

Application

Mets tes baskets!

ELA

Instructions



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1

Installation of the application

To install the “**Mets tes baskets**” (“Wear your trainers”) **application**, go to:

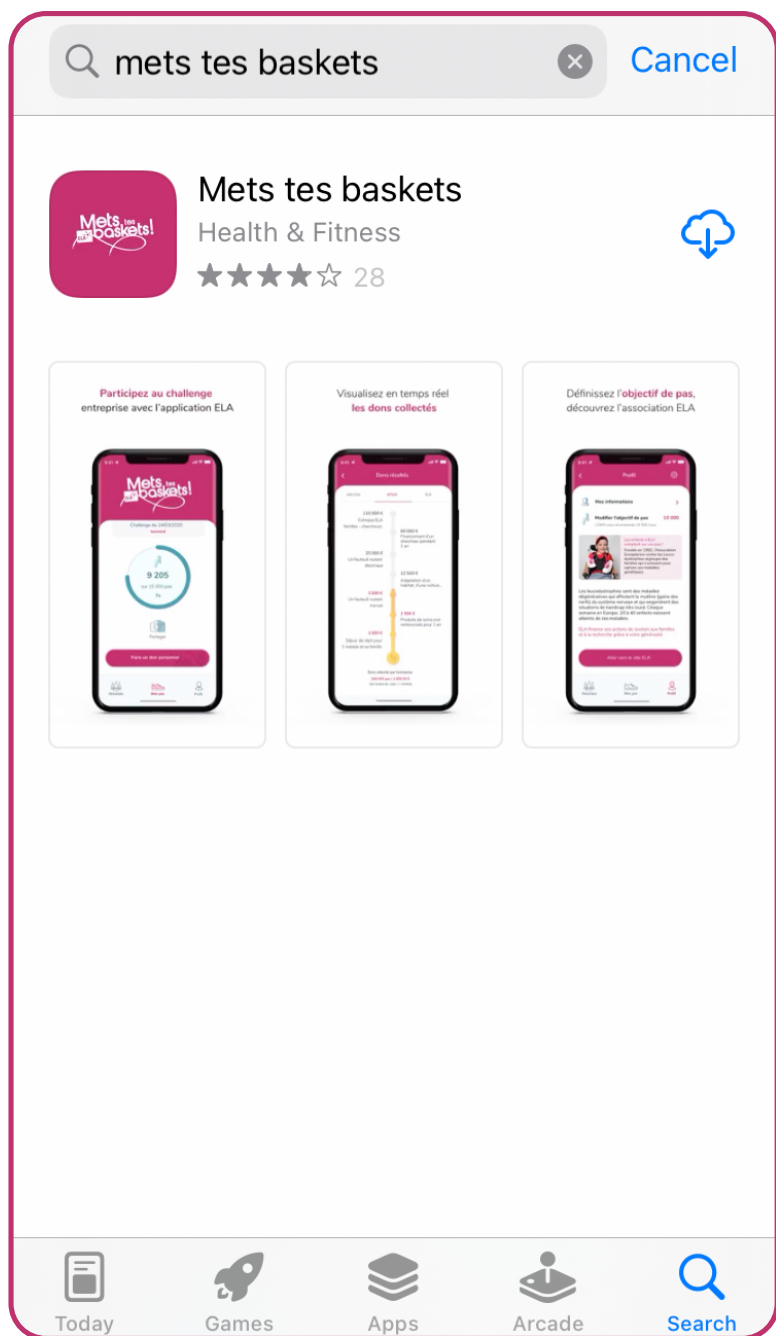
- the **App Store** (for iPhone), 
- the **Play Store** (pour Android). 

Tap on the search bar: “Mets tes baskets”.

Click on this icon to make the application page appear: 

Then click on **Install** and wait for a few seconds.

As soon as the application is installed, you can open it.



Challenge identification



To participate in the challenge

Enter the code (4 to 6 digits) provided by the challenge organizer (ELA, your company, your school) or scan the QR Code of the challenge.

If you have not received a code or QR code, you may participate to the "Mets tes baskets toute l'année !" challenge by typing the code "2023"



Or

Scan the QR code



[See the tutorial](#)

2

Challenge identification

When you open the application for the first time:

- **enter the challenge code**

or

- **scan the QR code** provided by the challenge organiser.

Once the code is entered or scanned, **press the arrow** to go to the following page.



Create my account

Nice to meet you!

My name is ELA. What's yours?

What level 1 team are you part of ?

Validate

Can't find your team ?

3

Creating an account

To enter the challenge, **provide your first name and surname, or your nickname.**

If the latter is already taken, the application will provide you with another offer. You are free to enter a completely different one.

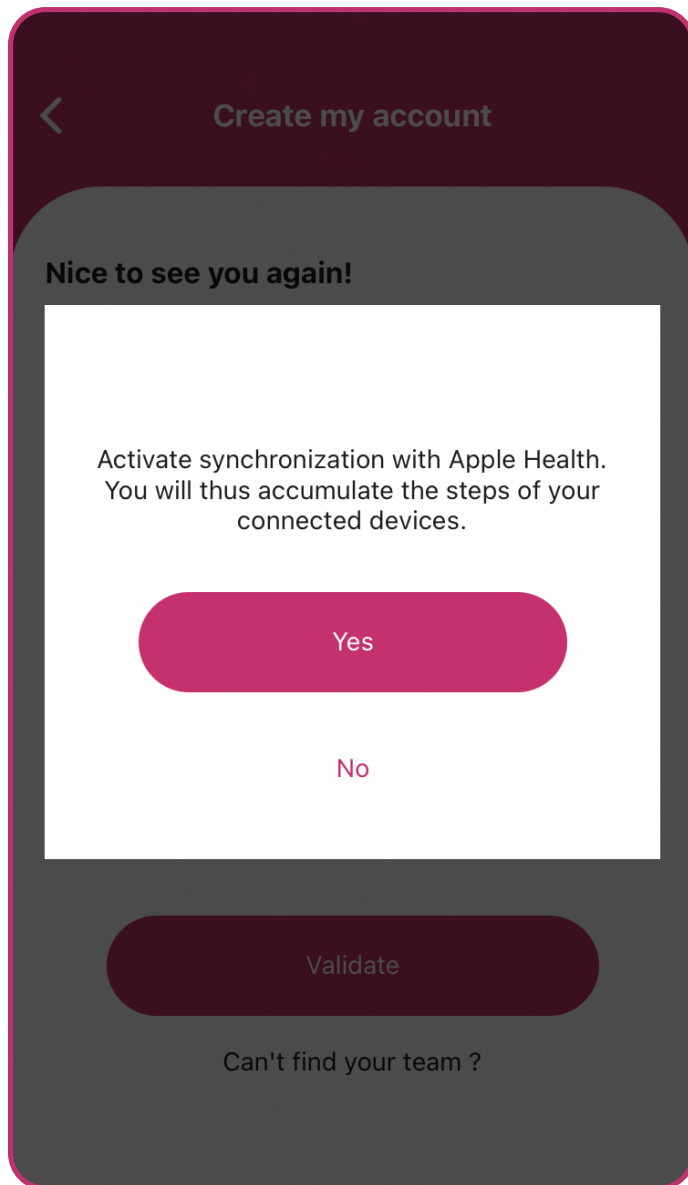
Then click on **Validate**.

Some challenges may consist of **several levels** (teams). Select your team to finalise your registration.

You will then be re-directed to the application homepage (see step 5).

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Start of the challenge



A **countdown** will indicate when the challenge starts or when it finishes when it has already started. Your steps start to be counted **once the challenge starts**.

Synchronisation of steps with Apple Health or Google Fit

In order to count your steps as accurately as possible, **we advise that you activate the synchronisation with Apple Health** (on iOS) **or Google Fit** (on Android).

These applications will count the steps taken and the “Mets tes baskets” application will then collect this data at regular intervals (roughly every 5 minutes). Thus, even if the application is in sleep mode or closed, the counting of steps is still continued.

Apple Health and Google Fit also let you recover your steps from the start of a challenge if you take part in it after its beginning.

Synchronisation of the steps outside Apple Health or Google Fit

The “Mets tes baskets” application has an internal pedometer which counts your steps. But that is why **the application must be open at all times for the duration of the challenge in order to count your steps** (open in the foreground or the background).

With iOS, the system automatically puts the application in sleep mode after 10 minutes. This means that you must reactivate the application during this interval so that all your steps are counted.

No matter how the steps are counted, **you must open the application occasionally** so that the synchronisation occurs between the “Mets tes baskets” application and the server on which the data (used to establish the end-of-challenge rating) of all participants is stored.

It is especially important to **re-open the application a few minutes before the end of the challenge** and leave it open for at least **15 minutes after the end of the challenge** so that the synchronisation is complete.

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Interface

At the center

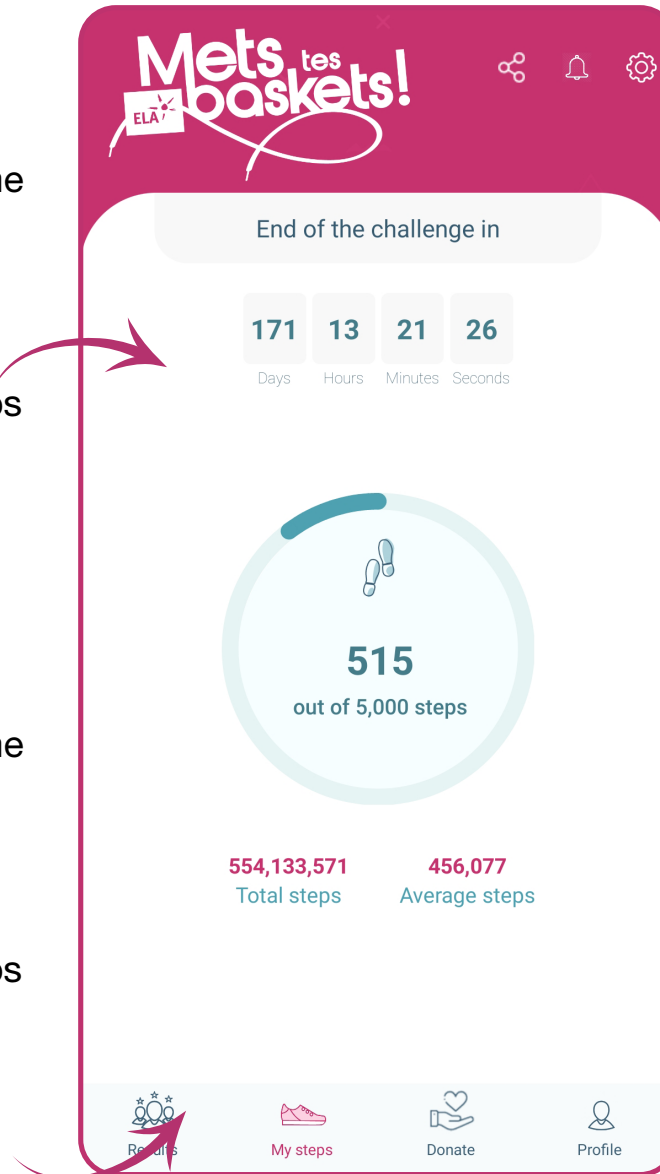
Countdown feature: indicates the time before the start of the challenge or the time left before the end of the challenge.

Gauge feature: indicates the number of daily steps counted in relation to your objective, as well as the total amount of steps and the average amount taken over the course of the challenge.

At the center

Countdown feature: indicates the time before the start of the challenge or the time left before the end of the challenge.

Gauge feature: indicates the number of daily steps counted in relation to your objective, as well as the total amount of steps and the average amount taken over the course of the challenge.



In the top right-hand corner

Share function: lets you share your challenge with friends via different media: e-mail, social media etc. (see page 8)

Bell: displays the notifications sent by the challenge organiser.

Settings: lets you activate notifications, change language, consult the conditions of use and the FAQ, update information on the challenge, activate Google Fit (Android) or Apple Health (iOS), watch the tutorial and know the version of the application used.

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Parameters

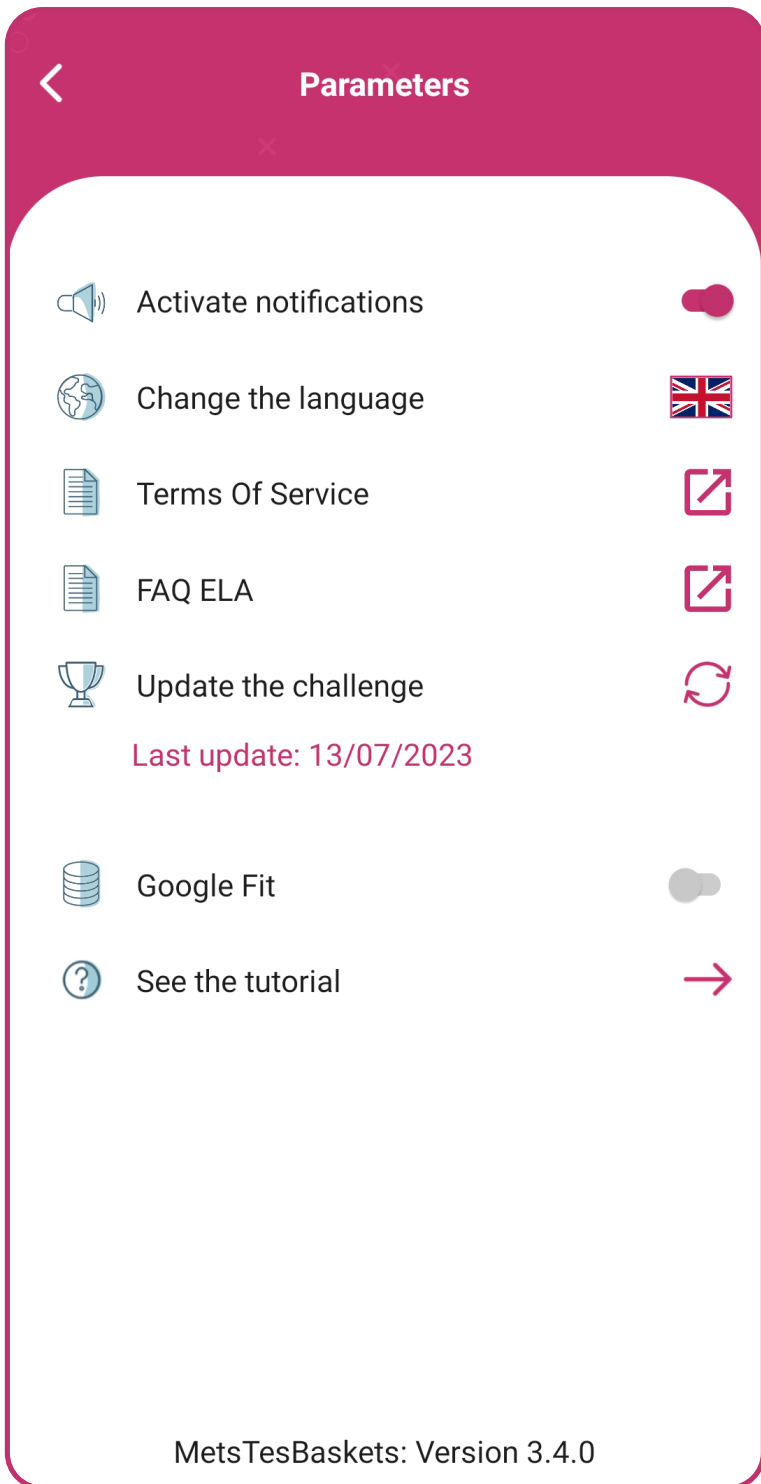
You can:

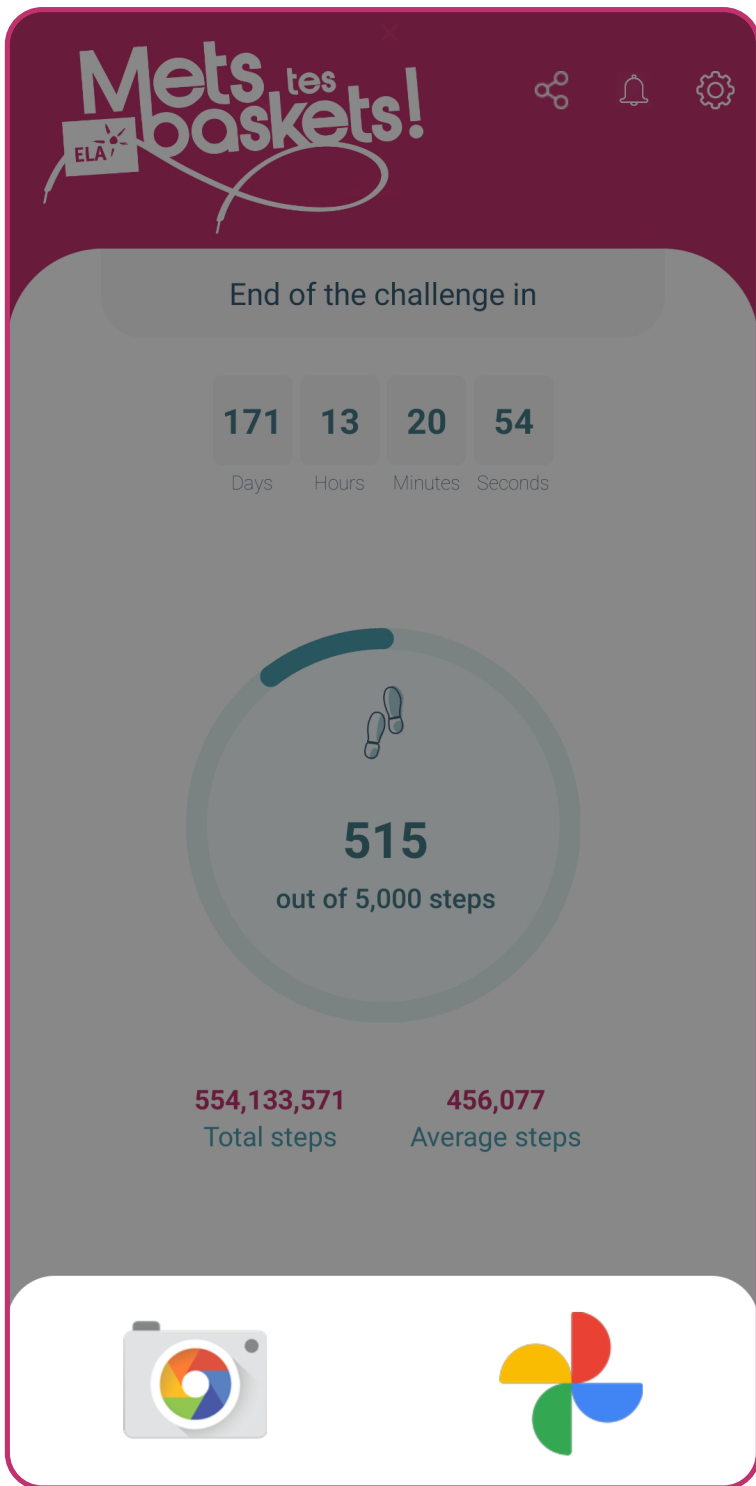
- activate or deactivate **notifications**,
- select the application **language**,
- read the **terms of use**,
- consult the Frequently Asked Questions (**FAQ**),
- **update information** on the challenge,
- activate the **synchronisation** with Apple Health or Google Fit,
- see the **tutorial**,
- check the **version** number of the application at the very bottom of the screen,

If you wish to count your steps with Apple Health (iOS) or Google Fit (Android), these services must be installed and active in advance (parameters with your account).

Their use lets you recover the steps counted via your compatible connected objects (watches, bracelets etc.).

The synchronisation of the number of steps between the “Mets tes baskets” application and Apple Health or Google Fit occurs every **5 minutes**.



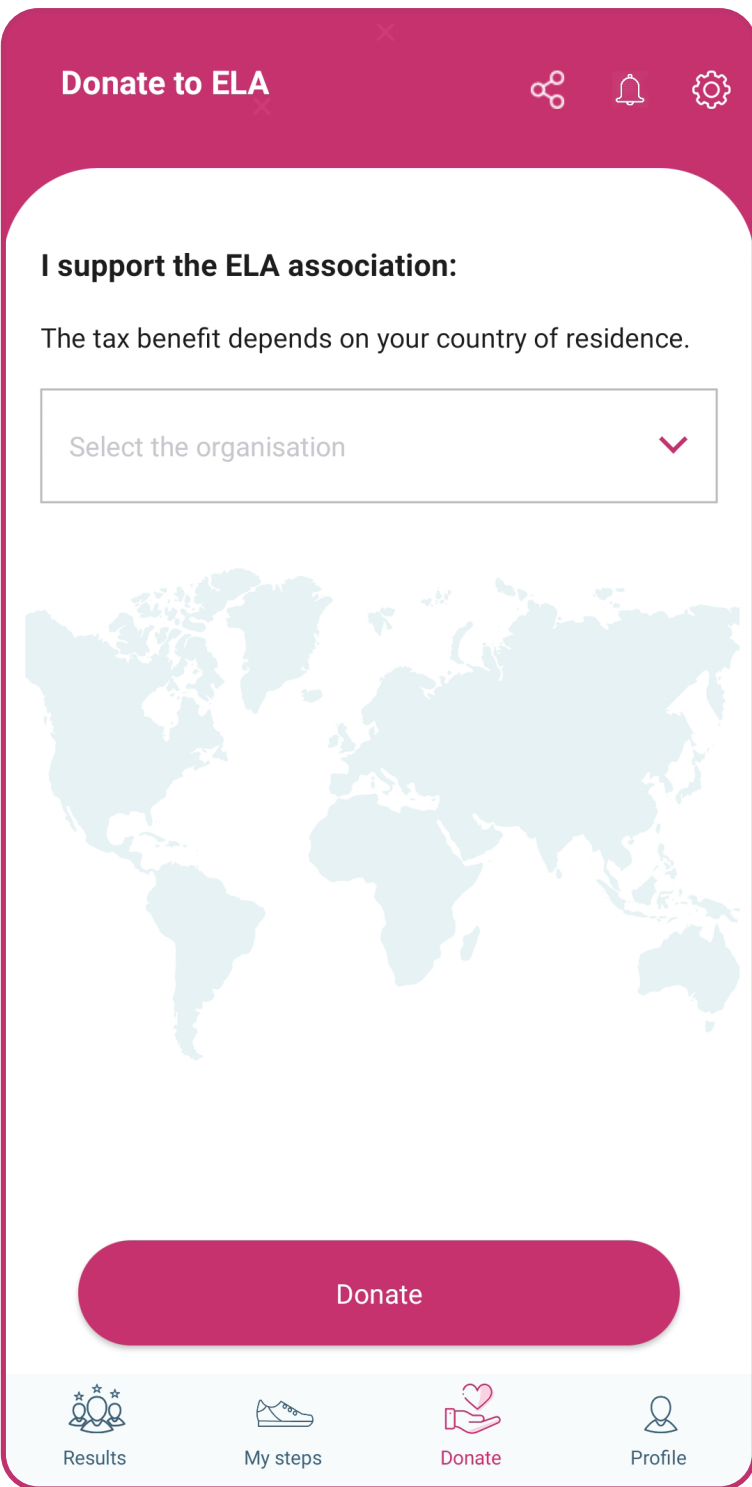


7 Sharing

By pressing the share icon located in the top right-hand corner, you can **take a photo or choose one** in your phone.

That is why you must **let the application access** your photos, multimedia content and files on the device.

You can then **choose the medium** (e-mail, social media, Nearby Share etc.) on which you wish to share your participation.



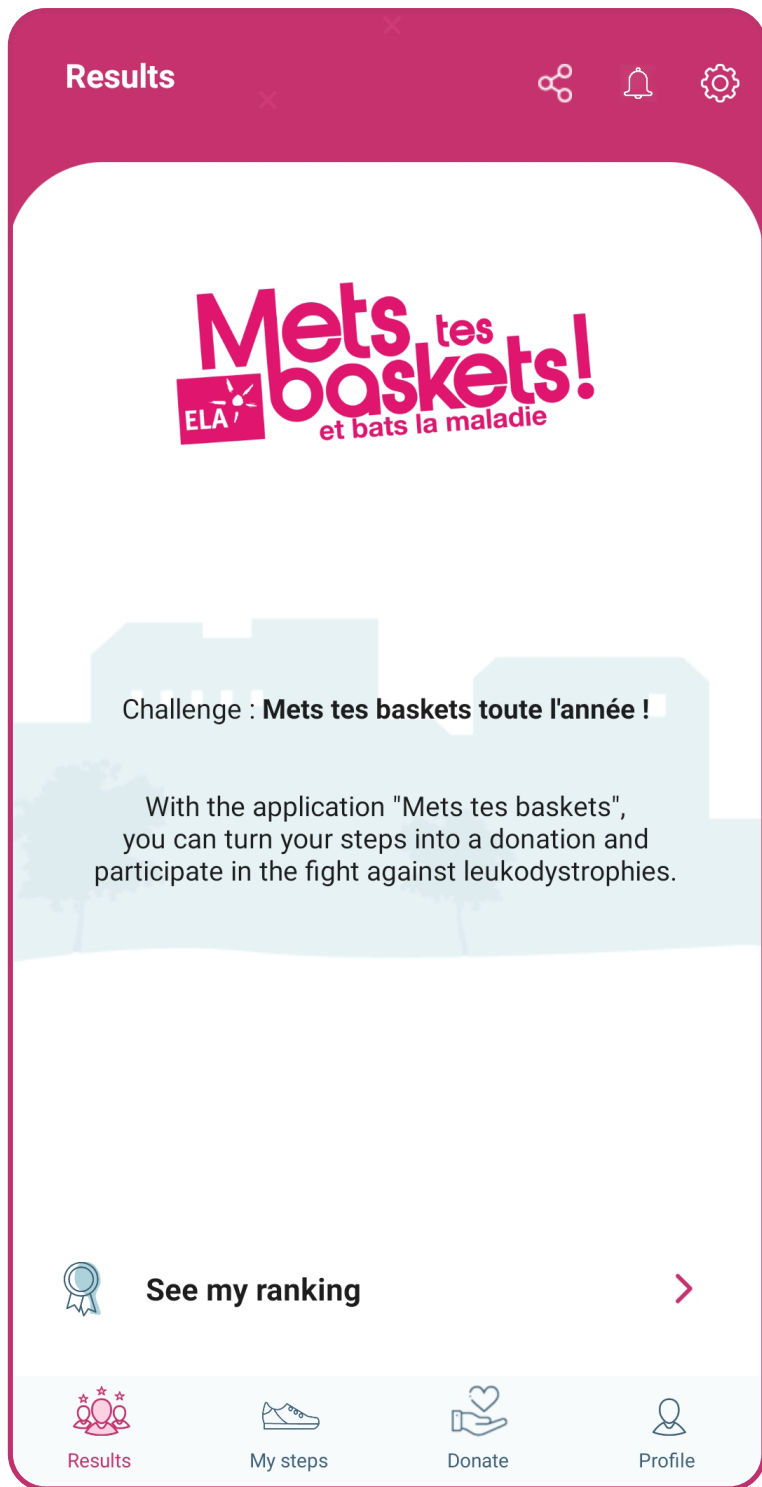
8

Donating

To donate to the association:

- click on the "Donate" icon in the main menu,
- state your **country of residence**,
- click on the "**Donate**" button at the bottom.

Depending on the country, you will be directed to a donation form or an explanatory page.



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Challenge results

To **see your results**, click on the icon located in the bottom left-hand corner of the main menu.

A screen will appear with the name of the current challenge.

You can see your ranking for the challenge by pressing “**See my ranking**”.



My information >



Change the step goal

5,000

The WHO recommends
10,000 a day.



The children of ELA are relying
on your footsteps!

Founded in 1992, the European
Leukodystrophy Association
brings together families who
unite to defeat these genetic
diseases.

You can use ELA's Mets Tes Baskets app to take part in charitable events organised by the association. It allows you to count your steps and always know the total number of steps taken by your group, which is even more motivating. The principle is simple: take as many steps as possible for the children of ELA, who unfortunately can no longer use their legs. It allows you to share your commitment on social networks, and if you wish, to turn your steps into a donation for the children of ELA.

ELA finances its support activities for families and

Go to the ELA website



Results



My steps



Donate



Profile

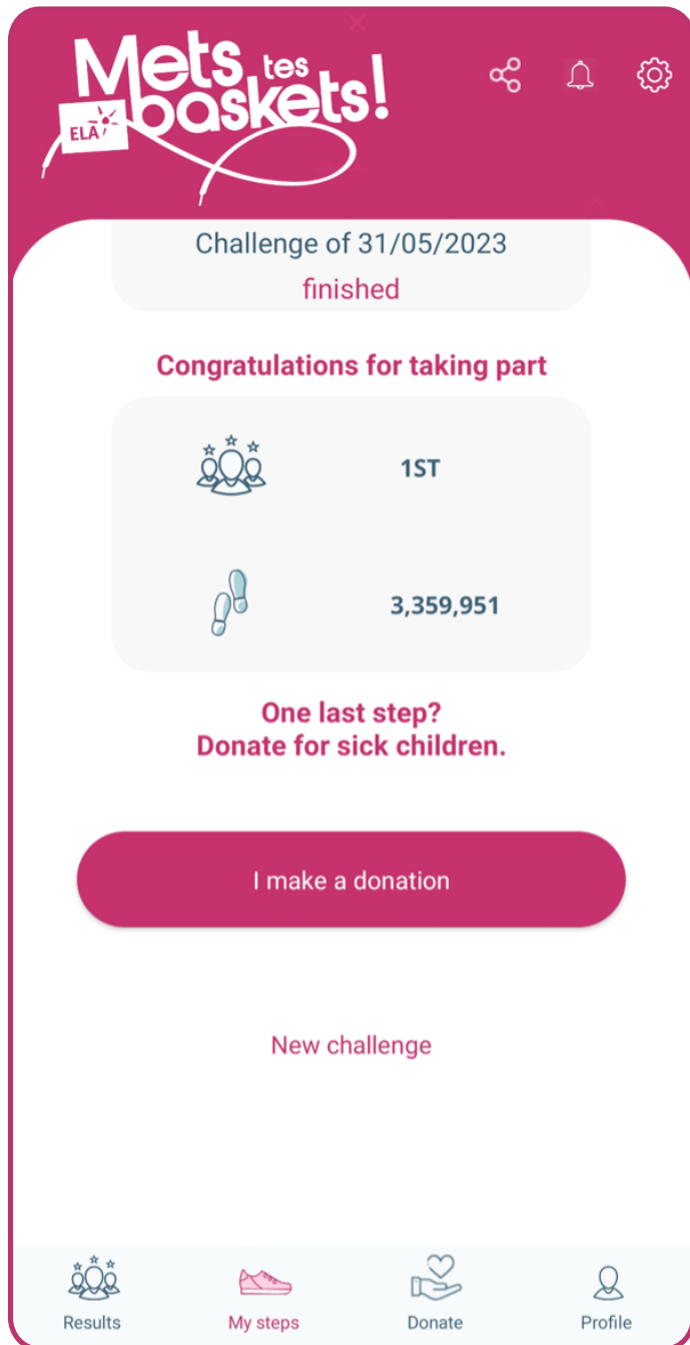
10 Profile

To **see your profile**, click on the icon located in the bottom right-hand corner of the main menu.

By pressing “**My information**”, you will find **your information and information on the challenge**, as well as the **contact details** (phone and e-mail) of the challenge administrator.

If you go back to your profile, you **can change the step goal** by pressing the pink number, then selecting the desired number.

Finally, below you will find an introduction to ELA and to the application's goal, as well as an access link to the website.



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End of the challenge

The challenge is over at the end of the countdown and the steps are no longer counted.

The homepage then re-updates itself with the **number of steps** taken and the **ranking**.

You can make one last step by **donating to ELA**.

You can also take part in a **new challenge**.

Resources

The application's FAQ:

<https://app.elainternational.eu/faq/>

Online instructions:

<https://app.elainternational.eu/use/>