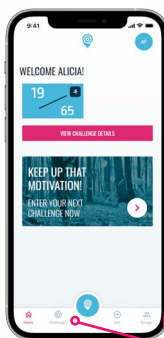


# COMPLETING YOUR CHALLENGE QUICK GUIDE

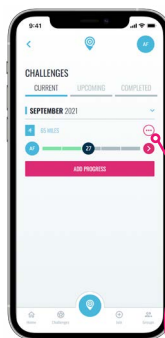
TO GET YOUR MEDAL YOU'LL NEED TO MARK YOUR CHALLENGE AS COMPLETE EITHER WHEN YOU FINISH YOUR MILES OR WHEN THE MONTH HAS ENDED!

**1**  
GO TO THE  
CHALLENGES TAB

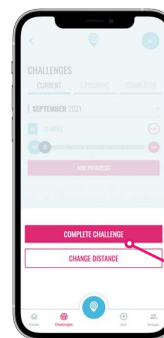


Challenges

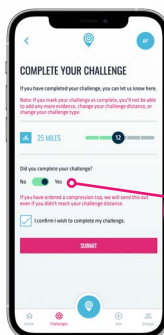
**2**  
TAP/CLICK  
MORE OPTIONS (...)



**3**  
TAP/CLICK  
COMPLETE CHALLENGE

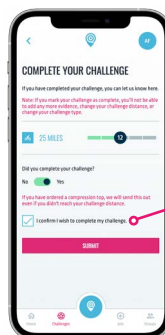


**4**  
IF YOU REACHED YOUR CHALLENGE  
DISTANCE, TAP/CLICK TO  
CHANGE THE TOGGLE TO YES



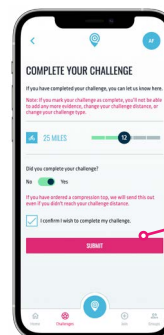
Did you complete your challenge?  
No  Yes

**5**  
TAP/CLICK THE  
CHECKBOX



I confirm I wish to complete my challenge

**6**  
TAP/CLICK  
SUBMIT



SUBMIT

That's it! If you reached your target distance, we'll ship your medal from the 25th of the challenge month onwards. If you ordered a compression top, we'll send this out even if you didn't reach your challenge distance.

Got any questions? **We can help!**