



WEBSITE MANUAL
FAMILIES

SEPTEMBER 2021

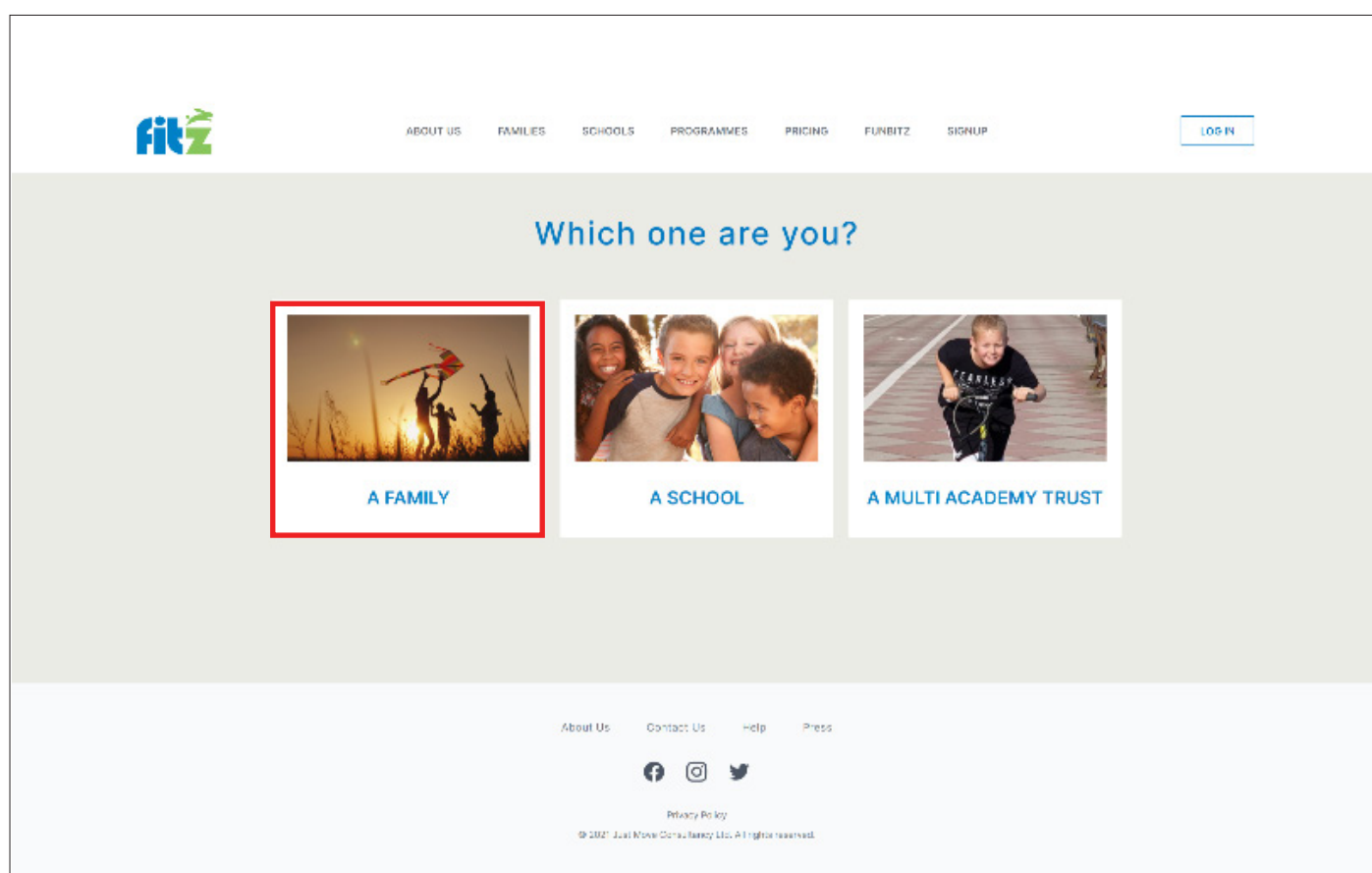
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1.1.1

Families

Signing up

When you select SIGN UP from the top menu of the home page you'll arrive at the Sign up page. If you want to sign up as a family select the option A FAMILY.

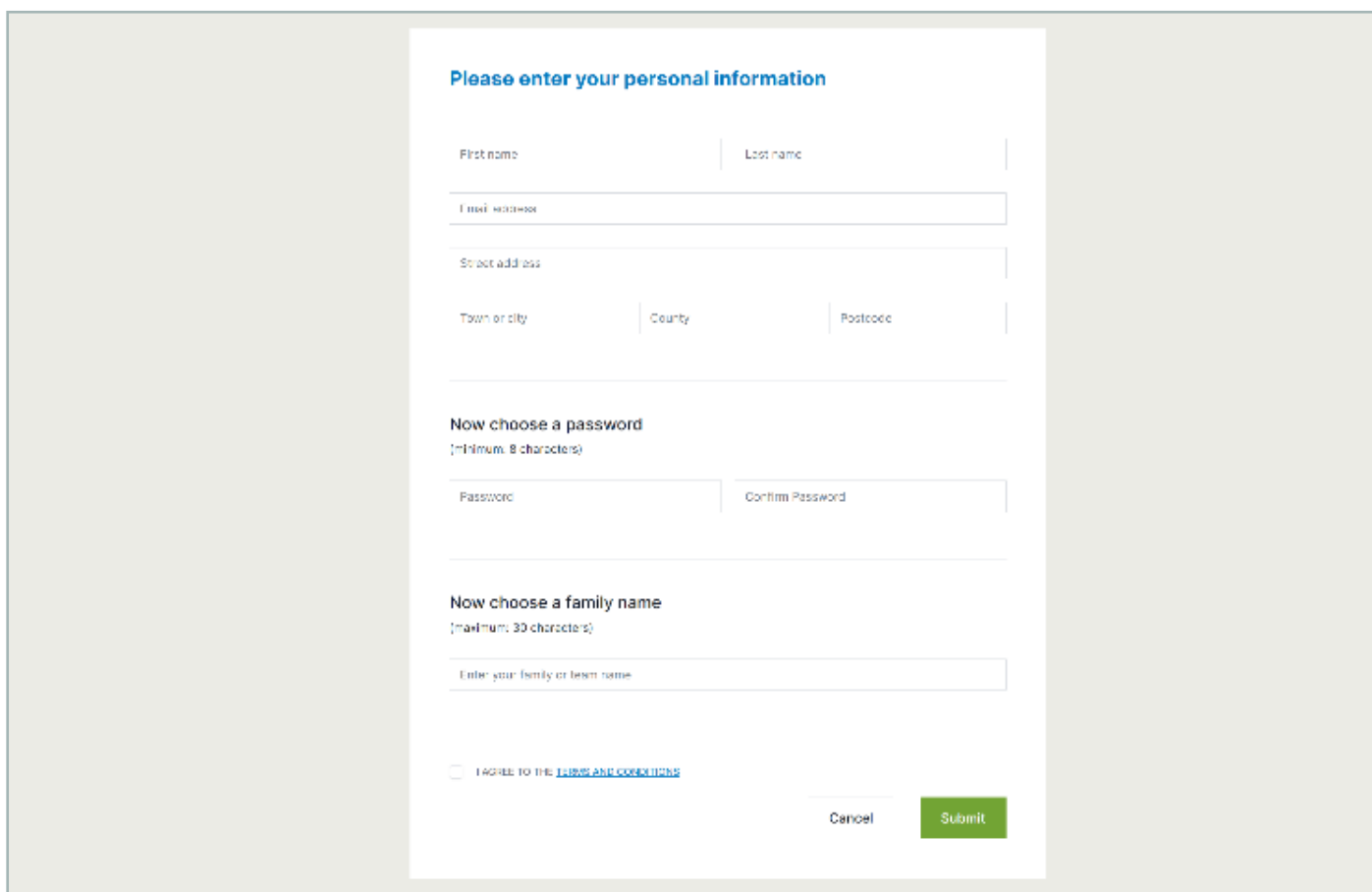


1.1.2

Families

Signing up

Enter your personal details, choose a password, and choose a Team name.
Once you've done this, select the green SUBMIT button.



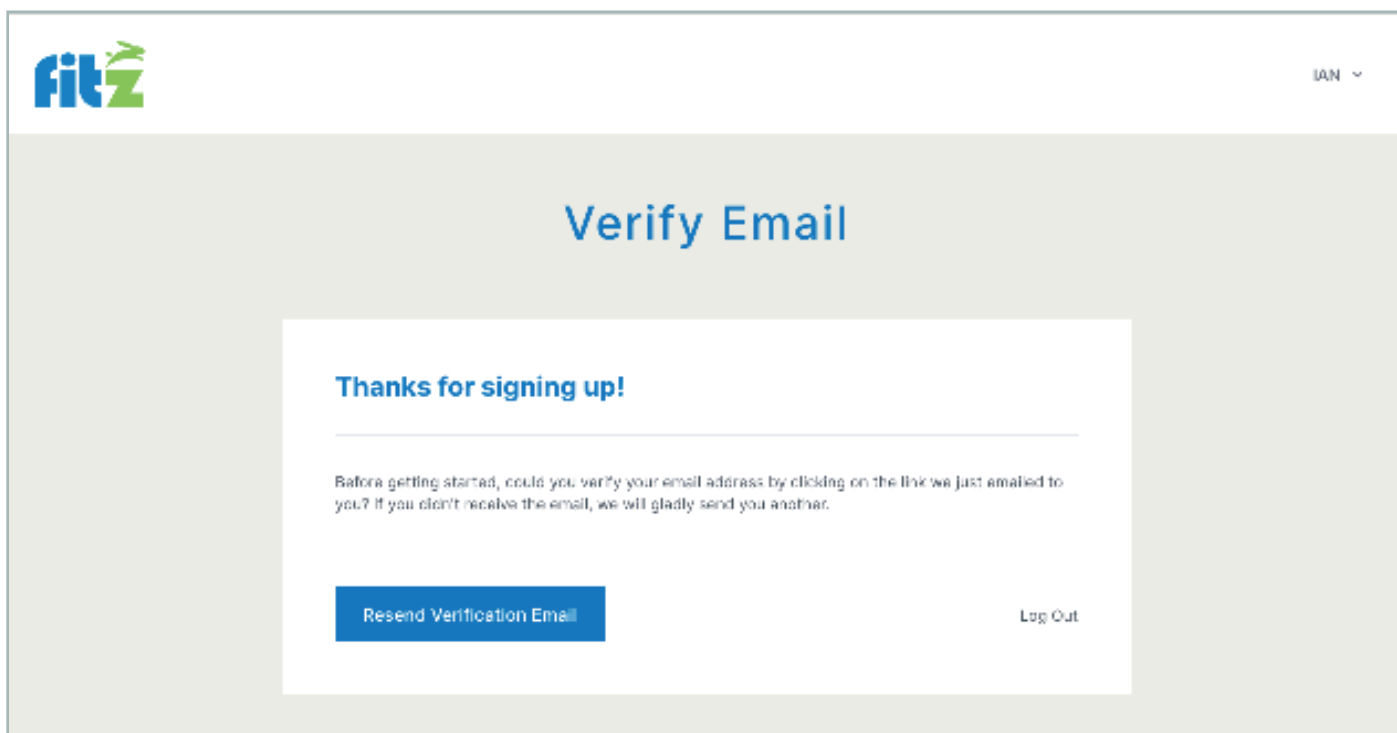
The screenshot shows a sign-up form with the following sections:

- Please enter your personal information**
 - First name and Last name input fields.
 - Email address input field.
 - Select address dropdown menu.
 - Town or city, County, and Postcode input fields.
- Now choose a password**
 - Minimum: 8 characters.
 - Password and Confirm Password input fields.
- Now choose a family name**
 - Maximum: 30 characters.
 - Enter your family or team name input field.
- I AGREE TO THE [TERMS AND CONDITIONS](#)
- Cancel and Submit buttons.

1.1.4 Families

Verifying your email address

After signing up you'll receive a verification email sent to the email address you entered in the sign up form.



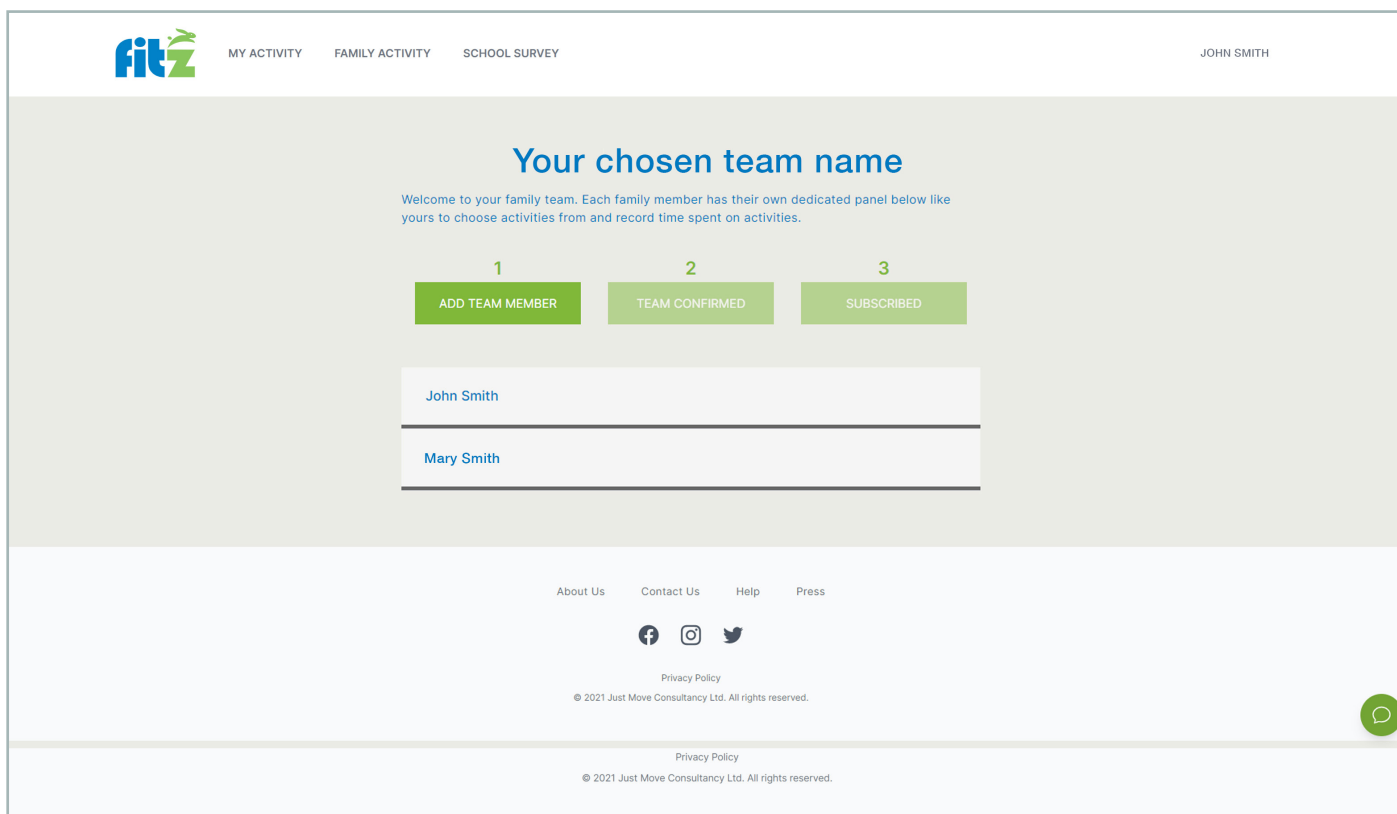
1.1.5 Families

Adding family members

Once you've verified your email address you arrive at your family home page. Your chosen team name is at the top of the page and you have your first activity box in your name. To add your family members select the green button 'Add Team Member' - they will then get their own activity box too. You can add up to five team members.

Once you've added your family team members, select 'Team Confirmed'. Now you can choose to buy a subscription package by selecting 'Subscribe'.

If your school has given you a coupon code there's no need to subscribe, the button will already say 'Subscribed'.



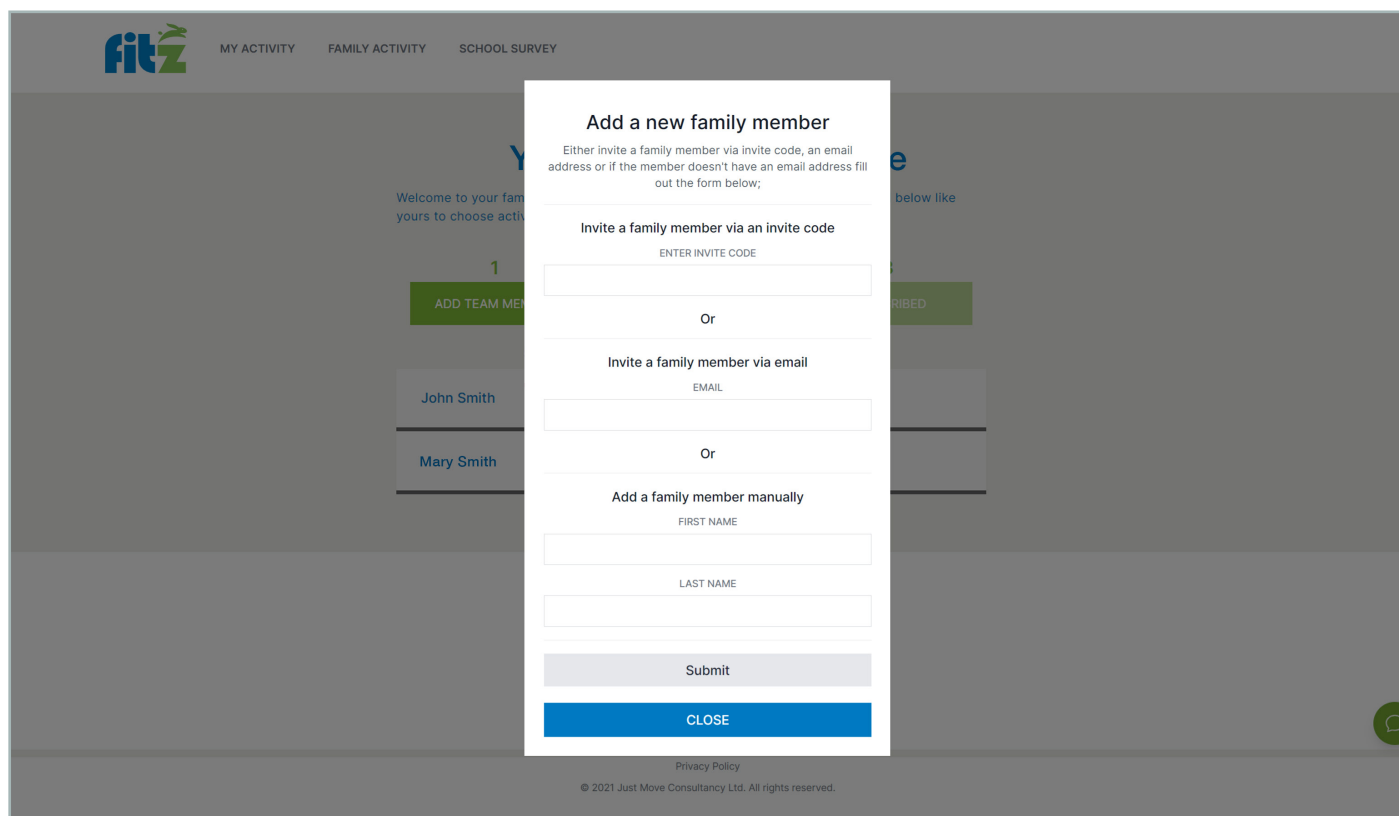
The screenshot displays the FITZ user interface for family management. At the top left is the FITZ logo, followed by navigation links for 'MY ACTIVITY', 'FAMILY ACTIVITY', and 'SCHOOL SURVEY'. The user's name, 'JOHN SMITH', is shown in the top right corner. The main heading is 'Your chosen team name'. Below this, a welcome message states: 'Welcome to your family team. Each family member has their own dedicated panel below like yours to choose activities from and record time spent on activities.' Three green buttons are presented: '1 ADD TEAM MEMBER', '2 TEAM CONFIRMED', and '3 SUBSCRIBED'. Below the buttons, two team member panels are visible, each containing a name: 'John Smith' and 'Mary Smith'. The footer includes links for 'About Us', 'Contact Us', 'Help', and 'Press', along with social media icons for Facebook, Instagram, and Twitter. Copyright information for '© 2021 Just Move Consultancy Ltd. All rights reserved.' is provided at the bottom, along with a 'Privacy Policy' link. A green circular chat icon is located in the bottom right corner.

1.2.2 Families

Adding family members to your team

When you select 'Add Team Member' fill in the pop-up form. You can invite someone by email, or you can add them yourself using this form. You can add up to five additional team members.

Repeat the process for each family member.



2.2.1 Families

Changing or cancelling a subscription plan

If you decide to change your current subscription, select the green button 'Change Subscription Plan'. You can also change your chosen payment method from here.

If you decide to cancel your current subscription, select the green button 'Cancel Subscription Plan'.

The screenshot shows the 'Current Subscription Plan' section of the Fitz website. At the top, there is a navigation bar with the Fitz logo on the left and links for 'MY ACTIVITY', 'FAMILY ACTIVITY', and 'SCHOOL SURVEY' in the center. On the right side of the navigation bar, it says 'YOUR FITNESS TEAM NAME' followed by 'J. KIRK SMITH'. The main content area has a light green background and is titled 'Current Subscription Plan'. Below this title, there is a white box containing the following information: 'Family - All 5 Levels', '£0 / yearly', and a paragraph explaining that if the school hasn't subscribed, the family can subscribe for £0. Below this are three bullet points: 'Access to all 5 levels' activities and download sheets', 'Your own personal dashboard where you can record the whole family's progress', and 'Help and support from the FITZ team, should you need it'. At the bottom of this box is a green button labeled 'Change Subscription Plan'. Below this box is another section titled 'Payment Method', which states 'Your current payment method is a credit card ending in 4242 that expires on 02/2022.' and has a green button labeled 'Update Payment Method'. The next section is 'Cancel Subscription', which says 'You may cancel your subscription at any time. Once your subscription has been cancelled, you will have the option to resume the subscription until the end of your current billing cycle.' and has a green button labeled 'Cancel Subscription'. Below this is a 'Receipts' section with a white box showing 'September 27th, 2021', '£0', and 'View Receipt'. At the bottom of the page, there is a footer with links for 'About Us', 'Contact Us', 'Help', and 'Press', social media icons for Facebook, Instagram, and Twitter, a 'Privacy Policy' link, and a copyright notice: '© 2021 Fitz Knowledge Technology Ltd. All rights reserved.'

2.2.1 Families

Family Settings page

Enter your family name and address here.
You can also delete your team from this page.

The screenshot shows the 'Family Settings' page in the fitz app. The top navigation bar includes the fitz logo, 'MY ACTIVITY', 'FAMILY ACTIVITY', 'SCHOOL SURVEY', 'YOUR CHOSEN TEAM NAME', and 'JOHN SMITH'. The main content area is titled 'Family Settings' and contains three sections:

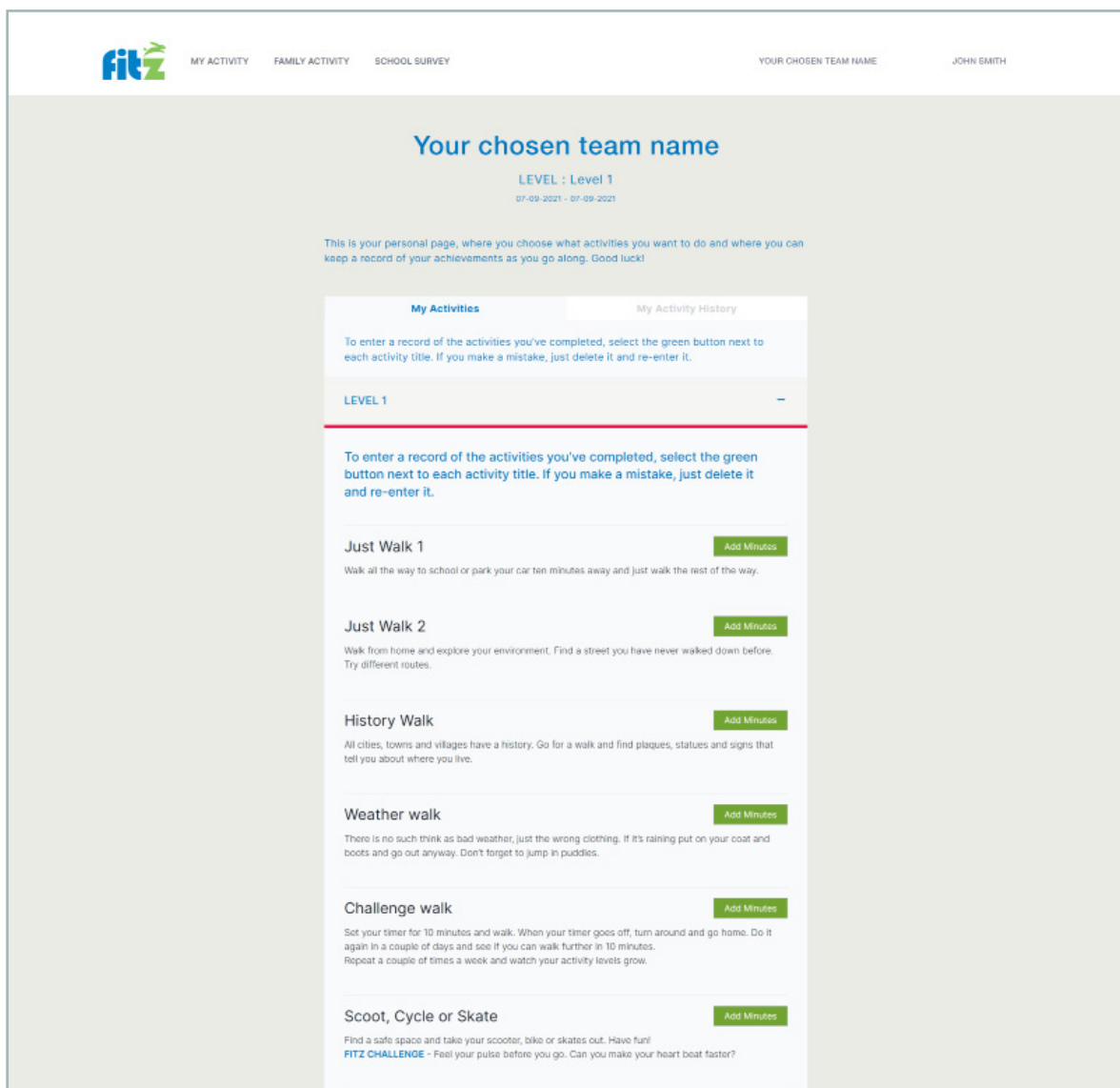
- Family Name:** A form with a 'FAMILY NAME' field containing 'Smith' and a 'FAMILY OWNER' section showing a profile for 'John Smith' with email 'john.smith@gmail.com'. A green 'Save' button is at the bottom right.
- Family Address:** A form with fields for 'STREET ADDRESS', 'TOWN OR CITY', 'COUNTY', and 'POSTCODE'. A green 'Save' button is at the bottom right.
- Delete Team:** A section with a red 'Delete Team' button. Below the button, it states: 'Once a team is deleted, all of its resources and data will be permanently deleted. Before deleting this team, please download any data or information regarding this team that you wish to retain.'

The footer contains links for 'About Us', 'Contact Us', 'Help', and 'Press', social media icons for Facebook, Instagram, and Twitter, a 'Privacy Policy' link, and the copyright notice: '© 2021 Just Move Consultancy Ltd. All rights reserved.'

2.2.1 Families

Family Settings page

To enter the amount of time you've spent on an activity, select the green button to the right of the activity.



The screenshot shows the FITZ user interface. At the top, there is a navigation bar with the FITZ logo on the left and menu items: MY ACTIVITY, FAMILY ACTIVITY, SCHOOL SURVEY, YOUR CHOSEN TEAM NAME, and JOHN SMITH. Below the navigation bar, the main content area has a header "Your chosen team name" and "LEVEL : Level 1" with a date range "07-09-2021 - 07-09-2021". A sub-header reads: "This is your personal page, where you choose what activities you want to do and where you can keep a record of your achievements as you go along. Good luck!".

There are two tabs: "My Activities" (active) and "My Activity History". Below the tabs, a section titled "LEVEL 1" contains a list of activities, each with a description and a green "Add Minutes" button:

- Just Walk 1**: Walk all the way to school or park your car ten minutes away and just walk the rest of the way.
- Just Walk 2**: Walk from home and explore your environment. Find a street you have never walked down before. Try different routes.
- History Walk**: All cities, towns and villages have a history. Go for a walk and find plaques, statues and signs that tell you about where you live.
- Weather walk**: There is no such thing as bad weather, just the wrong clothing. If it's raining put on your coat and boots and go out anyway. Don't forget to jump in puddles.
- Challenge walk**: Set your timer for 10 minutes and walk. When your timer goes off, turn around and go home. Do it again in a couple of days and see if you can walk further in 10 minutes. Repeat a couple of times a week and watch your activity levels grow.
- Scoot, Cycle or Skate**: Find a safe space and take your scooter, bike or skates out. Have fun!
FITZ CHALLENGE - Feel your pulse before you go. Can you make your heart beat faster?

2.2.1 Families

Your Team dropdown menu

Once you've signed up your Team name will appear in the top menu. From this dropdown you can access Family Settings and Manage Billing.

fitz MY ACTIVITY FAMILY ACTIVITY SCHOOL SURVEY TEAM SMITH JOHN

MANAGE FAMILY
Family Settings
Manage Billing
SWITCH FAMILY
Team Smith

Family Settings

Family Name
The family's name and owner information.

FAMILY NAME
Team Smith

FAMILY OWNER
JO John
info@fanz.org

fitz MY ACTIVITY FAMILY ACTIVITY SCHOOL SURVEY Team Smith JOHN

MANAGE FAMILY
Family Settings
Manage Billing
SWITCH FAMILY
Team Smith

Current Subscription Plan

Family - All 5 Levels
£0 / yearly

If your school doesn't yet subscribe to Fitz, fear not; you and your family can subscribe yourselves. Access to the full programme for a whole year is only £50.

- ✓ Access to all 5 levels' activities and download sheets
- ✓ Your own personal dashboard where you can record the whole family's progress
- ✓ Help and support from the Fitz team, should you need it

Change Subscription Plan

2.2.1 Families

Your personal settings

Once you've signed up your name will appear in the top menu to the right of your Team name. From this dropdown you can access the following from your Profile:

Name, email, Twitter handle, change password, enable two factor authentication, delete account and logout.

