



User Manual

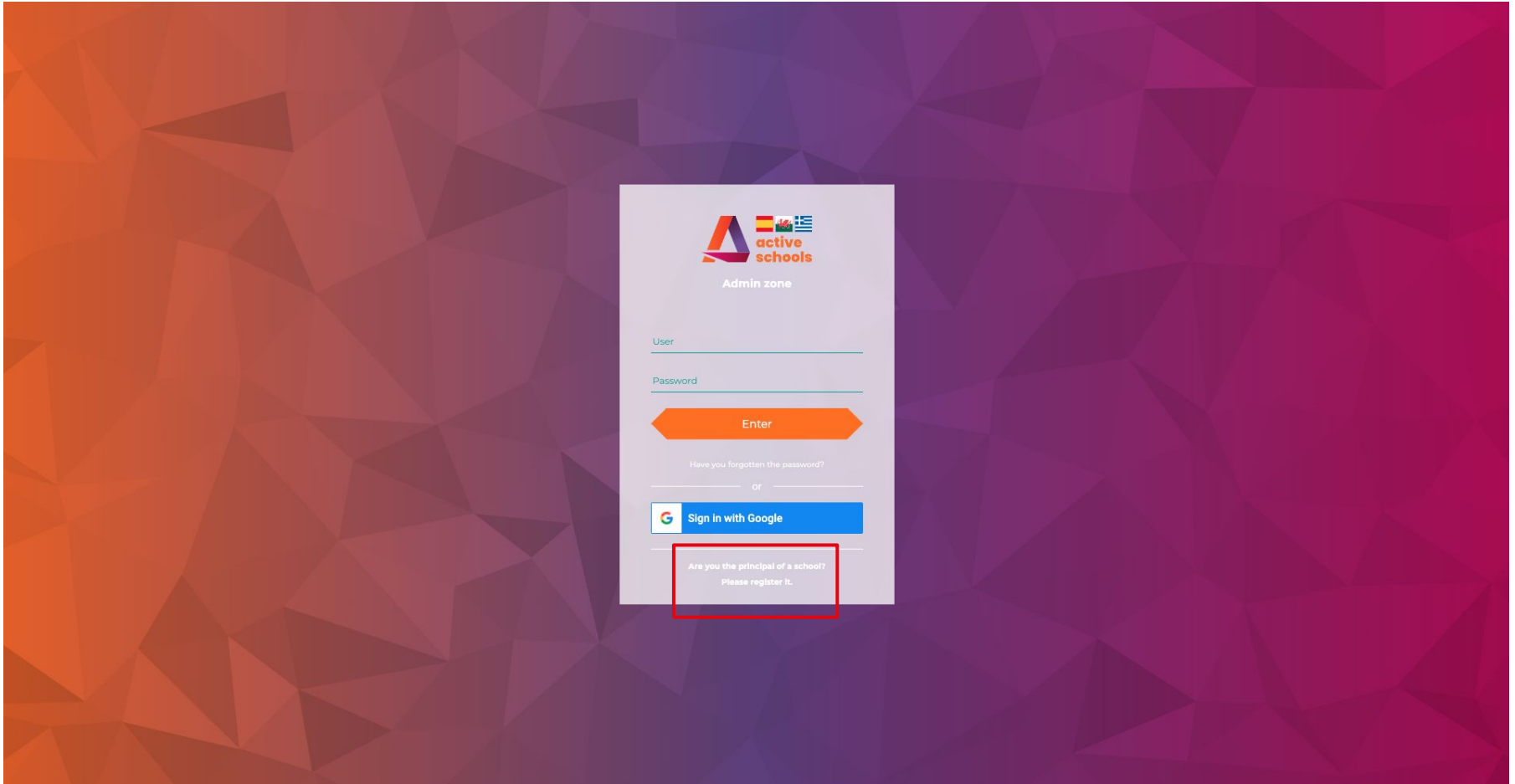
March 2023



Admin Zone

1. Admin Zone

url: activeschools.hopu.eu



active schools

Admin zone

User

Password

Enter

Have you forgotten the password?

or

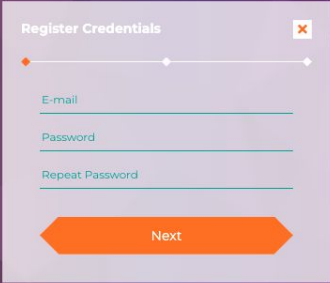
Sign in with Google

Are you the principal of a school?
Please register it.

Click here, on **"Are you the principal of a school?"**, to create a new **admin user**.

1.1. New User

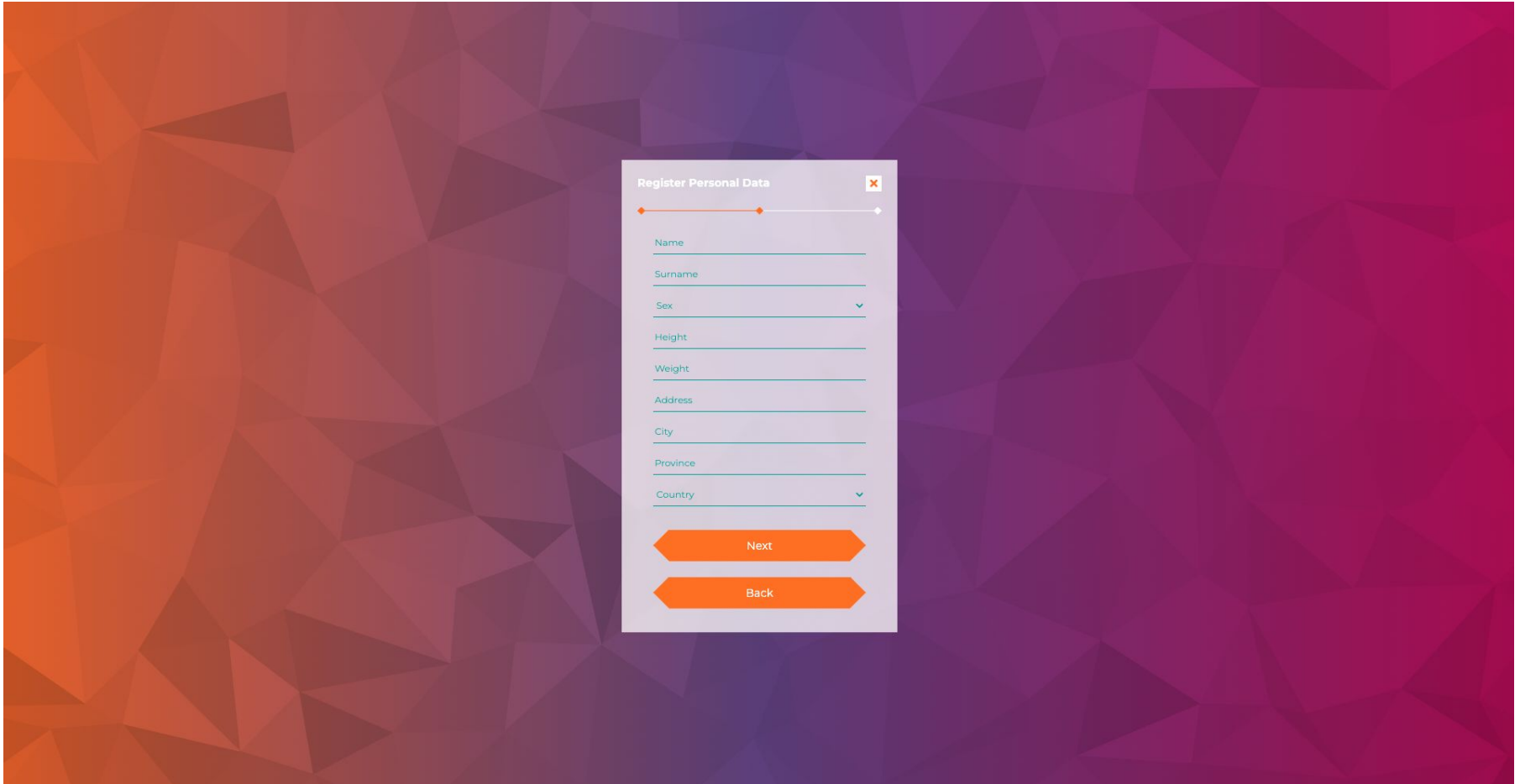
url: activeschools.hopu.eu

A screenshot of a web application showing a 'Register Credentials' form. The form is centered on a background with a low-poly geometric pattern in shades of orange, red, and purple. The form itself is a light gray rectangle with a title bar at the top that says 'Register Credentials' and a close button (an 'X' in a square). Below the title bar is a progress indicator consisting of a horizontal line with three dots; the first dot is orange, and the other two are white. The form contains three input fields: 'E-mail', 'Password', and 'Repeat Password', each with a light blue border and a small blue underline. At the bottom of the form is a large orange button with the word 'Next' in white text.

Insert your credentials, **e-mail** and **password**. if you log in with google and do not have a user on the platform, this step is skipped.

1.1. New User

url: activeschools.hopu.eu



Register Personal Data

Progress indicator

Name

Surname

Sex

Height

Weight

Address

City

Province

Country

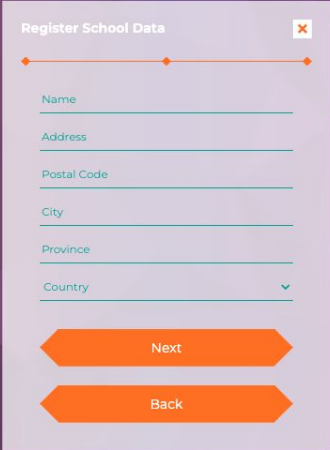
Next

Back

Insert your **personal data**.

1.2. New School

url: activeschools.hopu.eu

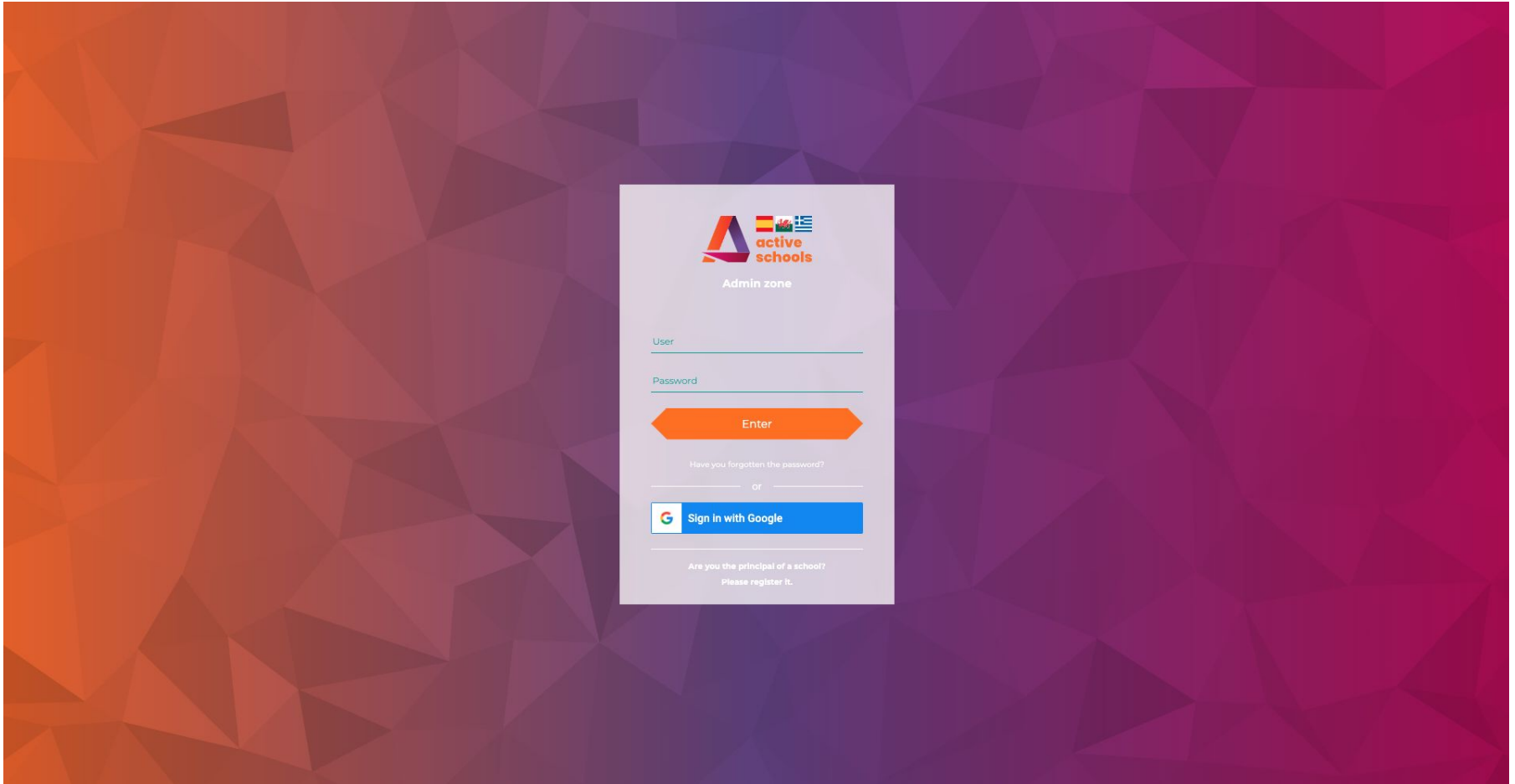


The image shows a 'Register School Data' form overlaid on a background with a low-poly geometric pattern in shades of orange, red, and purple. The form is a light gray rectangle with a title bar at the top that says 'Register School Data' and a close button (an 'X' in a square). Below the title bar is a progress indicator consisting of a horizontal line with three diamond-shaped markers. The first marker is filled orange, and the second and third are empty. Below the progress indicator are several input fields, each with a label and a horizontal line for text entry: 'Name', 'Address', 'Postal Code', 'City', 'Province', and 'Country'. The 'Country' field has a small downward-pointing chevron icon to its right, indicating it is a dropdown menu. At the bottom of the form are two orange buttons with white text: 'Next' and 'Back'.

Insert **school data**.

1.3. Log in

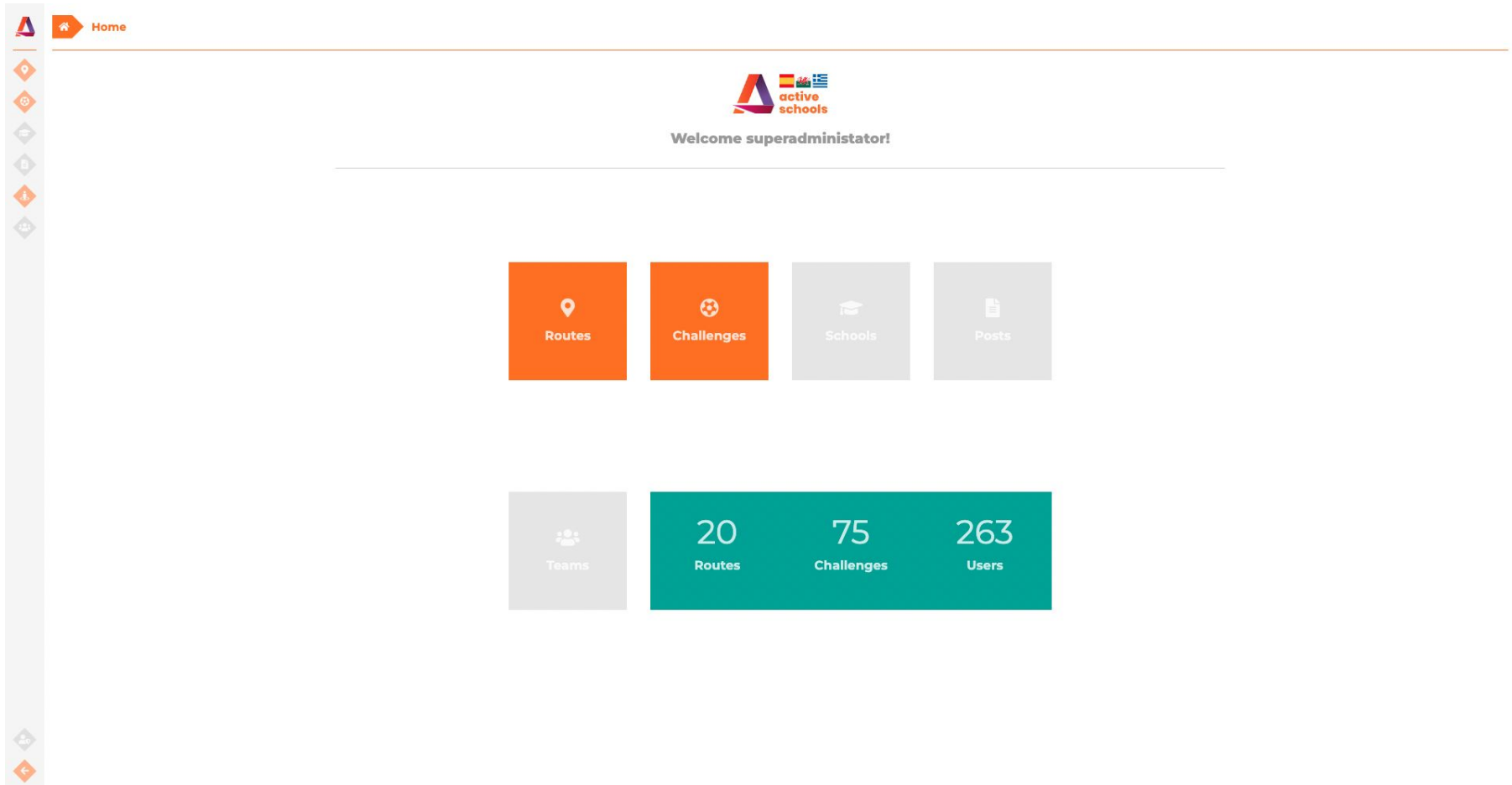
url: activeschools.hopu.eu

The image shows a login interface for the 'active schools' Admin zone. The background is a dark purple and orange geometric pattern. The login form is a white rectangle in the center. At the top of the form is the 'active schools' logo, which includes a stylized 'A' and the text 'active schools' with three small flags (Spain, Greece, and another). Below the logo is the text 'Admin zone'. There are two input fields: 'User' and 'Password', each with a blue underline. Below these fields is an orange button with the text 'Enter'. Under the button is a link that says 'Have you forgotten the password?'. Below that is a horizontal line with the word 'or' in the center. Underneath is a blue button with the Google logo and the text 'Sign in with Google'. At the bottom of the form, there is a link that says 'Are you the principal of a school? Please register it.'

You can log in with your **e-mail** and **password**, or via **google**, depending on how you have registered.

1.4. Home























































url: activeschools.hopu.eu



You will access a **main menu** from which you can go to all the available **sections**. The grey buttons are not available at the moment.

1.5. Challenges

url: activeschools.hopu.eu

Challenges						
Challenge List						
+ New Challenge						
Title	Category	Target	Reward	Video	Options	
Aerobic #1	aerobics	5m	5000 Exp	Link		
Aerobic #2	aerobics	5m	3500 Exp	Link		
Aerobic #3	aerobics	5m	3000 Exp	Link		
Aerobic #4	aerobics	x30	5000 Exp	Link		
Aerobic #5	aerobics	x50	3500 Exp	Link		
Aerobic #6	aerobics	5m	3000 Exp	Link		
Balance #1	balance	5m	5000 Exp	Link		
Balance #2	balance	x25	5000 Exp	Link		
Balance #3	balance	5m	3500 Exp	Link		
Balance #4	balance	5m	2500 Exp	Link		
Balance #5	balance	x20	2000 Exp	Link		
Mental #1	mental	5m	1500 Exp	Link		
Mental #2	mental	10m	2500 Exp	Link		
Mental #3	mental	5m	1500 Exp	Link		
Mental #4	mental	x30	2000 Exp	Link		
Mental #5	mental	10m	2000 Exp	Link		
Strength #1	strength	x20	2500 Exp	Link		
Strength #2	strength	x25	3000 Exp	Link		
Strength #3	strength	5m	1500 Exp	Link		
Strength #4	strength	10m	3000 Exp	Link		
Strength #5	strength	x30	1500 Exp	Link		
Stretch #1	stretch	30s	500 Exp	Link		
Stretch #2	stretch	15s	500 Exp	Link		
Stretch #3	stretch	15s	500 Exp	Link		
Stretch #4	stretch	15s	500 Exp	Link		
Stretch #5	stretch	15s	500 Exp	Link		
Stretch #6	stretch	15s	500 Exp	Link		























































In this section, you can view the list of available **challenges** with some of their details.

1.6. New Challenge

url: activeschools.hopu.eu

Challenges

Challenge List

Title	Category	Target	Reward	Video	Options
Aerobic #1	aerobics	5m	5000 Exp	Link	 
Aerobic #2	aerobics	5m	3500 Exp	Link	 
Aerobic #3	aerobics	5m	3000 Exp	Link	 
Aerobic #4	aerobics	x30	5000 Exp	Link	 
Aerobic #5	aerobics	x50	3500 Exp	Link	 
Aerobic #6	aerobics	5m	3000 Exp	Link	 
Balance #1	balance	5m	5000 Exp	Link	 
Balance #2	balance	x25	5000 Exp	Link	 
Balance #3	balance	5m	3500 Exp	Link	 
Balance #4	balance	5m	2500 Exp	Link	 
Balance #5	balance	x20	2000 Exp	Link	 
Mental #1	mental	5m	1500 Exp	Link	 
Mental #2	mental	10m	2500 Exp	Link	 
Mental #3	mental	5m	1500 Exp	Link	 
Mental #4	mental	x30	2000 Exp	Link	 
Mental #5	mental	10m	2000 Exp	Link	 
Strength #1	strength	x20	2500 Exp	Link	 
Strength #2	strength	x25	3000 Exp	Link	 
Strength #3	strength	5m	1500 Exp	Link	 
Strength #4	strength	10m	3000 Exp	Link	 
Strength #5	strength	x30	1500 Exp	Link	 
Stretch #1	stretch	30s	500 Exp	Link	 
Stretch #2	stretch	15s	500 Exp	Link	 
Stretch #3	stretch	15s	500 Exp	Link	 
Stretch #4	stretch	15s	500 Exp	Link	 
Stretch #5	stretch	15s	500 Exp	Link	 
Stretch #6	stretch	15s	500 Exp	Link	 

New Challenge

Title

Select Category

Challenge Description

Target

Select Unit

Challenge Instructions

Experience reward

Youtube URL





















































By filling in this simple form a new **challenge** can be created and used on any **route**.

1.6. New Challenge

url: activeschools.hopu.eu

Challenges

Challenge List

Title	Category	Target	Reward	Video	Options
Aerobic #1	aerobics	5m	5000 Exp	Link	 
Aerobic #2	aerobics	5m	3500 Exp	Link	 
Aerobic #3	aerobics	5m	3000 Exp	Link	 
Aerobic #4	aerobics	x30	5000 Exp	Link	 
Aerobic #5	aerobics	x50	3500 Exp	Link	 
Aerobic #6	aerobics	5m	3000 Exp	Link	 
Balance #1	balance	5m	5000 Exp	Link	 
Balance #2	balance	x25	5000 Exp	Link	 
Balance #3	balance	5m	3500 Exp	Link	 
Balance #4	balance	5m	2500 Exp	Link	 
Balance #5	balance	x20	2000 Exp	Link	 
Mental #1	mental	5m	1500 Exp	Link	 
Mental #2	mental	10m	2500 Exp	Link	 
Mental #3	mental	5m	1500 Exp	Link	 
Mental #4	mental	x30	2000 Exp	Link	 
Mental #5	mental	10m	2000 Exp	Link	 
Strength #1	strength	x20	2500 Exp	Link	 
Strength 2	strength	x25	3000 Exp	Link	 
Strength #3	strength	5m	1500 Exp	Link	 
Strength #4	strength	10m	3000 Exp	Link	 
Strength #5	strength	x30	1500 Exp	Link	 
Stretch #1	stretch	30s	500 Exp	Link	 
Stretch #2	stretch	15s	500 Exp	Link	 
Stretch #3	stretch	15s	500 Exp	Link	 
Stretch #4	stretch	15s	500 Exp	Link	 
Stretch #5	stretch	15s	500 Exp	Link	 
Stretch #6	stretch	15s	500 Exp	Link	 

New Challenge

Jumping Jack

Aerobics

A jumping jack, also known as a star jump and called a side-straddle hop in the US military, is a physical jumping exercise performed by jumping to a position with the legs spread wide and the hands going overhead, sometimes in a clap, and then returning to a position with the feet together and the arms at the sides.

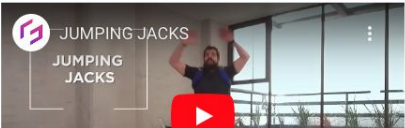
30

Repeats

Jumping jacks, which consist of jumping with legs and arms apart at the same time, are a classic.

3000

<https://www.youtube.com/watch?v=2CUyDdzIeE>






























By entering any **youtube** url the platform automatically loads the video. Only this platform is supported for viewing videos.

1.7. Edit Challenge

url: activeschools.hopu.eu

Challenges

Challenge List

Title	Category	Target	Reward	Video	Options
Aerobic #1	aerobics	5m	5000 Exp	Link	
Aerobic #2	aerobics	5m	3500 Exp	Link	
Aerobic #3	aerobics	5m	3000 Exp	Link	
Aerobic #4	aerobics	x30	5000 Exp	Link	
Aerobic #5	aerobics	x50	3500 Exp	Link	
Aerobic #6	aerobics	5m	3000 Exp	Link	
Balance #1	balance	5m	5000 Exp	Link	
Balance #2	balance	x25	5000 Exp	Link	
Balance #3	balance	5m	3500 Exp	Link	
Balance #4	balance	5m	2500 Exp	Link	
Balance #5	balance	x20	2000 Exp	Link	
Mental #1	mental	5m	1500 Exp	Link	
Mental #2	mental	10m	2500 Exp	Link	
Mental #3	mental	5m	1500 Exp	Link	
Mental #4	mental	x30	2000 Exp	Link	
Mental #5	mental	10m	2000 Exp	Link	
Strength #1	strength	x20	2500 Exp	Link	
Strength 2	strength	x25	3000 Exp	Link	
Strength #3	strength	5m	1500 Exp	Link	
Strength #4	strength	10m	3000 Exp	Link	
Strength #5	strength	x30	1500 Exp	Link	
Stretch #1	stretch	30s	500 Exp	Link	
Stretch #2	stretch	15s	500 Exp	Link	
Stretch #3	stretch	15s	500 Exp	Link	
Stretch #4	stretch	15s	500 Exp	Link	
Stretch #5	stretch	15s	500 Exp	Link	
Stretch #6	stretch	15s	500 Exp	Link	

Edit Challenge

Aerobic #1

Aerobics


Lorem ipsum dolor sit amet, consectetur adipiscing elit. Morbi viverra neque eu ultricies laoreet. Morbi tempus lobortis gravida. Sed eget felis eu velit laoreet finibus ac eu lectus. Nulla a metus nulla. Nunc et mi sed lacus hendrerit faucibus non eget massa. Lorem ipsum dolor sit amet, consectetur adipiscing elit.

5

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Morbi viverra neque eu ultricies laoreet. Morbi tempus lobortis gravida. Sed eget felis eu velit laoreet finibus ac eu lectus. Nulla a metus nulla. Nunc et mi sed lacus hendrerit faucibus non eget massa. Lorem ipsum dolor sit amet, consectetur adipiscing elit.

5000

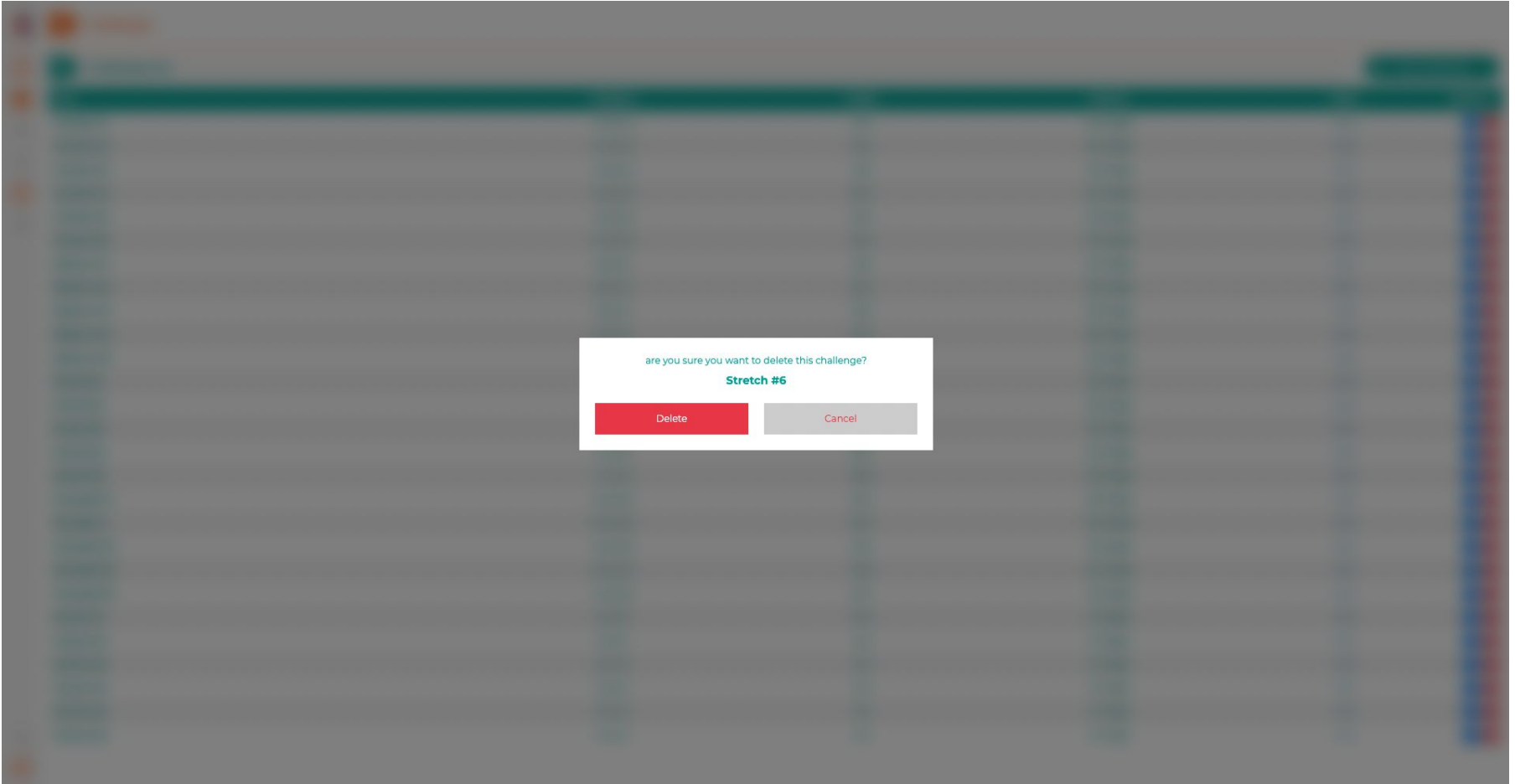
vFYZdutnzvs



Using the "**pencil**" icon, you can select any challenge and **edit** its content at any time.

1.8. Delete Challenge

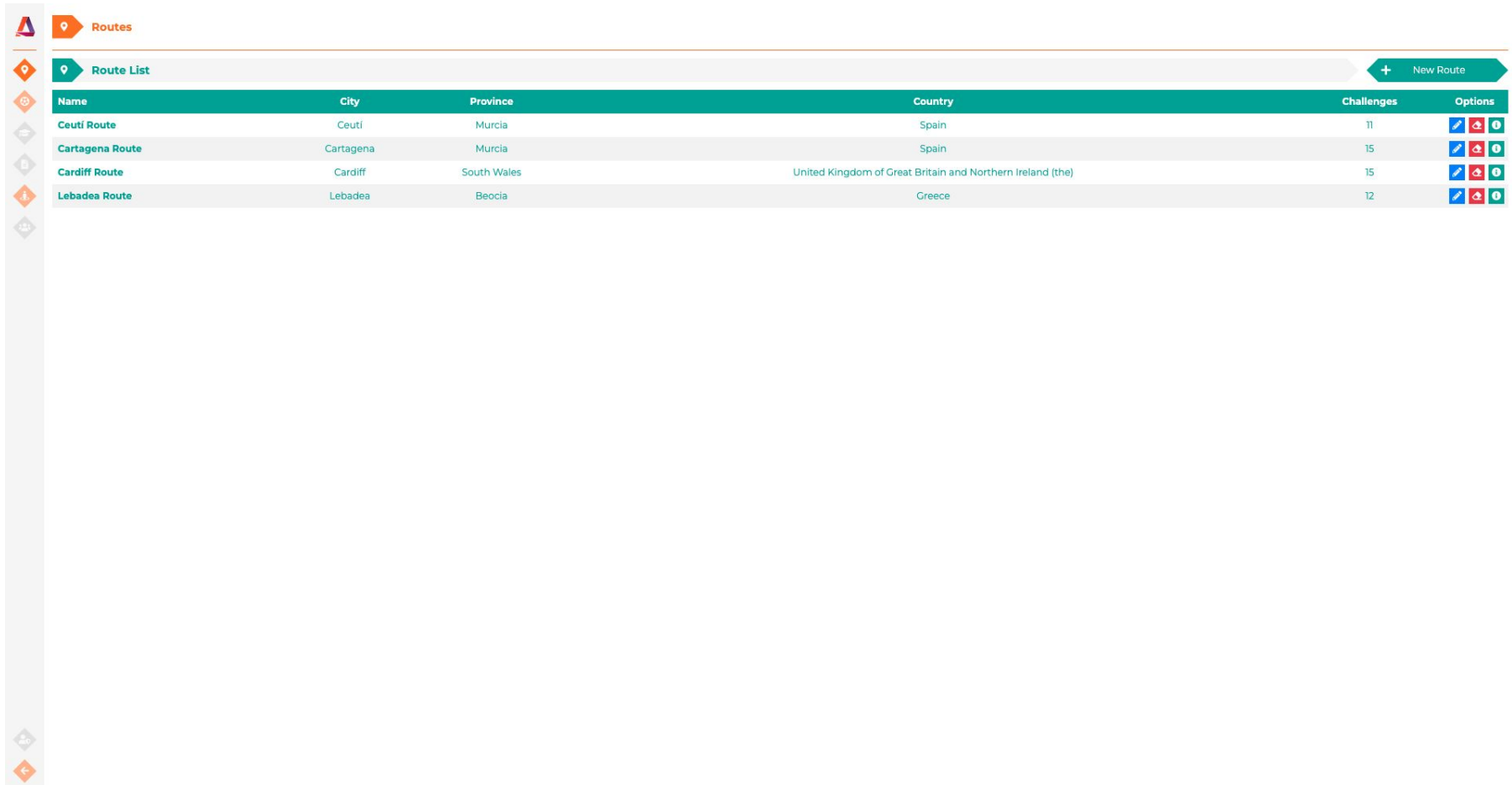
url: activeschools.hopu.eu















You can also **delete** any challenge, using the "**eraser**" icon.

1.9. Routes

url: activeschools.hopu.eu

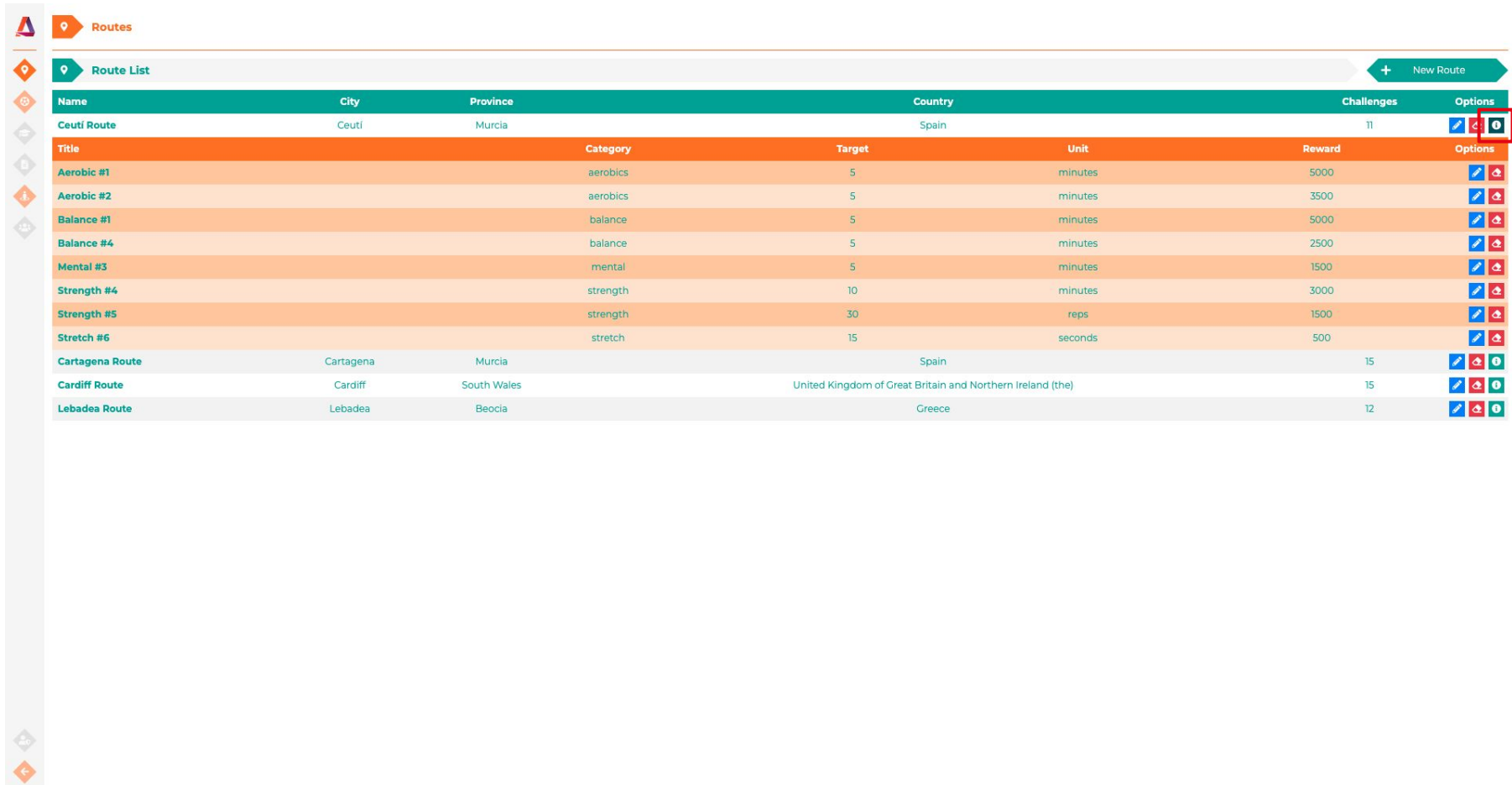






























Name	City	Province	Country	Challenges	Options
Ceuti Route	Ceuti	Murcia	Spain	11	  
Cartagena Route	Cartagena	Murcia	Spain	15	  
Cardiff Route	Cardiff	South Wales	United Kingdom of Great Britain and Northern Ireland (the)	15	  
Lebadea Route	Lebadea	Beocia	Greece	12	  

In this section, you can view the list of available **routes** with some of their details.

1.9. Routes

url: activeschools.hopu.eu

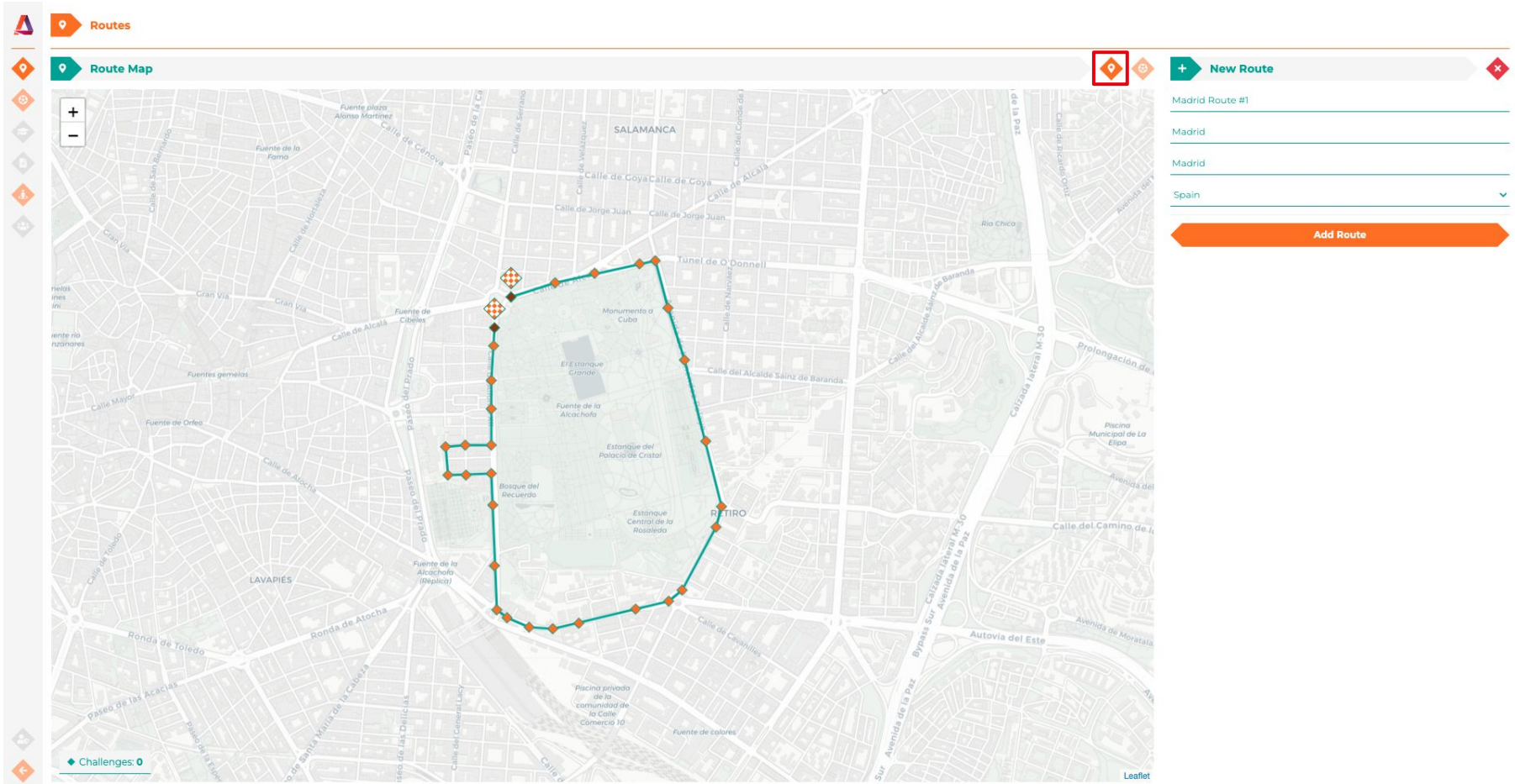


Name	City	Province	Country	Challenges	Options
Ceuti Route	Ceuti	Murcia	Spain	11	  
Title	Category	Target	Unit	Reward	Options
Aerobic #1	aerobics	5	minutes	5000	 
Aerobic #2	aerobics	5	minutes	3500	 
Balance #1	balance	5	minutes	5000	 
Balance #4	balance	5	minutes	2500	 
Mental #3	mental	5	minutes	1500	 
Strength #4	strength	10	minutes	3000	 
Strength #5	strength	30	reps	1500	 
Stretch #6	stretch	15	seconds	500	 
Cartagena Route	Cartagena	Murcia	Spain	15	  
Cardiff Route	Cardiff	South Wales	United Kingdom of Great Britain and Northern Ireland (the)	15	  
Lebadea Route	Lebadea	Beocia	Greece	12	  

By clicking on the **"information"** button we can see the list of **challenges** that are linked to that route.

1.10. New Route

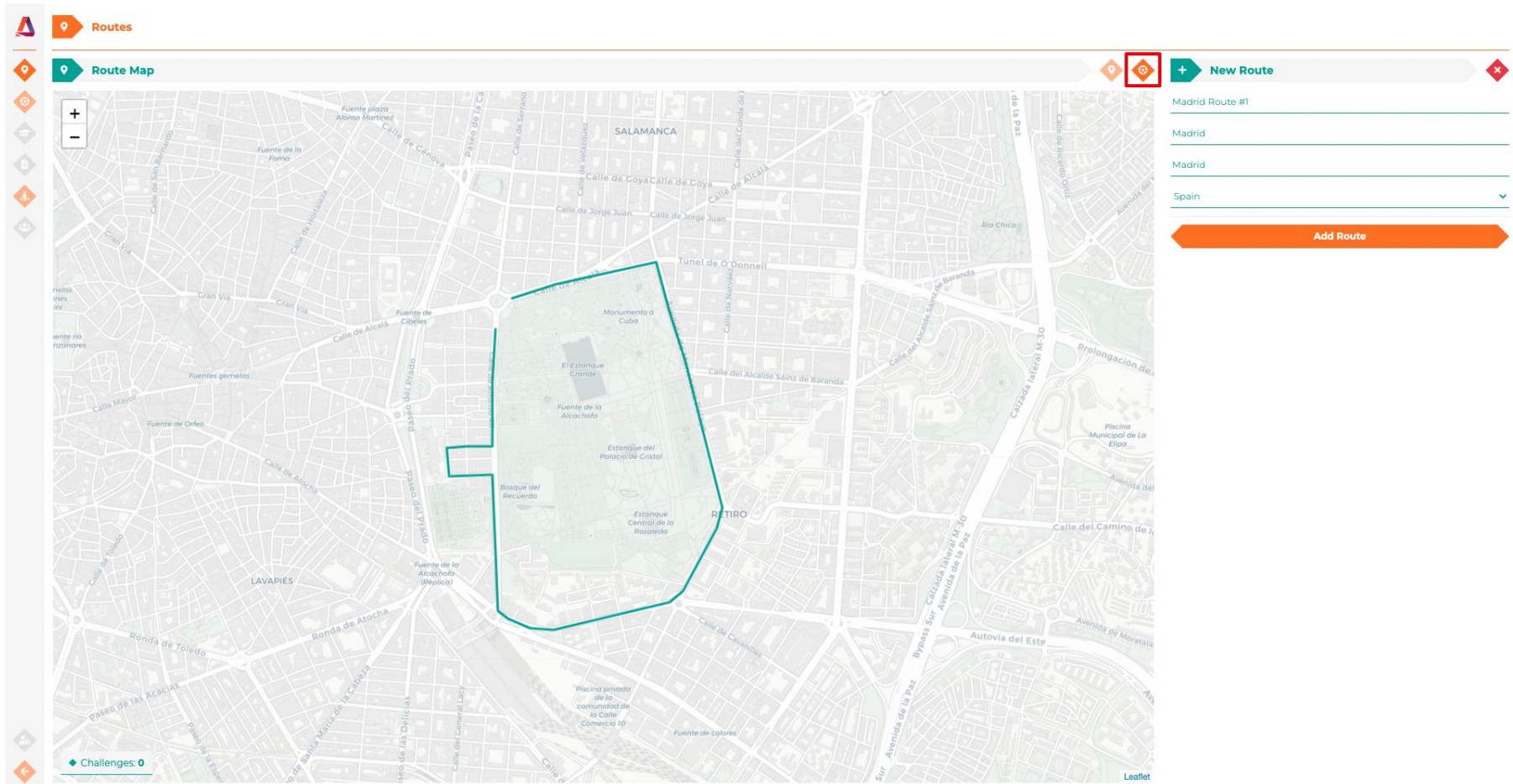
url: activeschools.hopu.eu



Using the "**vertices**" mode, you can click on the map and create the route **point by point**. You can drag or delete a point by clicking on it.

1.10. New Route

url: activeschools.hopu.eu



When accessing the "**challenges**" view, the route is cleared of vertices waiting for the location of the challenges.

1.10. New Route

url: activeschools.hopu.eu

The screenshot displays the 'New Route' interface in the ActiveSchools Hopu app. The main map shows a route in Madrid, Spain, with 9 challenge points marked along the path. The right sidebar contains a 'New Route' form with the following fields:

- Madrid Route #1
- Madrid
- Madrid
- Spain

Below the form is a 'Selected Challenges' list:

- Aerobic #1
- Mental #4
- Stretch #2
- Aerobic #3
- Strength #4
- Aerobic #2
- Aerobic #2
- Stretch #3

A dropdown menu is open for 'Select Challenge 9', showing a list of challenges:

- Aerobic #1
- Aerobic #2
- Aerobic #3
- Aerobic #4
- Aerobic #5
- Aerobic #6
- Balance #1
- Balance #2
- Balance #3
- Balance #4
- Balance #5
- Mental #1
- Mental #2
- Mental #3
- Mental #4

You define the **challenge** that will appear for each point. If any point remains undefined, a random challenge is defined from among those already selected.

1.11. Edit Route

url: activeschools.hopu.eu

The screenshot displays the 'Edit Route' interface of the Activeschools Hopu EU application. The main map shows a route in Cartagena, Spain, marked with green and orange diamond icons. The route starts near the 'Túnel de la Atalaya' and winds through various neighborhoods including Barrio de la Concepción, Barrio de la Villalba, and Barrio de la Concepción. The map includes labels for streets like Avenida del Cantón, Calle Perón, and Calle Reina Victoria Eugenia. On the right side, there is a sidebar with a list of challenges under the heading 'Selected Challenges'. The challenges include Mental #1, Aerobic #6, Aerobic #3, Aerobic #1, Balance #3, Balance #1, Aerobic #3, Mental #3, Aerobic #2, Stretch #1, Strength 2, Stretch #3, Mental #4, and Stretch #4. At the bottom of the sidebar is an orange button labeled 'Edit Route'. The top of the interface has a navigation bar with icons for 'Map Route' and 'Edit Route'.

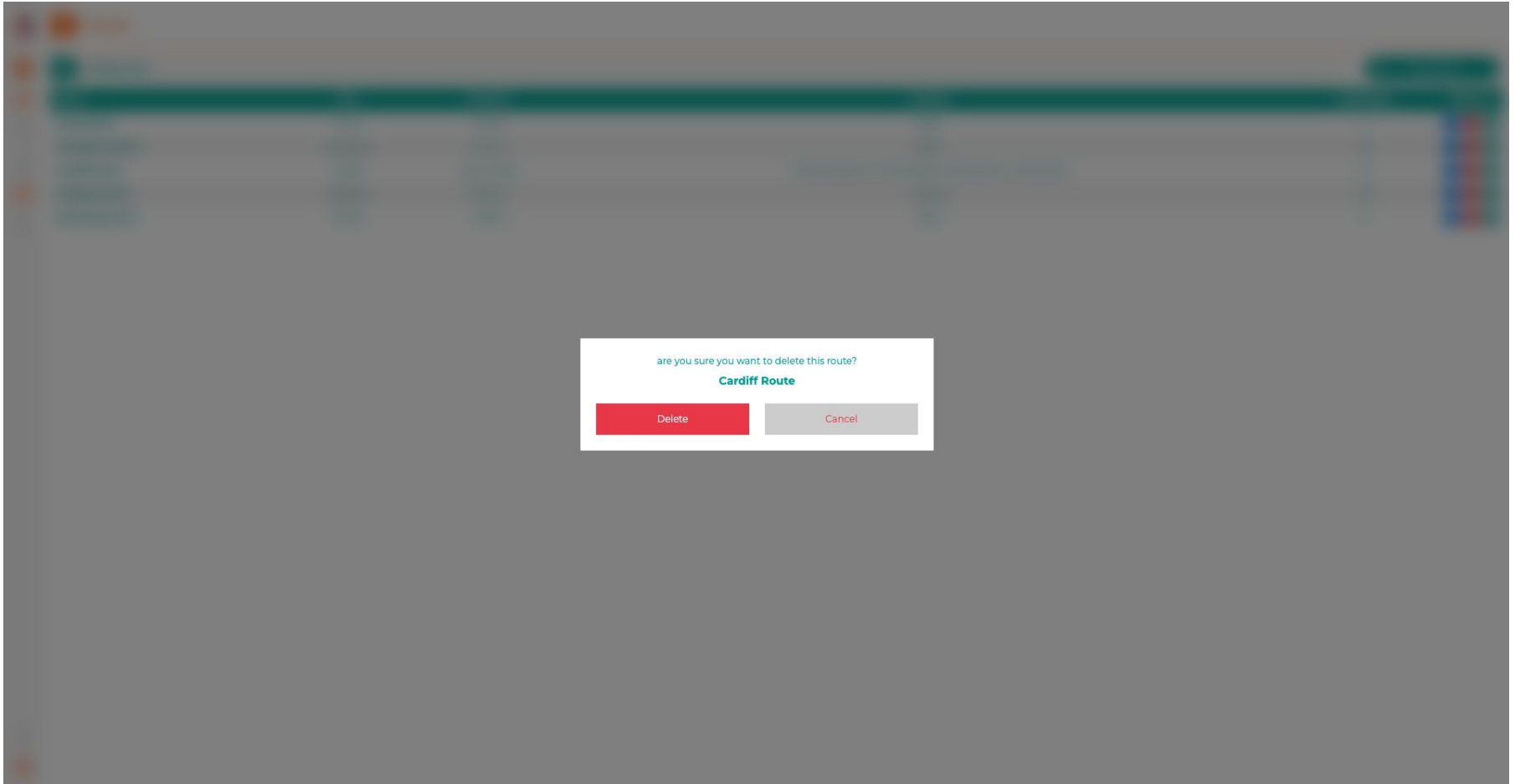
Selected Challenges	
Mental #1	▼
Mental #1	▼
Aerobic #6	▼
Aerobic #3	▼
Aerobic #1	▼
Balance #3	▼
Balance #1	▼
Aerobic #3	▼
Mental #3	▼
Aerobic #2	▼
Stretch #1	▼
Strength 2	▼
Stretch #3	▼
Mental #4	▼
Stretch #4	▼

[Edit Route](#)

Using the "**pencil**" icon, you can select any route and **edit** its content at any time.

1.12. Delete Route

url: activeschools.hopu.eu



You can also **delete** any route, using the "**eraser**" icon.

App

2. App

- In the app, you can login via **google** or with an **e-mail** address and **password**.

13:04

active schools

User

Password

Enter

or

Sign in with Google

[Forgot your password?](#)

[Are you a new user?](#)

*The same user of the **administration zone** can be used to log in to the app.

2.1. New User

- Users registered from the app **do not have access to the administration zone.**
- If the user registers with **google**, it will not need to complete the form.

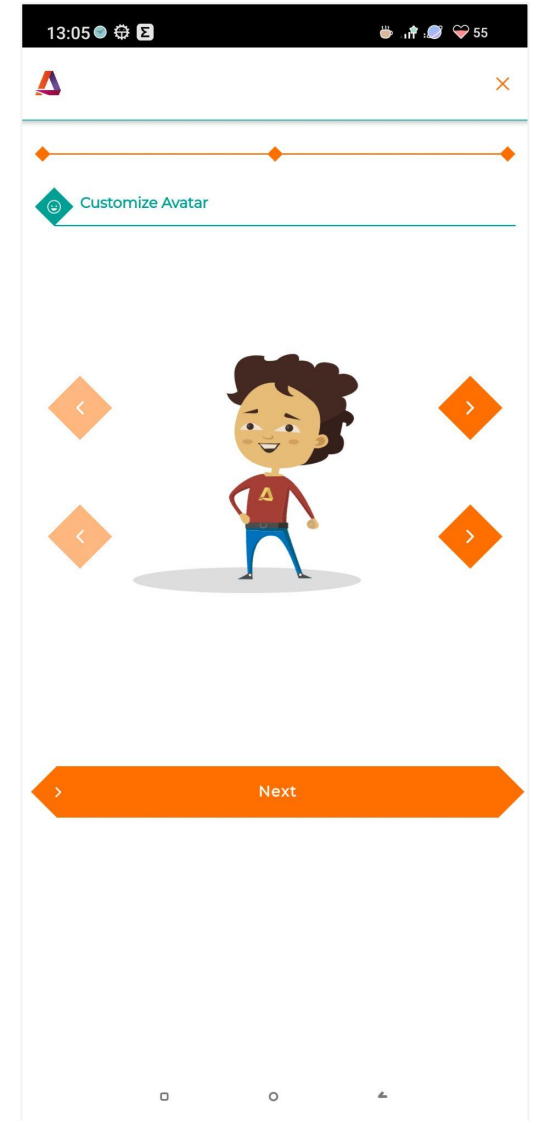
This screenshot shows the 'Credentials' registration screen in a mobile app. At the top, there is a status bar with the time 13:04 and various icons. Below the status bar is a header with a logo and a close button. A progress bar is visible, with the first step highlighted. The main form contains three input fields: 'Email', 'Password', and 'Repeat Password'. At the bottom, there are two large orange buttons: 'Next' with a right arrow and 'Back' with a left arrow. The bottom of the screen shows the Android navigation bar.

This screenshot shows the 'Personal Data' registration screen in a mobile app. At the top, there is a status bar with the time 13:04 and various icons. Below the status bar is a header with a logo and a close button. A progress bar is visible, with the second step highlighted. The main form contains several input fields: 'Name', 'Surname', 'Sex' (a dropdown menu), 'Height (cm)', 'Weight (Kg)', 'Address', 'City', 'Province', and 'Countries' (a dropdown menu). At the bottom, there are two large orange buttons: 'Next' with a right arrow and 'Back' with a left arrow. The bottom of the screen shows the Android navigation bar.

2.1. New User

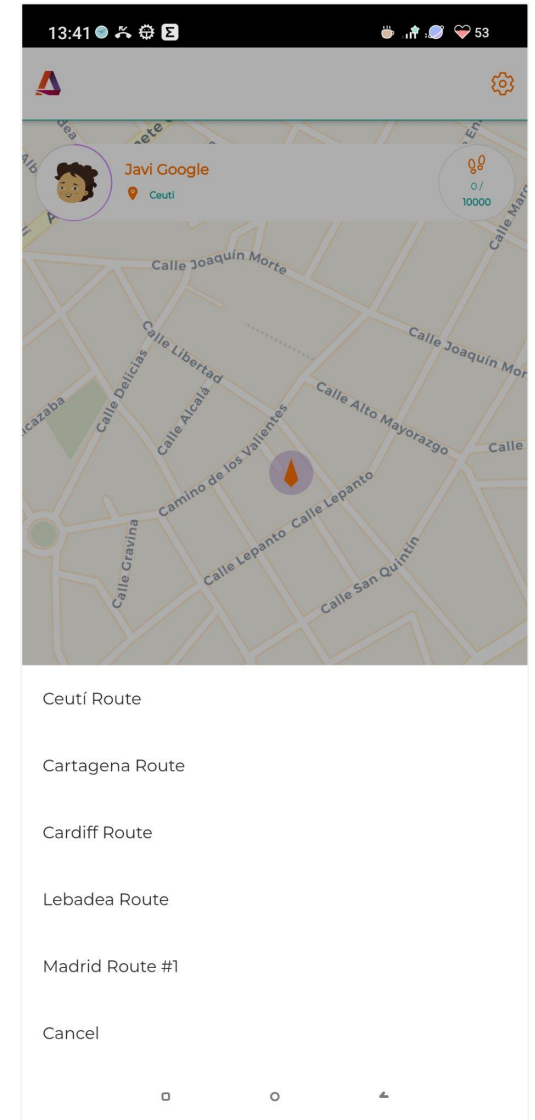
- You can customise the **avatar's body and face**. This functionality is not effective in the rest of the app.

*Currently, the app has only some features



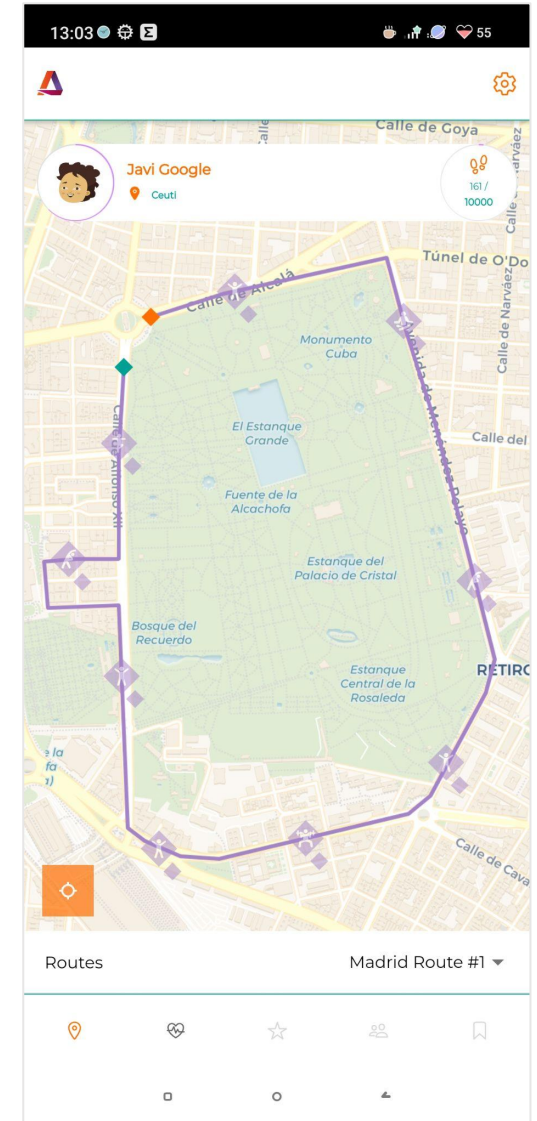
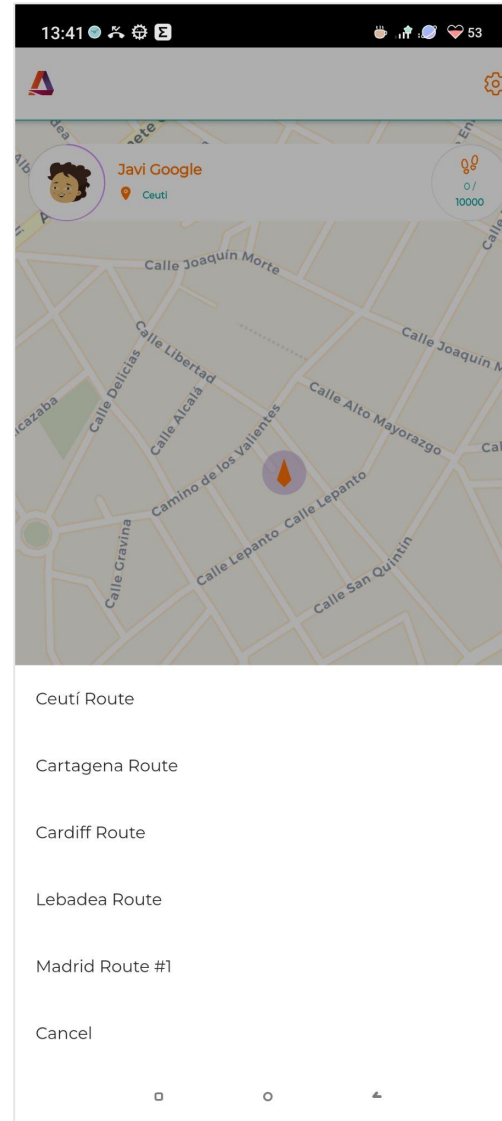
2.2. Routes

- Here, you can see a map centered in your location.
- At the bottom of the screen, you can select your route to see the locations to select your near one.



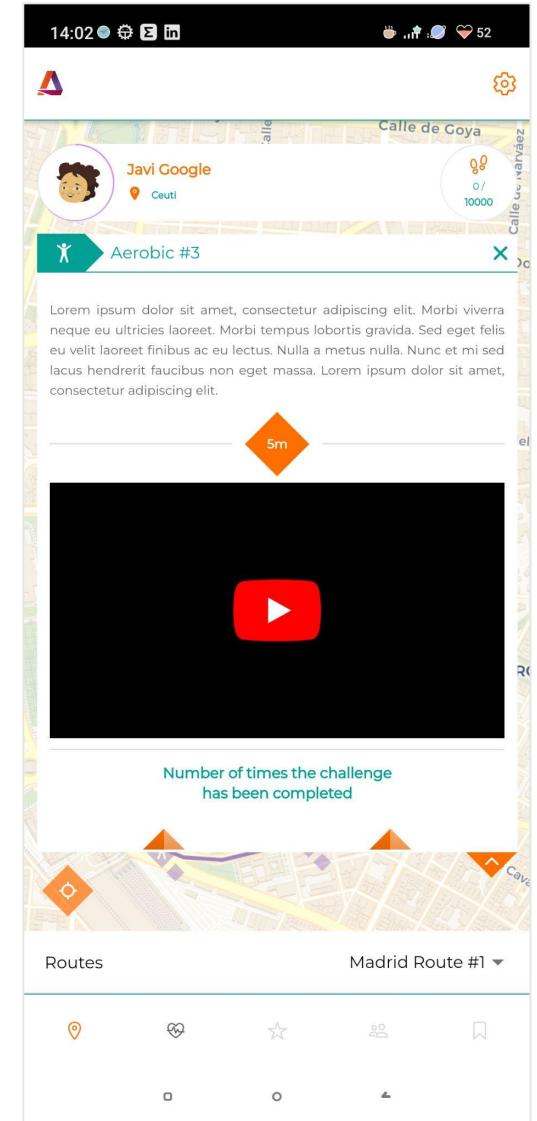
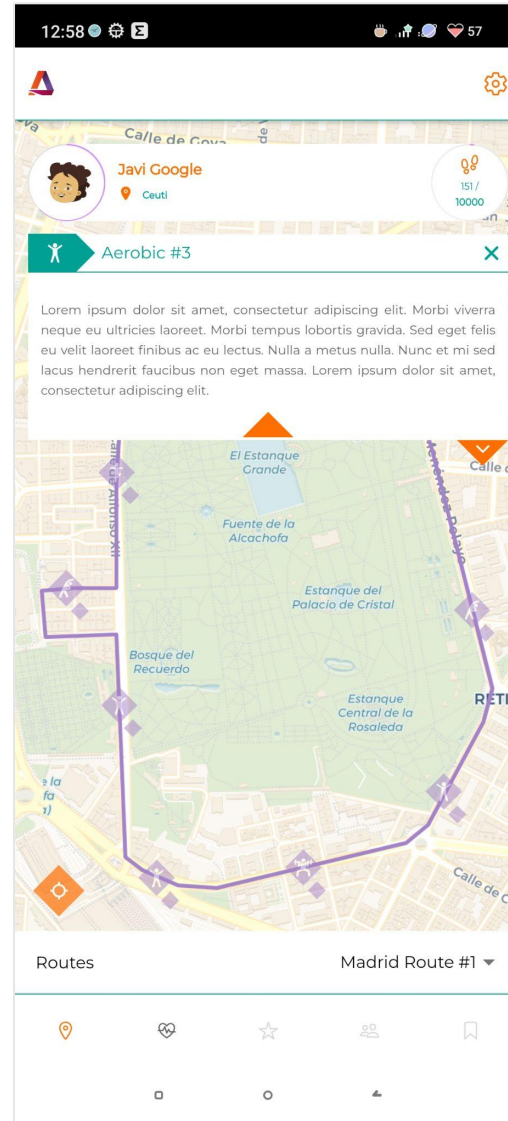
2.3. Selected Route

- In the route selector we can see the **available routes**, being able to see the route that we have created previously "**Madrid Route #1**".
- When you select any **available route**, the map automatically moves to the **start point** of the selected route.



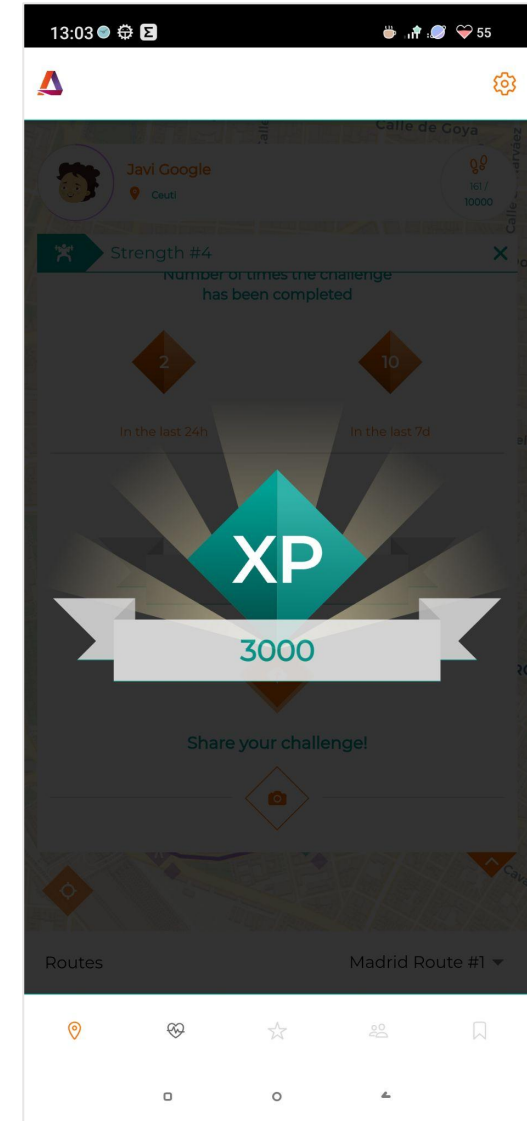
2.4. Challenges

- **Challenges** are scattered along each **route** and can have three statuses:
 - **Disabled:** The user is not close enough.
 - **Enabled:** The user is already within the radius of influence.
 - **Accomplished:** The challenge has already been completed.
- By clicking on each **challenge** you can see information about it, description, explanatory video, rewards, statistics, etc.



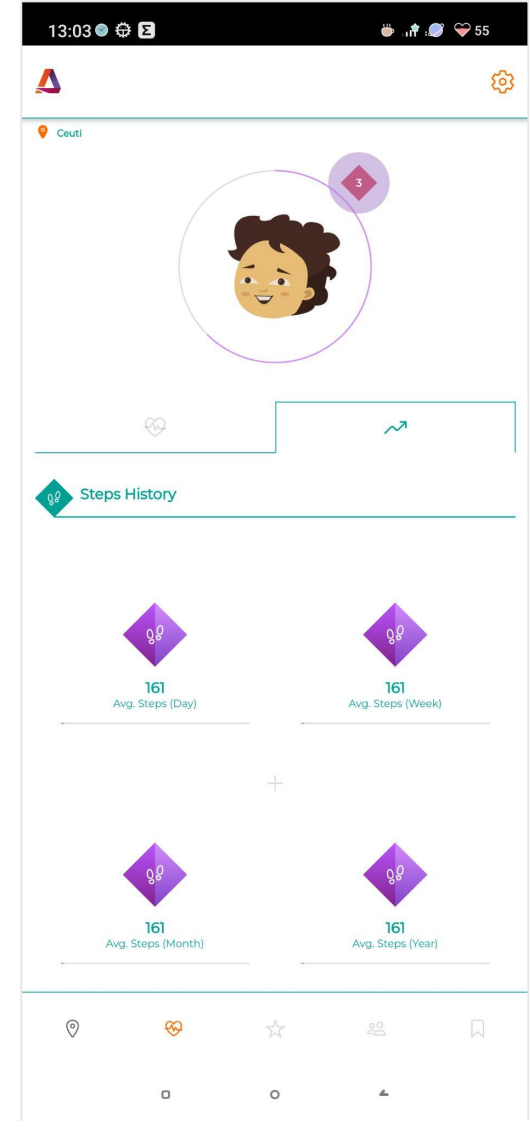
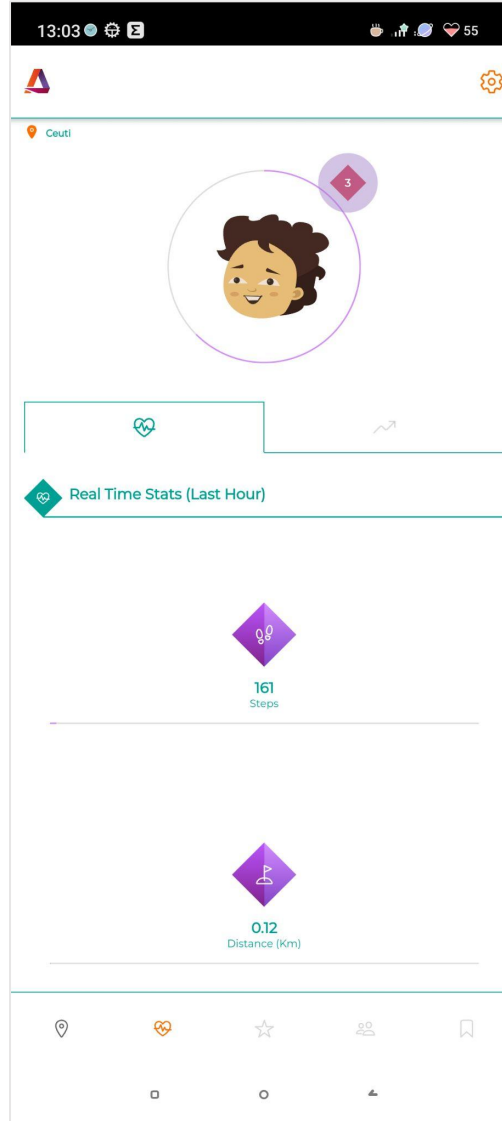
2.5. Rewards

- When you are in the **activation range of the challenge**, the challenge is activated and you can get your reward. You can do this by clicking on the button with the "**check**" icon that appears within the challenge details.



2.5. Stats

- The statistics section shows **real time and historical step and distance data** in different aggregations (daily, weekly, monthly and yearly average).



Libelium

Avda. María Zambrano 31
Edificio WTCZ, Torre Este Planta 7
50018 Zaragoza

www.libelium.com

