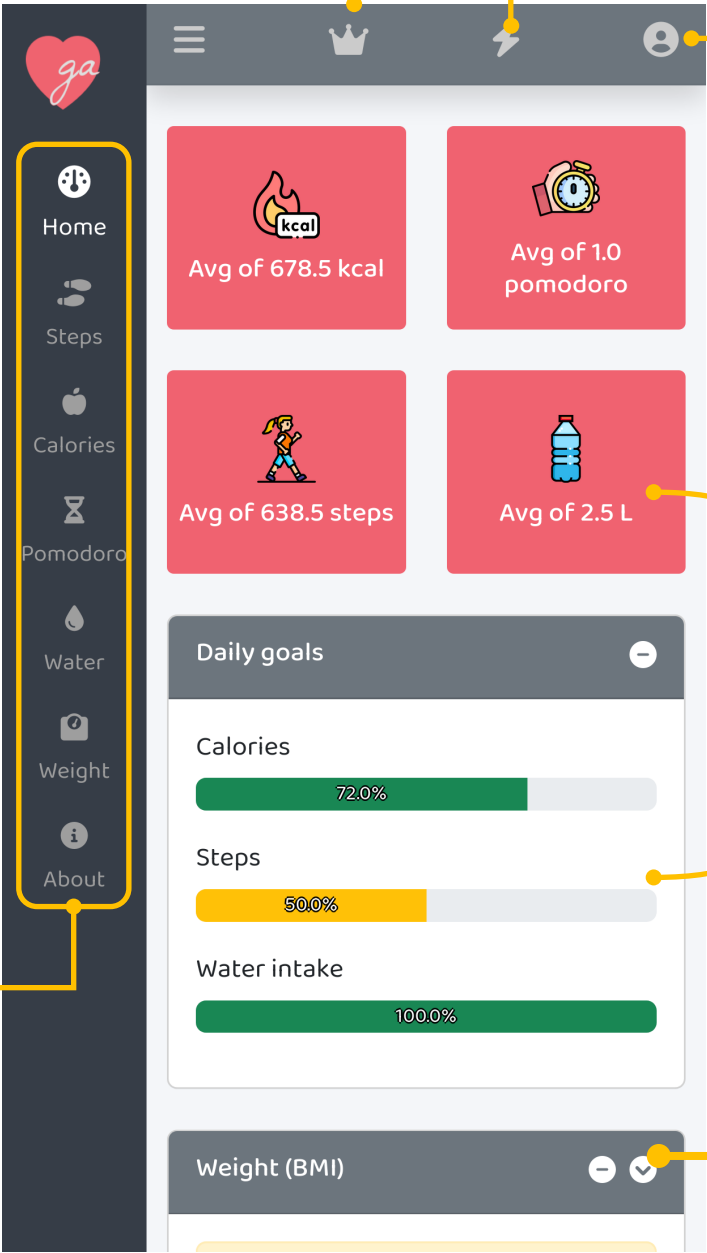


# Quick Start Guide

**Leaderboard**  
Displays your rank, XP, and level compared with other users.

**Navigate with ease**  
Use the sidebar menu to manage the app.



**Experience Points (XPs)**  
Rewarded by the system, XPs are an easy way to view your reward.

**Profile and settings**

1. Update your Profile
2. Update your Goals
3. See History
4. Change password
5. Contact administrator
6. Logout

**Quick stats**  
Your average statistics.

**Update information – shortcuts**  
Select this menu to quickly add your information.