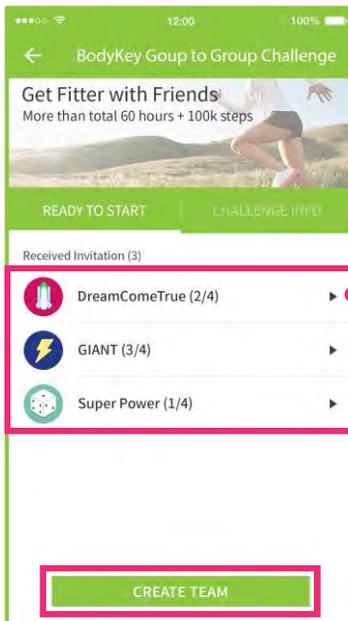
**2** Read about the challenge.  
If you wish to participate, select **JOIN CHALLENGE**.



# Self-Organised Challenge

## Participate in a Group-to-Group Challenge

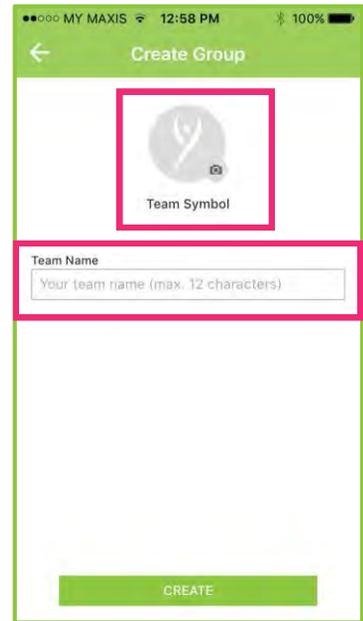
- 3** Upon joining, you will be given two options.
- Accept an invitation to join a team, or
  - Select **CREATE TEAM** to form your own team



Accept  
invite

- 4** If you choose to **CREATE TEAM**, name the team and give it a team icon. Then select **CREATE**.

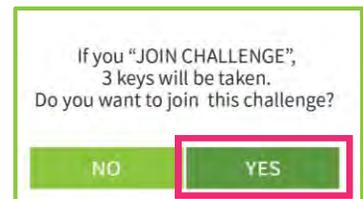
*Note: Duplication of name is not allowed.*



- 5** Upon **CREATE**, a pop-up message will appear to confirm your participation.

You are required to utilise 3 Keys to join the challenge. Select **YES** to join.

Once you have created your own team, all invites that you have received earlier will be automatically rejected.

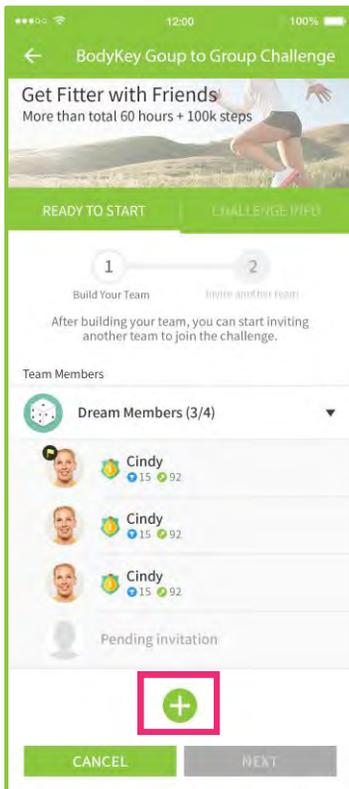


# Self-Organised Challenge

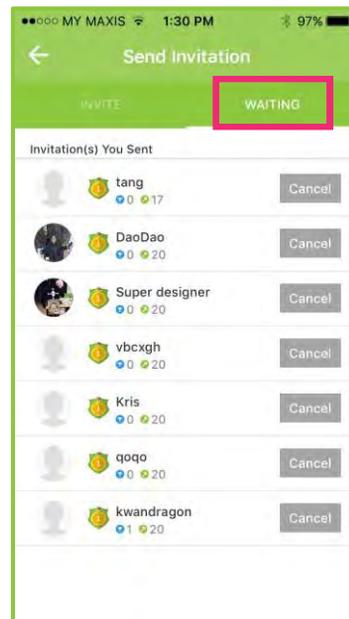
## Participate in a Group-to-Group Challenge

- 6** Form your team by selecting **+** to send invites or to view your invitation to your friends. Team members must be from the same country.

*See page 33 for more info on how to send invitation.*



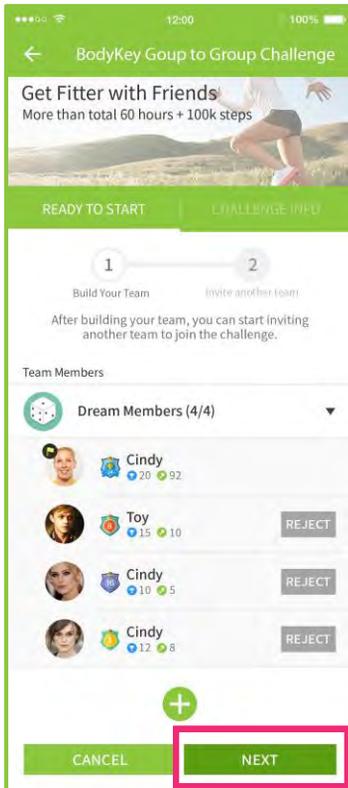
Select **WAITING** to see a list of friends whom you have invited.



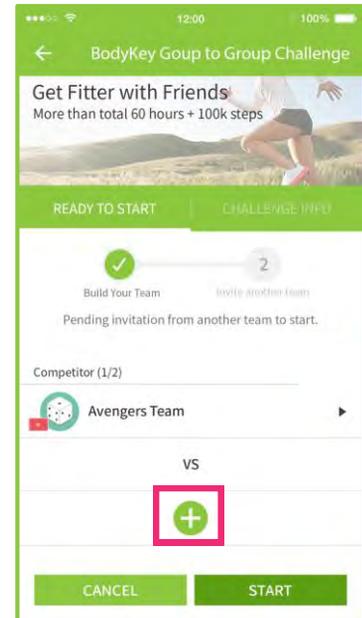
# Self-Organised Challenge

## Participate in a Group-to-Group Challenge

- 7 When all team members have accepted the invite to join your team, select **NEXT**.



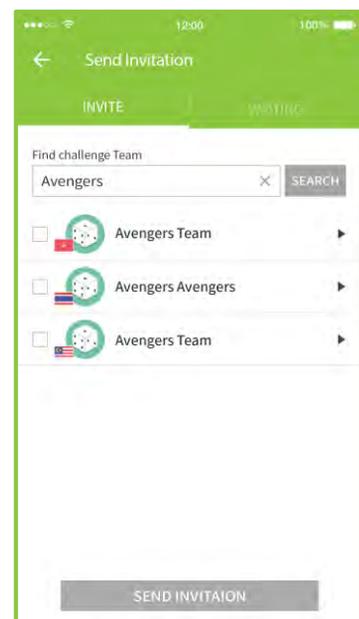
- 8 Select **+** to look for an opponent team.



- 9 You can find out more about each team by selecting the team name.

You may search for a specific team by its name and then send an invitation to them.

If you don't know of any team, you can keep the search field empty and then select **SEARCH** to allow the BodyKey App to match a few teams for your selection.



# Self-Organised Challenge

## Participate in a Group-to-Group Challenge

**10** Once one of the invited teams has accepted your invite to join the challenge, you will be notified of the acceptance via the notification box.

The creator and team leader of the team is required to activate the challenge within **48 hours**, or else the challenge will be resolved.

Select **START** to begin the challenge. The challenge will begin the next day. A count down timer will appear at the top right corner.

...the countdown begins...

...see your invitation from other teams.

Total ongoing challenges

Total challenges completed this year

The image displays three screenshots of the BodyKey app interface. The first screenshot shows the 'Group-to-Group Challenge' setup screen with a 'START' button highlighted. The second screenshot shows the 'BodyKey Goup to Group Challenge' status page with a 'D14 50% Left' countdown timer highlighted. The third screenshot shows the 'Group to Group Challenge' progress page with a 'Day 12 (5 days left)' timer and a progress bar for 'avengers' team.

Daily info	Body Fat	Kcal burnt	Steps in total
Avengers Team	-12	8.2K	89.5K
Daive	-38.3	112.4M	10.8M
Toy	-18.5	5.6K	76K
Adriana	-18.0	4.2K	76K
HOHO	-14.8	4.1K	1K

620 On-going Challenges | 2,011 Completed Challenges

Please note that all start and end times are based on GMT+7. See page 13 for more details.

# Self-Organised Challenge

## Participate in a Community Challenge

It's definitely more exciting to take part in a challenge with a group of like-minded people. So gather your friends, family members and colleagues to participate in a mini competition to shed off the extra weight. A Community Challenge provides not only a source of support but also gives you great motivation towards meeting your ultimate health goals. Statistics have shown that the success rate of losing weight in a group is higher than doing it alone.

The number of keys required to participate in a Community Challenge depends on the duration of the challenge. The number of Keys earned from winning (or losing) the challenge depends on the number of participants involved.

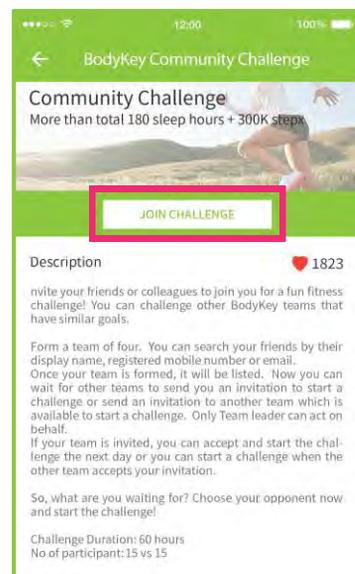
See page 19 for more info.

## Joining a Community Challenge

**1** Select **Community**.



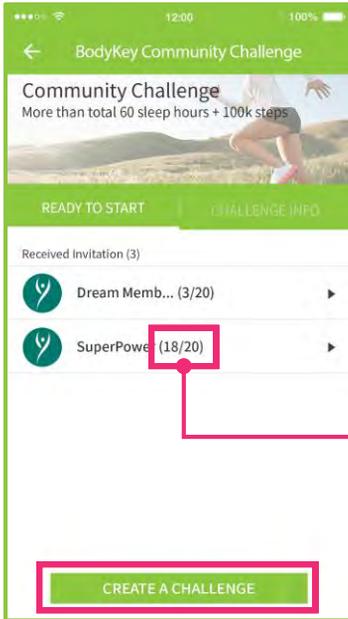
**2** Read about the challenge. If you wish to participate, select **JOIN CHALLENGE**.



# Self-Organised Challenge

## Participate in a Community Challenge

**3** Select a group to accept the invitation to join the challenge.



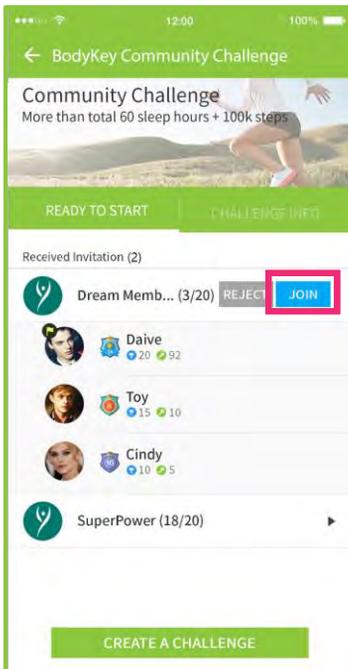
Or select **CREATE A CHALLENGE** to form your own community challenge.

*Continue next page...*

Your invitation to join existing challenges.

Number of people who has accepted the invitation / Expected group size

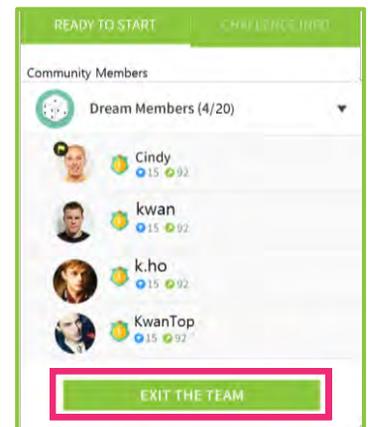
**4** Select **JOIN** to join the team.



Once you have joined a group, the other invites will be automatically rejected.

You can still withdraw from the group if the challenge has not started. Select **EXIT THE TEAM** to withdraw.

You cannot withdraw once the challenge has started.



# Self-Organised Challenge

## Participate in a Community Challenge

### Form a Community Challenge

...continued from previous page

**4** Complete the info required for the challenge and then select **NEXT STEP**.

Select the duration of the challenge

Select the unit of measurement to be by kg or %

Insert an image or icon to represent the challenge

Enter the name to represent the challenge

Enter the desired group size for the challenge

Select the ranking criterion for the challenge

A pop-up message will inform you of the required Keys to participate in the challenge. Select **YES** to proceed.

*The number of Keys varies based on the duration of your challenge. Refer to page 19 for details.*

**5** Select **+** to send invites to your friends. You can only invite people from the same country.

*See page 33 for more info on how to send invitation.*

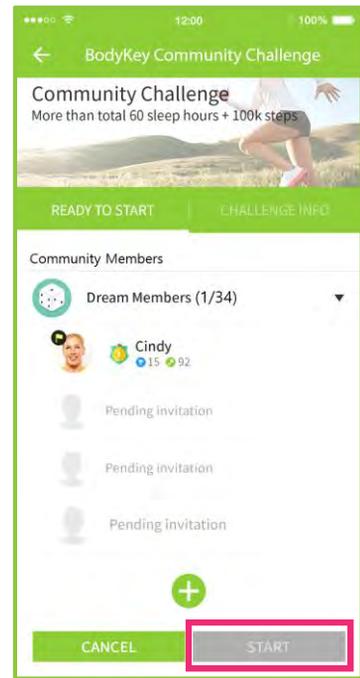
# Self-Organised Challenge

## Participate in a Community Challenge

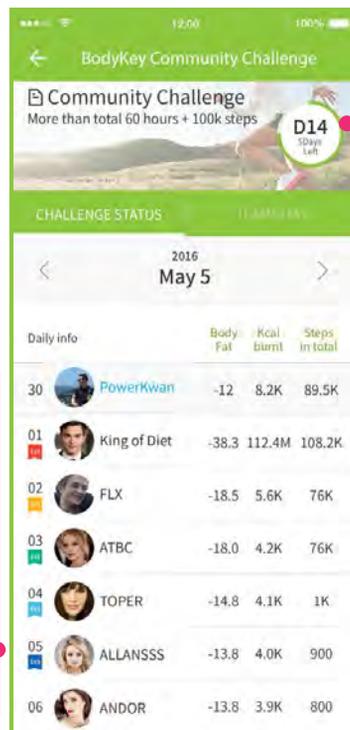
**6** When you have at least 4 people who have accepted your invite to join the challenge, the START button will be activated.

Once you feel you have sufficient people to begin the challenge, select **START**. You are not required to have the exact number stated in the desired group size.

The challenge will begin the next day. A countdown timer will appear at the top right corner.

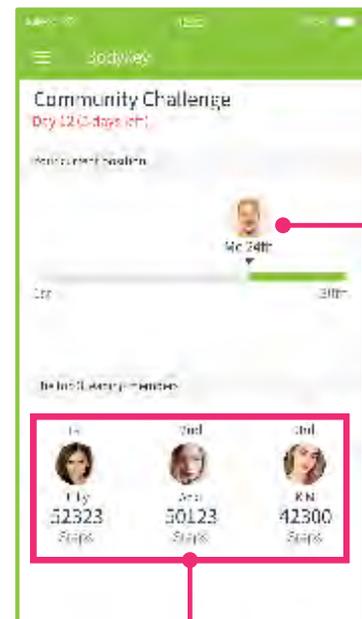


...the countdown begins...



Day X of the challenge and the days remaining

Your position within the community



Daily accumulated data of each member

Top leading participants

# Self-Organised Challenge

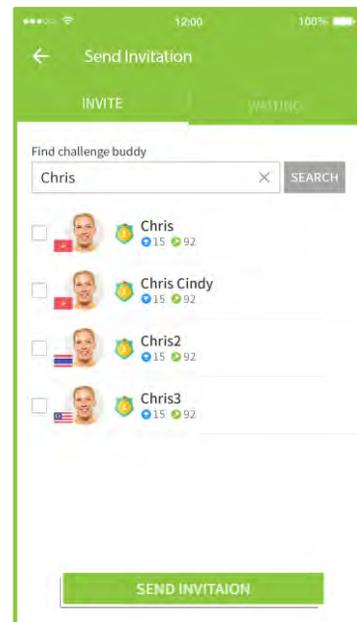
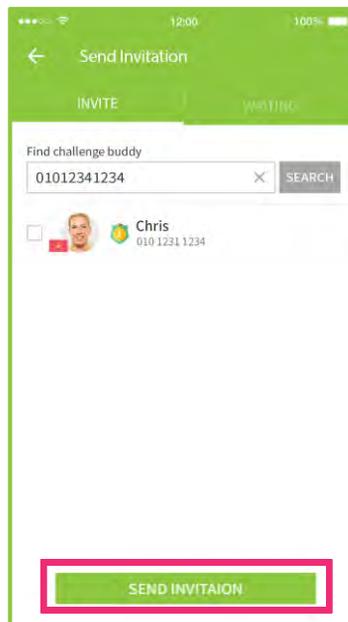
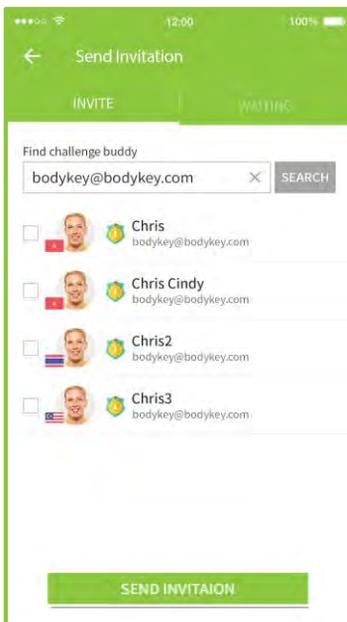
## Invitation to Participate

You can invite a person by searching based on email, mobile number or display name.

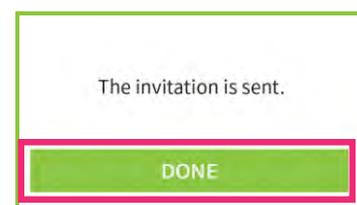
- ▶ **One-to-One Challenge:** You can invite a maximum of 5 people.
- ▶ **Group-to-Group Challenge:** Invite 3 people to join your team
- ▶ **Community Challenge:** You can invite a maximum of 50 people at one time to form a group size between 5 and 50.

If you have no one in mind, you can keep the search field empty and then select **SEARCH** to allow the BodyKey App to match a few persons. You can invite these people to compete with you or join your team.

To invite, select the person and then select **SEND INVITATION**.



After an invitation has been sent, select **DONE**.

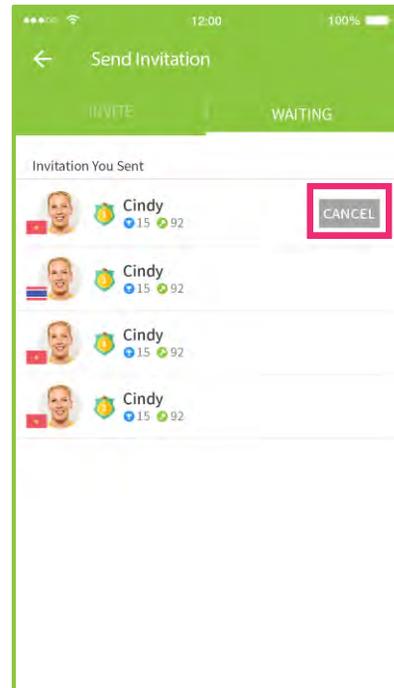


# Self-Organised Challenge

## Invitation to Participate

Forgot who you have invited? Select **WAITING** to view the invite list.

You can remove those whom you have previously invited from your list. First, select the name of the person and then select **CANCEL** to remove the invitation.



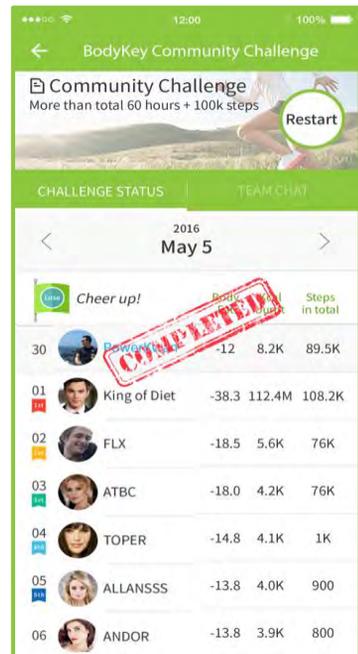
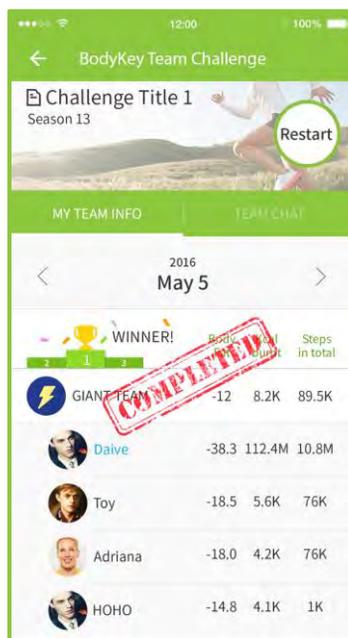
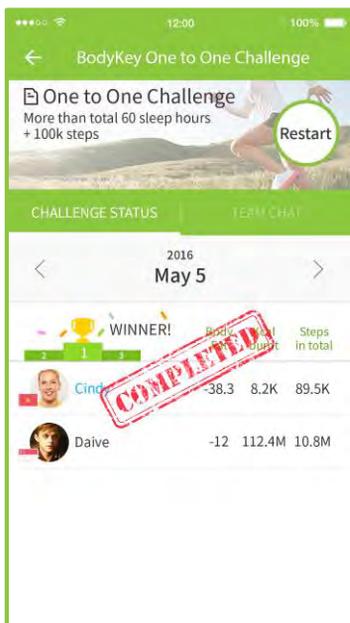
# Challenge Completion

## Completion of Challenge

For **AMWAY™-Organised Challenge**, you are required to visit an AMWAY Shop for a weigh-in before challenge starts and at the end of your challenge so that your weight or fat reduction can be verified. Winners will be announced only after every participant has completed the challenge.

For **Self-Organised Challenge**, the announcement of winners and the allocation of BodyKey Keys are immediate upon completion of a challenge.

Your final result page will be similar as below.

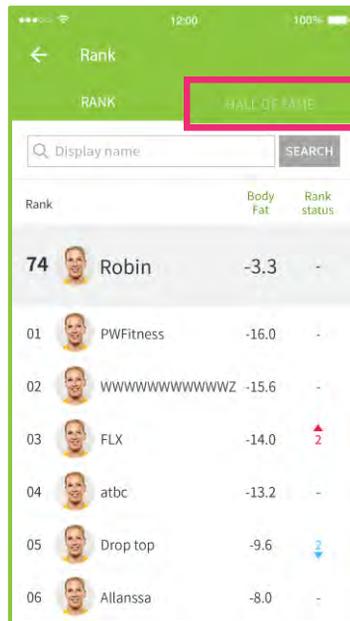
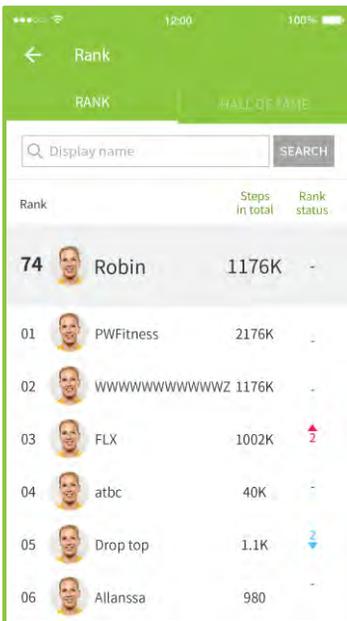
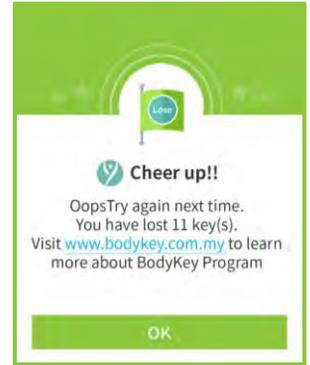


# Challenge Completion

## Completion of Challenge

Winners will be rewarded with extra Keys and losers will be penalised with the reduction of Keys accordingly.

*See pages 5, 6 and 19 to find out the number of Keys awarded and penalised for each type of challenge.*



Check out the ranking board to see your ranking in comparison to other participants.

Select **HALL OF FAME** to view announcement of winners.

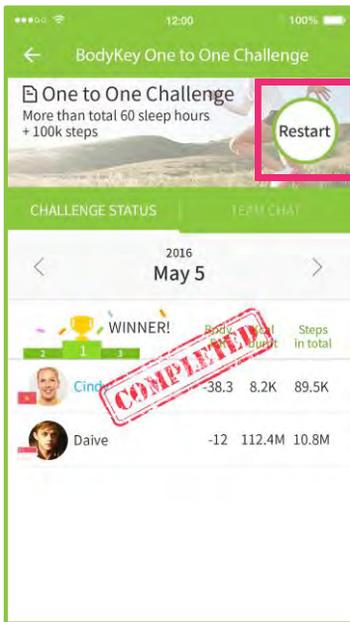
# Challenge Completion

## Restart a Challenge

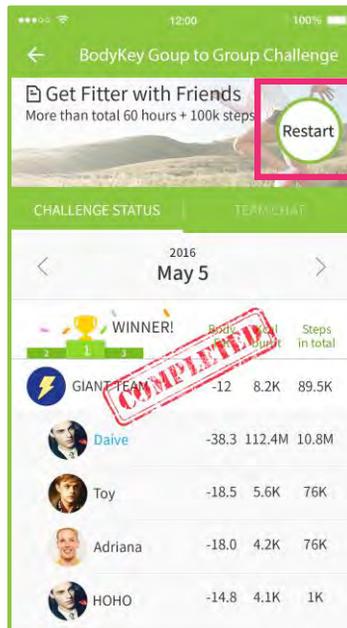
You can participate in the same type of Self-Organised Challenge anytime. Select **RESTART** in the respective challenge page and you will be directed to the challenge invitation page.

You can choose to accept an invite or lead a new challenge. Take note that you will need to have sufficient Keys in order to join another challenge.

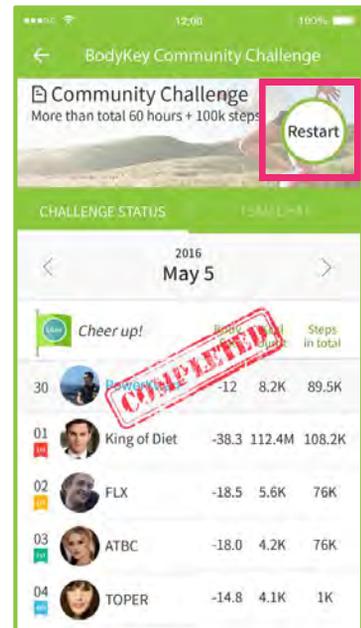
### One-to-One



### Group-to-Group



### Community



You can continue leading a team with the same team name if you were the creator of the team. However, you will need to invite your team members again.

If you were a participant, you will see a list of invitations upon restarting a challenge. If you are an ABO, you will also have the option to lead a new team.

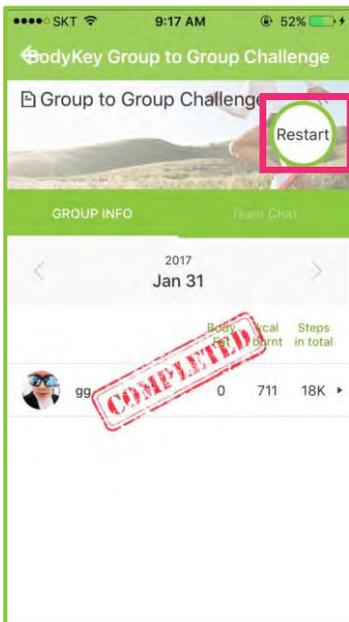
# Challenge Completion

## Restart a Challenge

### Restart a Group-to-Group Challenge

If you were the creator of a Group-to-Group Challenge:

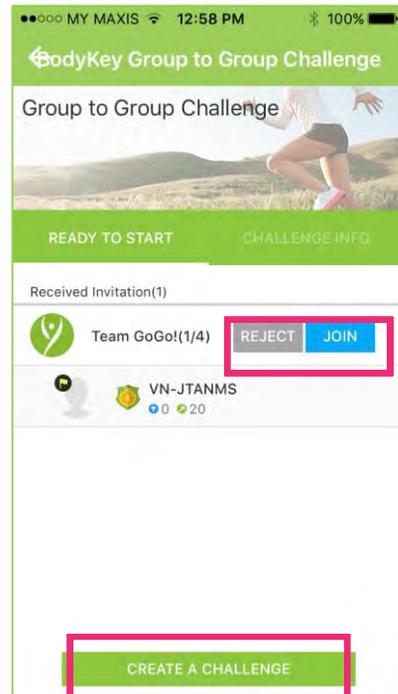
- 1 Select **Restart** to start a new challenge.



- 2 Upon restarting a challenge, you will see a list of invitations to join another challenge and have the option to create a new challenge.

*Reminder: You can only invite people from the same country. See page 33 for more info on how to send invitations.*

If you no longer wish to lead the team, select **CANCEL**.

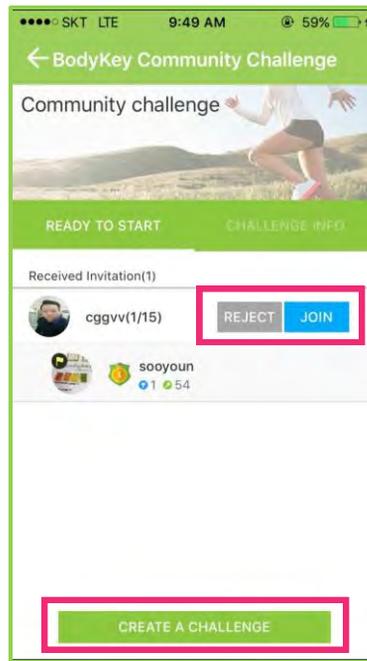
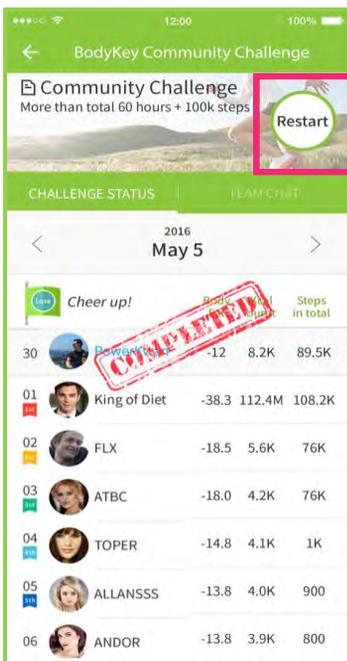


# Challenge Completion

## Restart a Challenge

### Restart a Community Challenge

Regardless if you are a team creator or participant, upon restarting a challenge, you will see a list of invitation to join another challenge and have the option to create a new challenge.



# Other Features

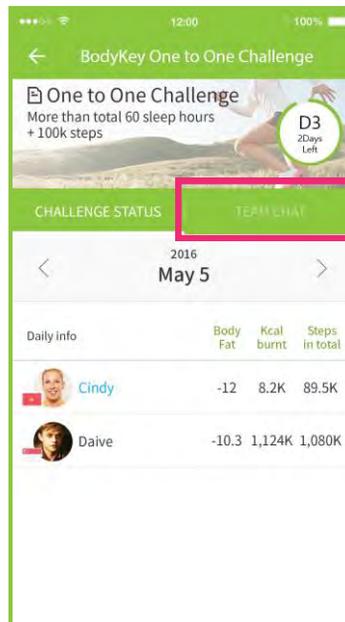
## Chat Room

In each of the Self-Organised Challenges, there are chat rooms available for users to chat with opponents or team members.

### One-to-One Challenge

Select **TEAM CHAT** to chat with your opponent.

Note: Your opponent may come from another country and may not speak the same language as you. No language translations are provided on the BodyKey™ App.



### Group-to-Group & Community Challenge

Select **TEAM CHAT** to chat with your team members.

All content in chats will be removed once a new challenge is set up.



# Other Features

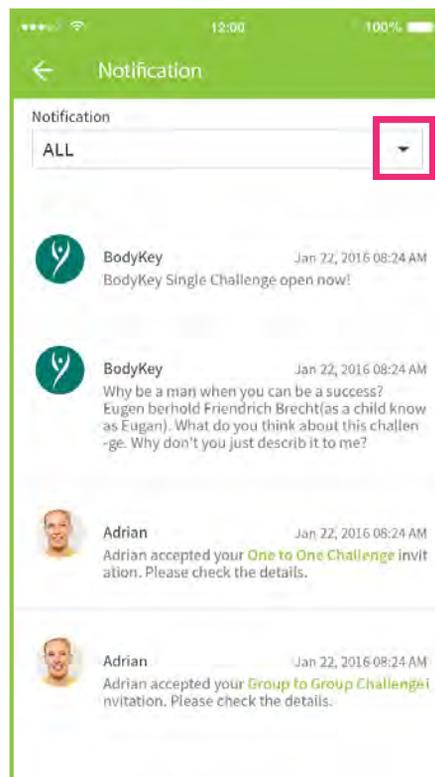
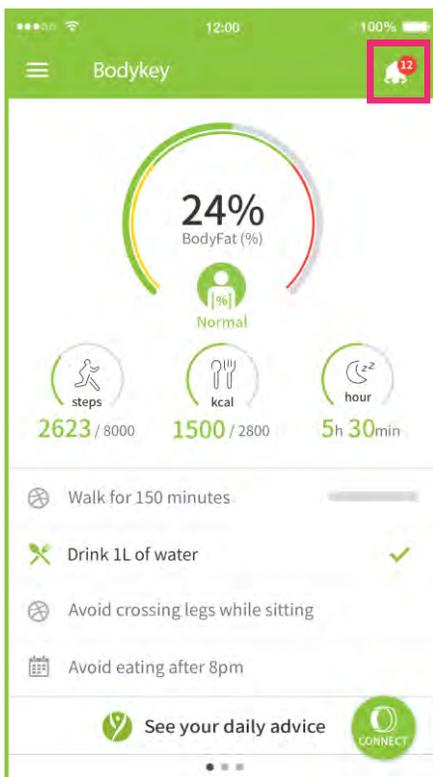
## Notifications

A notification icon keeps track of your activities in the BodyKey™ App. This includes your challenge completion and challenge start or various messages from BodyKey.

When the notification icon at the top right corner of the dashboard displays a number in red, it indicates that you have unread notifications.

Select the icon to access the messages.

Select the drop-down arrow to filter the type of messages.



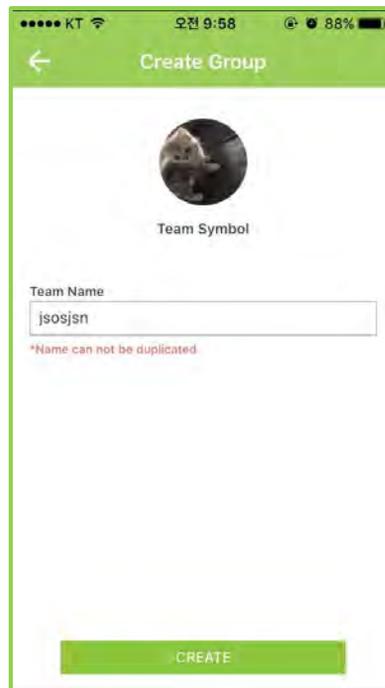
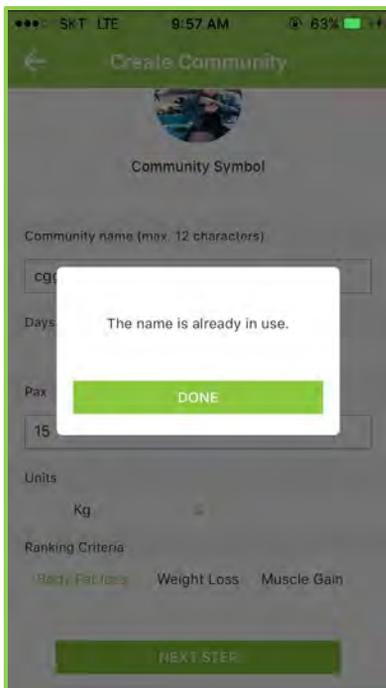
# Other Features

## Team Name

When you set up a team in BodyKey™ Team Challenge, Group-to-Group Challenge or Community Challenge, you are required to name your team. The team name must be unique for each type of challenge.

For example, if you were to name your team as "SUPER BODYKEY" in Community Challenge, no other team will be able to use that name in any Community Challenge. However, this name can still be used in other types of challenges such as in Group-to-Group or BodyKey Team Challenge.

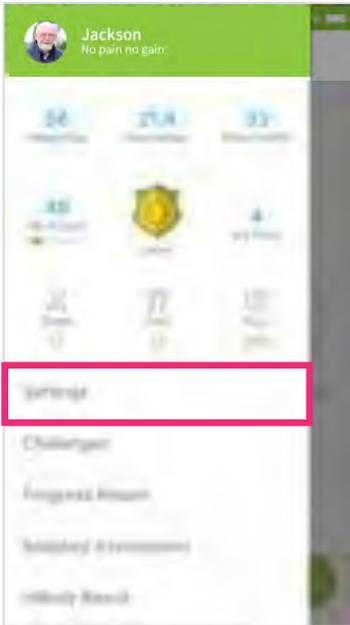
If you entered a name that is already in use, you will see an error message such as below.



# Other Features

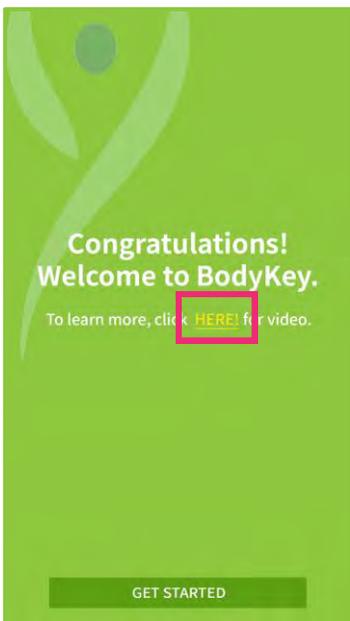
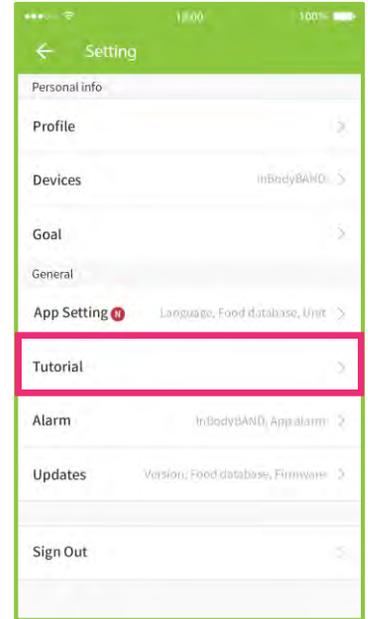
## Tutorial and Videos

A tutorial and two videos are available to facilitate your understanding about the BodyKey™ App. You can view the tutorial as many times as you wish.



Select **Setting** from the **MENU** bar at the top left corner of the dashboard.

Select **Tutorial**.

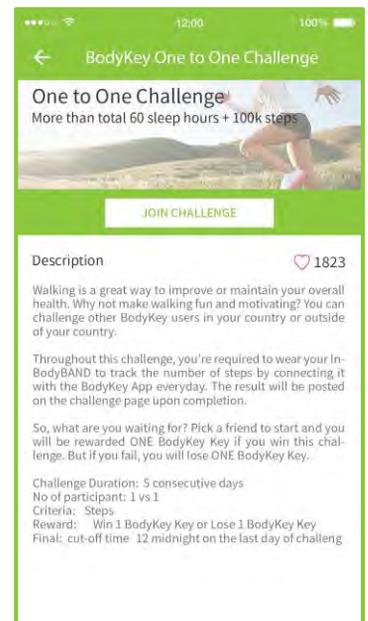


### General Video

At the end of the tutorial, you can select **HERE** to watch the video.

### Challenge Video

In each challenge info page, select the link to watch the video.



# Frequently Asked Questions

## **Can I withdraw from a challenge once I have joined?**

You will not be able to withdraw from a challenge if it has started. You have nothing to lose if you do not participate in any challenge. However, your BodyKey™ Keys will be deducted if you lose a challenge that you have joined.

## **What can I do with the BodyKey Keys that I have earned from the challenges?**

The BodyKey App provides a fun and engaging platform to help you stay fit and healthy. The Keys that you earned are virtual rewards to keep you motivated and challenged throughout your weight management journey. That said, AMWAY™ may run special promotions, as and when needed, to reward BodyKey users based on their number of Keys. So stay tuned to AMWAY for any updates.

## **What do I do during the Self-Organised Challenge?**

Complete the criteria outlined for each challenge. For example, if you participate in a One-to-One Challenge, walk, jog or run as much as possible during the 5-day challenge to increase your number of steps. Use the InBodyBAND to record the steps data. Remember to sync the InBodyBAND to the BodyKey App on a daily basis to capture the data for comparison against your opponent.

## **How do I know if I am invited to any challenge?**

You can view your challenge invites from the Notification box in the BodyKey App.

# Frequently Asked Questions

## **If I receive more than one invitation to various Self-Organised Challenges, can I join all of them?**

Yes and no. You can join one team in each type of challenge but you cannot join two teams in the same type of challenge at the same time. Make sure you have sufficient number of Keys to participate in each challenge. Selecting to join and accept one of the challenges means rejecting other invitations in the same type of challenge.

## **Why am I not able to lead or join a Self-Organised Challenge?**

To be eligible to participate in a Self-Organised Challenge:

1. You must be a valid BodyKey user with a valid master code.
2. You must have sufficient BodyKey Keys.
3. You must not be in another team participating in the same type of challenge.
4. You must be an ABO to lead a team for the Group-to-Group Challenge or lead in a Community Challenge.

## **I am participating in a One-to-One Challenge but I forgot to sync my steps yesterday. Will my step count still be captured for the challenge?**

Yes, it will. The InBodyBAND stores 7 days of data in its memory. If you forgot to sync the steps yesterday, you can sync it today to record yesterday's data into the BodyKey App. The requirement for a One-to-One Challenge is to accumulate data for 5 days of steps.



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