millistep

Find better you

Create an account

Log In

Whar's your email?

We protect our community by making sure everyone on StudyWith is a student.

Enter your student ID

Already have an account? **Sign In**

Next

What's your name?

Add the name you would like to use.

Enter your name

Next

How do you identify?

Girl ○

Boy ○

Next

Consent to Share

Yes ○

No ○

Next

Consent to Share

Yes ○

No ○

Allow "App" To Access Your Apple Health?

This is an explanation of why you should add this permission

Allow Once

Allow While Using App

Don't Allow

Next

Consent to Share

Yes ⭘

No ⭘

"App" Would Like To Send You Notifications

This is an explanation of why you should add this permission

Don't Allow | Allow

Next

(D) Good day Dowon,

To have a good sleep, you should be more **active.**

We've customised a set of habit challenges to improve your sleep quality.

🔍 Search

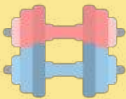| All | #exercise | #sleep | #diet | #daily | #morning | weight |

Walk 10,000 Steps
#exercise   #daily

Run 3km
#exercise   #activity

Weight Training 30min
#exercise   #weight

Indoor Cycling 30min
#exercise   #activity

Good day Dowon,

Here some of the habits that can better your **sleep**

🔍 Search

| **All** | #exercise | #sleep | #diet | #daily | #morning | weight |

Walk 10,000 Steps
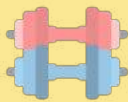#exercise #activity

Wake Up Before 7am
#sleep #morning

Drink 2L of water
#diet #daily

Weight Training 30min
#exercise #weight

Calendar Daily

Walk 10,000 Steps Challenge

#exercise #activity

📅 18 April - 1 May   👤 402 Participating   ⭐ 4.94 (2,304)

🎯 About the Challenge

The purpose of this challenge is to encourage you to walk more and become more active. Walking as a regular activity is known to reduce the risks of obesity, diabetes, heart diseases, and high blood pressure. If you struggle to walk 10,000 steps, try walking to nearby destinations or walking with friends and families.

📷 How to verify

- Take a screenshot of pedometer app
- Take a picture of your smart watch

⭐ Reviews

Total Participants: 4,405
4.94 (2,304)

C	**Chelsea JUNG**
	13 days ago
	Great Challenge!

H	**Hyojun LEE**
	21 days ago
	It was really helpfu

Join Challenge

Challenge Information

Walk 10,000 Steps Challenge

`#exercise` `#activity`

📅 18 April - 1 May 👤 402 Participating

💳 **Current Deposit Status**

Total Deposit: **317,310 HKD**
Average Deposit: **483 HKD**

💳 **Your Deposit Amount**

$ **100** HKD

Higher Deposit means Higher Cashback!
Min 50 HKD ~ Max 1000 HKD

🏆 **Refund Policy Upon Success Rate**

Success Rate

100%	(Approx.) 100 ~ 105 HKD
> 85%	100 HKD
< 85%	Partial Refund depending on rate

Pay Now

Payment Successful

You now have access to the task page.
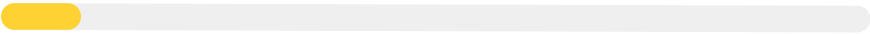Make sure you complete the task in time!

Done

Walk 10,000 Steps Challenge

#exercise   #activity

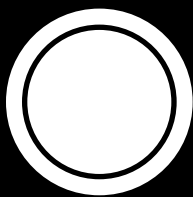📅 18 April - 1 May   👤 402 Participating   ⭐ 4.94 (2,304)

Success Rate

Now.
5%

Completed: 1   Failed: 0   Days left: 19

Upload

Activity   8:45

TOTAL STEPS

15,046

TOTAL DISTANCE

7.12 MI

FLIGHTS CLIMBED

0

Upload Successful

You have completed your
upload for Day 2

Done

Walk 10,000 Steps Challenge

#exercise   #activity

📅 18 April - 1 May   👤 402 Participating   ⭐ 4.94 (2,304)

Success Rate

Now.
100%

Completed: 12   **Failed: 0**   **Days left: 0**

Refund: 100 HKD
Deposit: 100 HKD

Average Success Rate

Avg.
80%

Refund

Refund Successful

Your money has been
returned to your wallet

Done

D Good day Dowon,

"A little progress each day adds up to big results"

Sleep Quality This Week

— Sleep Quality — Sleep Duration

4/1   4/2   4/3   4/4   4/5   4/6   4/7

Enrolled Challenges

Walk 10,000 Steps

#exercise   #daily

📅 18 April - 1 May

Upload

April
2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31	30	🙂	😐	🙁	😣	🙂
😣	😊	🙂	😣	😐	🙂	🙁
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

● *Daily Screen TIme*

5 hours 16 minutes

Average daily screen time: 7 hours 2 minutes
Decrease by 36% from last week

● *Daily Exercise Duration*

49 minutes

Average daily exercise duration: 35 minutes
Increase by 10% from last week

● *Daily Sleep Duration*

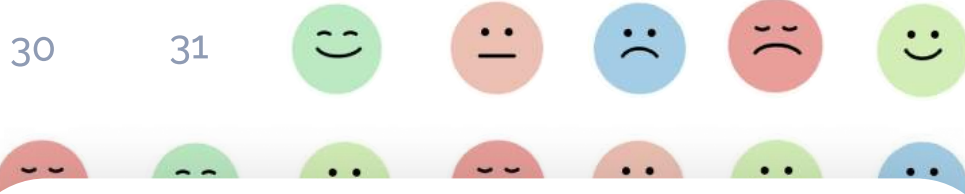# 7 hours 24 minutes

Average daily sleep duration: 6 hours 55 minutes

April
2022

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	31					

Today's Sleep Quality

Date 📅

Sleep Quality

Type the note here...

Additional Inputs

| ● Caffeine | ● Meals | ● Water | ● Wei |

+ Add new

Record Sleep Quality

Profile Dashboard

D Dowon Kwak

Deposit
100 HKD

Reward
0 HKD

Contact Us

Completed Challenges

Frequently Asked Questions

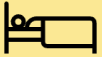Settings

➕

C Good day Dowon,

"A little progress each day adds up to big results"

Sleep Quality This Week

Notifications

Today

Note from my past self
If you sleep now, you will be able to sleep only 5 hours, and your predicted SQ is 1.66.

MiliStep Recommendation
Stop eating before 10pm. You will be more satisfied with your sleep quality.

MiliStep Recommendation
You have to walk 2000 steps more today to be satisfied with your sleep quality.

Yesterday

Note from my past self
Eat breakfast now - otherwise you will start eating at 5pm.

MiliStep Recommendation
You have to sleep 7 hours to get at least 3 on

9:41

Sunday, 13 April

Note from my past self — now
If you sleep now, you will be able to sleep only 5 hours, and your predicted SQ is 1.66.

MiliStep Recommendation — 3m ago
You have to sleep 7 hours to get at least 3 on your SQ. You need 2 hours more of sleep.

MiliStep Challenge — 1 hr ago
We have a challenge recommendation for you! Try the "Sleep before 12 Challenge" next time.