ALKOO

Application User Manual

App "ALKOO"
download is free!

08/2020-

①Default settings of the app（iPhone）

Check the terms and privacy policy. Tap "はじめる"

Allow access to Motion & Fitness Activity

If you do not allow it, you will not be able to get step count information from your iPhone.

Select "While Using the App"

After completing the default settings, it is recommended to change the location access of ALKOO to "Always" from the iPhone settings. (Refer to the next page)

Select whether to allow access to photos

If you allow it, the photo will be displayed on the app's recording screen. It only displays the photos saved on the device.

Select "Allow Notifications"

Set goals for how many steps you take each day. Tap "保存"

It can be at least 3,000 steps. You can change your goals at any time.

Completed

After completing the default settings, the screen should look like this:

About location access setting

Your location will not be seen by anyone else.
If you are concerned about battery consumption, turn off the GPS button on the home screen. (Movement recording will not be performed.)
If you turn off GPS, it may not to record your steps correctly in the background, so we recommend that you launch the app every day.

Note: The screen may differ depending on the OS you are using.

① **Location access settings（iPhone）**

Open settings
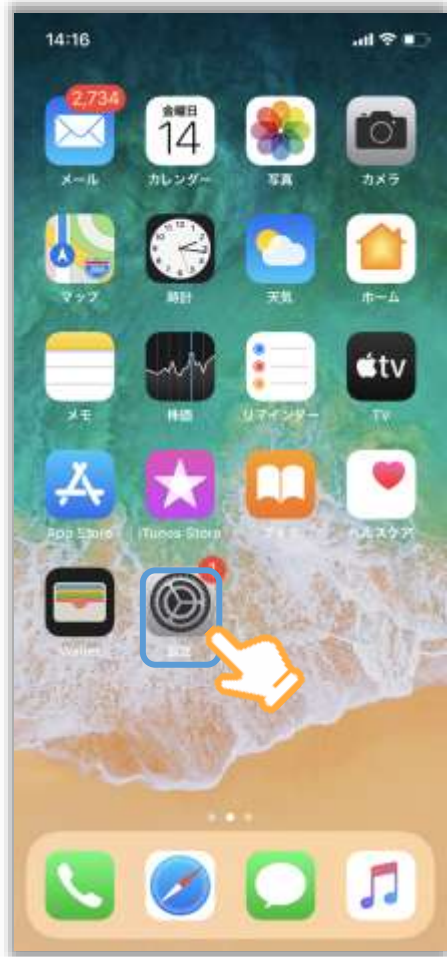
Scroll and select "ALKOO"

Tap "Location"

Tap "Always"

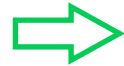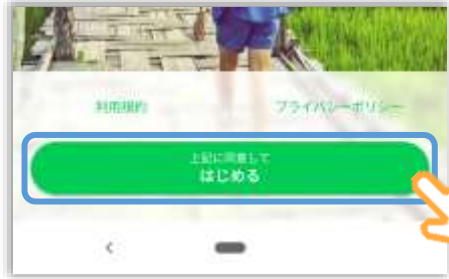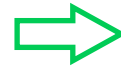Note: The screen may differ depending on the OS you are using.

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① Default settings of the app （Android）

Check the terms and privacy policy. Tap "はじめる"

Tap "設定する"

Allow the acquisition of exercise data

If you do not allow it, you will not be able to get step count information from your iPhone.

Set the location access to "While Using the App"

It is used only for determining the movement trajectory and movement. No one will see your location or identify you personally.
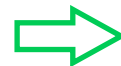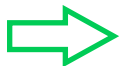
Tap "次へ"

Set goals for how many steps you take each day. Tap "保存"

It can be at least 3,000 steps. You can change your goals at any time.

Completed

After completing the default settings, the screen should look like this:

About location access setting
Your location will not be seen by anyone else.
If you are concerned about battery consumption, turn off the GPS button on the home screen.
(Movement recording will not be performed.)
If you turn off GPS, it may not to record your steps correctly in the background, so we recommend that you launch the app every day.

Note: The screen may differ depending on the OS you are using.

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② **Member registration**

**Before registering as a member,
you have to tap "ランキング" at the bottom right to register the nickname
you decided at the time of application.**

【氏名】Enter your nickname
【種別】Select "チームなし" for individual participation or "チームあり" for those who belong to a team.
【グループ】
Select your team name only if you are participating in a team.
Finally, tap "注意事項を確認の上、決定"

Open the menu from
the home screen

Tap "企業コードを入力"

Enter the code" and tap "決定"
* The code can be found in the email regarding the setting of the step count report sent after the beginning of March.

③View rankings on the campaign page

* Member registration is required to view the ranking page. (Refer to the previous page)
* The ranking of Walk in Her Shoes 2022 will be displayed from March 8th.

Tap the ranking tab and
enter your nickname

The average step count ranking by category is displayed

Select the category of ranking

About reflection of ranking
The ranking is updated in real time.
Information will be updated
by switching tabs or restarting the app.

<Reference>
How to calculate the average number of steps for a team

	1日	2日	3日
A さん	8,000歩	9,000歩	
B さん	5,000歩	7,000歩	7,000歩
C さん		9,000歩	9,000歩

$$\frac{\text{□ の合計歩数 (Total steps)}}{\text{□ の数 (Total number of days)}} = \text{チームの平均歩数 (Average number of steps for the team)}$$

If Alex changes the teams on the 3rd and Curtis joins the team from the 2nd, the colored part is the average number of steps the team takes for 3 days.