The CrossComp App

Part 8: Challenges

Each CrossComp Participant creates their own CrossComp Challenges.

CrossComp Participants have the option to create a variety of "Challenges" with:

- Other Participants
- Other Teams

(There are NO "Standard" Challenges, except for the "Team Standings" (explained in Part 7: Teams, page 5.), which are only for the Participant's "Standard" Teams in each of the Participant's "Territories."

 EACH Participant CREATES his/her own CrossComp Challenges:

- **Personal Challenges** are created between:
  - The Participant and either:
    - Any other SPECIFICALLY **NAMED** Participant(s)
    - Any other "filtered sub-group" of SPECIFICALLY **QUALIFIED** Participants
- **Team Challenges** are created between:
  - Any Team to which the Participant belongs (has joined as a Member)
  - Any other Team(s) in the SAME Category/Sub-Category.

Participants access the "Challenges" feature through the Participant "Menu." (Volunteer and Professional Affiliates access it the same way through their version of the Participant "Menu." (Refer to Part 1, page 30, Volunteer Menu, and page 39, Professional Menu.)

Participant Menu Screen:

Menu
Scores
Teams
Challenges
Exercise Rx
Training
Profile
More
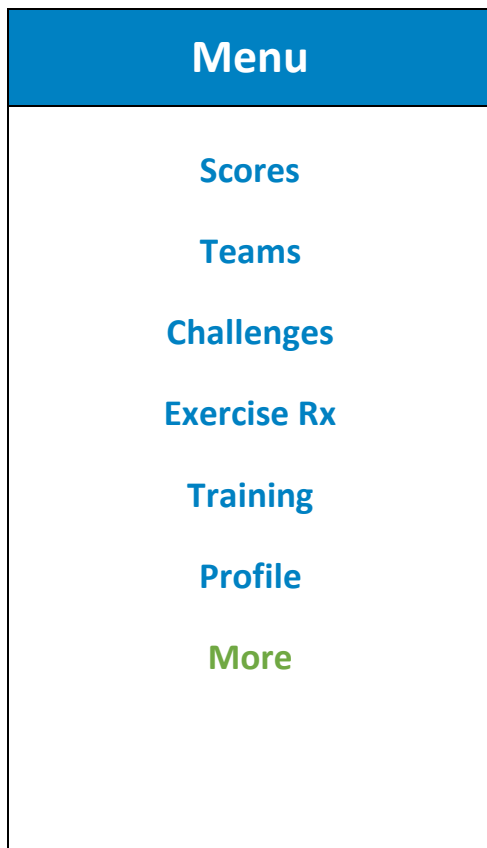
Tapping "Challenges" opens the "My Challenges" screen (next page).

Part 8A: Personal Challenges

The "My Challenges" screen toggles between the lists of:
- **Personal** Challenges.
- **Team** Challenges.

My Challenges Screen toggled to "My (Personal) Challenges" screen:

Note: "Gym Buddies" and "Riverside City Peers" are EXAMPLES of personal challenges that have already been "created" (pages 5 and 7) and then listed on this screen.

My Challenges	
Personal	**Team**
Gym Buddies **X**	
Riverside City Peers **X**	
Create a Challenge	

The "My Challenges" screen opens with the default "Personal" list of Challenges.

Tapping "Team" toggles over to the list of "Team" Challenges (page 9).

The Names of the Challenges are listed in "**chronological**" order. (The order by date/time that each Challenge was created (NOT in alphabetical order), with the most recently created challenge at the bottom of the list.

Tapping the **Name** of a Challenge on the list of **Personal** Challenges opens its "(Personal) Challenge Scores" screen (page 4) OR its "(Peer) Challenge Scores" screen (page 6), depending on which kind of Personal Challenge it is (Personal or Peer).

Tapping a red "**X**," plus "**Confirm**," deletes that Personal Challenge from the list.

Tapping the "**Create a Challenge**" button opens a secondary window with the Options:
- **Create a Personal Challenge** (Page 5)
- **Create a Peer Challenge** (Page 7)

Tapping the **Name** of a (Personal) Challenge on the "My (Personal) Challenges" list (previous page) opens that specific "Challenge Scores" screen (below). (For Peer-type Personal Challenges refer to pages 6-7.)

Personal Challenge Scores Screen (Example of a Personal-type of Personal Challenge, "Gym Buddies," from the previous page)**:**

Challenge Scores		Notes
Gym Buddies August 9, 2021		Name of **Personal Challenge** **Date** of Standing (Today's Date)
Rick Holloway	117.2	The Participants are listed in order from **highest to lowest Total CrossComp Score.**
Jon Opsahl	114.3	The Participant's Name & Score is listed in Green Text.
Jose Rodriques	109.8	All the other Participants' Names & Scores are listed in Blue text.
Dave Miller	106.5	**Tapping on the Name of a Participant opens that Participant's Score Screen (Refer to Document 1, Page 19).**
Share		Tapping the "**Share**" button opens the Participant's text-messaging App for sending a "screen-shot" of the "Challenge Scores" screen (without the "Share" and "Return" buttons).
Return to My Challenges		Tapping the "Return to My Challenges" button closes the screen and opens the "My (Personal) Challenges" screen (previous age).

All Personal Challenges are between the Participant who is creating the Challenge and any one or more other CrossComp Participants that the creator of the Challenge specifies.

The Participant who is creating the Challenge is ALWAYS included in the Challenge.

Create a Personal Challenge Screen (Example of a Personal-type of Personal Challenge, "Gym Buddies," from the previous page)**:**

Create a Personal Challenge
Jon Opsahl
Enter the Name of a CrossComp Participant:
Name of Participant
Add Participant
Enter the Name of this Challenge:
Name of Challenge
Create

The Name of the Participant who is creating the Challenge (as the first Participant in the list of Challenge Participants).

The Name(s) of added Participants appear below the Participant's Name (who is creating the chllenge).

As the Participant enters the Name of another CrossComp Participant, a drop-down list of potential matches appear, and the Participant can then **select** the Name of the appropriate Participant and tap: "Add Participant."

The Name of the additional Participant would be added to the list of Participants at the top, and another Participant could be added.

After adding one or more Participant Names for this Challenge, the Participant creating the Challenge Enters the Name of the Challenge.

When the Name of the Challenge has been entered, the "Create" button changes from Red to Green, and the Creator can then tap the "Create" button. **(Refer to page 16.)**

Tapping a Green "Create" button, plus "**Confirm**," creates the new Challenge.

Note: The "Name" of the other Participants in the drop-down list may need to show each Participant's City to make sure the right Participant is selected. ?

When a Personal Challenge is created, the Name of the Challenge appears on the "My (Personal) Challenges" list of the Participant who created the Challenge.

Tapping the **Name** of a Challenge on the "My (Personal) Challenges" list (page 3) opens that specific "Challenge Scores" screen (below or page 4), depending on which kind of Challenge it is (Personal or Peer).

(Peer) Challenge Scores Screen (Example of a Peer-type of Personal Challenge, "Riverside City Peers," from page 3)**:**

Challenge Scores		Notes
Riverside City Peers August 9, 2021		Name of **Personal Challenge** **Date** of Standing (Today's Date)
Riverside City Males 59.4 - 63.04		The criteria that was used when the Participant created this Challenge is listed in Red-text. (Refer to Page 7.)
# of Participants	**82**	Total # of Participants that match the criteria (including the Participant).
High Score	**121.2**	The highest Total Score among the Participants who match the criteria.
Jon Opsahl	**104.3**	The Participant's Name and his/her most recent Total Score in Green-text.
Low Score	**57.6**	The Lowest Total Score among the Participants who match the criteria.
Placement	**14th**	The Participant's Placement among the Participants who match the criteria in Green-text.
Percentile	**84.1**	The Participant's "Percentile" in Green-text. (See Formula below.)
Share		Tapping the "**Share**" button opens the Participant's text-messaging App for sending a "screen-shot" of the "Challenge Scores" screen (without the "Share" and "Return" buttons).
Return to My Challenges		Tapping the "Return to My Challenges" button closes the screen and opens the "My (Personal) Challenges" screen (page 3).

Percentile Formula:

[(Total # of Participants – Participants Placement #) + 1 / Total # of Participants] x 100 = %
Example: [(82 – 14)] + 1 / 82] x 100 = 84.1% (rounded to one decimal point)

Be sure to include the red "+1" in the formula in order to adjust for the Participant himself.

Create a Peer Challenge Screen (Example of a Peer-type of Personal Challenge, "Riverside City Peers," from page 3)**:**

Create a Peer Challenge
Enter the Criteria:

Territory:	
Gender:	
Age Range:	

CLEAR

0

Enter the Name of this Challenge:

Name of Challenge

Create

The Participant creating the Peer Challenge enters the criteria for each parameter from a drop-down (scrollable) list of options that can be selected." (Refer to the Criteria Option explanations on the next page.)

The 3 Criteria must be selected in order from top to bottom. The Label of the Criteria (starting with "Territory:") that needs to be selected next is in Green-text. (Example: After the Creator selects a Territory, the "Territory:" label changes to Blue-text, and the "Gender:" label changes to Green-text.)

Tapping the "**Clear**" bar, plus "**Confirm**," deletes the criteria selections for the Creator to re-start the criteria selection process.

As the Participant selects each Criteria, the # of CrossComp Participants that match the Criteria appears in large text in the space below the green "Clear" bar. This # starts at **0**, and then changes with each added Criteria.

The Participant creating the Challenge Enters the Name of the Challenge, and then taps the now Green "Create" button.

After specifying the 3 Criteria and Naming this Peer Challenge, the "Create" button changes from Red to Green. **(Refer to page 16.)**

Tapping "**Create**," plus "**Confirm**," creates the new Challenge.

The Creator of the Challenge MUST BE INCLUDED in EACH Criteria, which means that the **CRITERIA OPTIONS** listed for each Participant in each of the drop-down (scrollable) lists of Criteria options are based on the **Participant's (the Creator's) Profile information** for each Criteria Label:

- **Territory** – If the Participant is in the 92506 Postal Code, the only Territories from which the Participant can select are the Territories that are associated with the Creator's Postal Code: Community (Postal Code), City, County, State, Country, Continent, World.
- **Gender** – If the Participant is a Male, the only Genders from which the Participant can select are the SAME Gender or BOTH (Male and Female), but NOT the Opposite Gender only. Gender options would be either:
    - **Males Only** or **Both Males & Females**
  OR
    - **Females Only** or **Both Males & Females**
  depending on the Creator's Gender.
- **Age Range** – If the Participant's Age is 61.04 and chooses an Age Range of Plus/Minus 2 years, the selected Criteria would show a Low Age of 59.04 and a High Age of 63.04. Age Options include (+/- = Plus/Minus):
    - +/- 1 year, +/- 2 years...**+/- 5 years** (default)...+/- 10 years (from Creator's Age)
    - **All Ages**

Part 8B: Team Challenges

The Participant can create a "Team Challenge" involving ANY of the 5 Standard Teams and any of the 17 Custom Teams **IN WHICH THE PARTICIPANT IS ALREADY A MEMBER**.

My Challenges Screen toggled to "My (Team) Challenges" screen:

Note: Only the 5 Standard Teams listed below (Community, City, County, State, Country – NOT Continent or World) are automatically listed in Blue-text. The other Teams (Family, Gym, etc.) are EXAMPLES of created TEAMS that THIS Participant is a MEMBER. The Team Categories/Sub-Categories listed below in Green-text are EXAMPLES of where the Participant has already created Team CHALLENGES (pages 14 and 16).

My Challenges
Personal / **Team**
My Community Team
My City Team
My County Team
My State Team
My Country Team
My Family Team
My Gym Team
My Gym Brand Team
My Faith Group Team
My Faith Team

Tapping "**Personal**" toggles over to the list of "Personal" Challenges (page 4).

This screen lists ALL the Names of the Team Categories/Sub-Categories in which the Participant is ALREADY a **Member** of a Team.

- A Team Category/Sub-Category in which the Participant is a Member of a Team, but has **NOT** created a Team Challenge yet, is listed in **Blue**-text.
- A Team Category/Sub-Category in which the Participant is a Member of a Team, and **HAS** created a Team Challenge, is listed in **Green**-text.
- The Sub-Category Team is listed BEFORE that Team's "paired" Category-level Team.

Tapping the **Name** of a Team Category/Sub-Category, **whether it is in Green- OR Blue-text**, opens that **specific** Team's list of Challenges" screen (next page).

The Team Categories/Sub-Categories (in the list above) are listed in "**chronological**" order. (The order by date/time in which the Participant **JOINED** a Team in that Category/Sub-Category - NOT in alphabetical order). When the Participant creates a Team Challenge, The Category/Sub-Category of that Team Challenge changes to Green-text.

Participants CAN create **multiple** Team Challenges for EACH Team on which the Participant is a Member.

Example: A Participant that is on his local Gym's CrossComp Team can create multiple Challenges with other local GYMS, such as:

- A Challenge with one or more **specific gyms** anywhere, page 12.
- A Challenge with ALL Gyms in its **Category** for a selected **Territory**, page 14.

Tapping the **Name** of a Team Category/Sub-Category on the "My (**Team**) Challenges" list (previous page), **whether it is in Green- OR Blue-text**, opens that specific Team's "[Category] Challenges" screen (below).

REFER TO PAGE 11 FOR A COMPLETE LIST OF "INSERTED" SCREEN TITLE NAMES.

[Category] Challenges Screen - SPECIFIC for each Category/Sub-Category (page 11). The screen below is an example created Challenges in the "My Gym Team" from page 9.

Note: "Rival Gyms" and "Riverside Gyms" (below) are EXAMPLES of Team Challenges (involving BreckenFit Gym) that have already been "created" (pages 14 and 16) and listed on this screen.

Gym Challenges	The "Category" Name [Gym] is inserted into the screen Title.
BreckenFit Gym	The Name of the Participant's **Team** in this Category/Sub-Category. Example: If the Creator selected "My Gym Brand Team" (the Category level team) this space would show: "Independent Gyms," because "BreckenFit" (sub-category) is an "Independent" (category) gym.
Rival Gyms **X** **Riverside Gyms** **X** **Create a Challenge** **Return to My Challenges**	The Names of the **Team Challenges** (that the Participant has already created in this Category/Sub-Category) are listed in Blue-text. Tapping the Name of a Team Challenge opens that "Team Challenge Scores" screen (page 12 or 14), depending on which type of Team Challenge it is (Personal or Peer). Tapping a Red "**X**," plus "**Confirm**," deletes the Team Challenge Name from this list. Tapping the "Create a Challenge" button opens a secondary window with the Options: **Create a Personal Team Challenge** (Page 13) **Create a Peer Team Challenge** (Page 15) Tapping the "Return to My Challenges" button closes this screen and opens the "My (Team) Challenges" screen (previous page).

Name of Team Category/Sub-Category for the "Team Challenges" Screen Page 9	Inserted [Category] for the [Category] Challenges Screen Page 10
My Community Team	Community Challenges
My City Team	City Challenges
My County Team	County Challenges
My State Team	State Challenges
My Country Team	Country Challenges
My Family Team	Family Challenges
My Gym Team	Gym Challenges
My Gym Brand Team	Gym Brand Challenges
My Faith Group Team	Faith Group Challenges
My Faith Team	Faith Challenges
My Company Group Team	Company Group
My Company Team	Company Challenges
My Occupation Group Team	Occupation Group Challenges
My Occupation Team	Occupation Challenges
My High School Class Team	High School Class Challenges
My High School Team	High School Challenges
My College Class Team	College Class Challenges
My College Team	College Challenges
My Professional School Class Team	Professional School Class Challenges
My Professional School Team	Professional School Challenges
My Military Group Team	Military Group Challenges
My Military Branch Team	Military Branch Challenges

NOTE: The term used in Document 7, page 9: **Local Military <u>Branch</u> Team** needs to be **CHANGED** to **Local Military <u>Group</u> Team**.

Tapping the **Name** of a Team Challenge on the "Gym Challenges" screen (page 10) opens that specific "Team Challenge Scores" screen (below OR page 14), depending on which type of Team Challenge it is (Personal or Peer).

(Personal) Team Challenge Scores Screen (Example of "Rival Gyms" from page 10)**:**

Team Challenge Scores		This is for a "Personal" Team Challenge.
Rival Gyms August 9, 2021		Name of **Team Challenge** **Date** of Standing (Today's Date)
Fitness Mania	**92.3**	The Teams are listed in order from **highest to lowest Total CrossComp Score.**
BreckenFit	**89.1**	The Participant's Team's Name & Score is listed in Green Text.
24-Hour Fitness	**82.8**	All the other Teams' Names & Scores are listed in Blue text.
Planet Fitness	**71.5**	**Tapping on the Name of a Team opens that Team's Score Screen (Refer to Document 7, Page 3).** (Without the "Team Standing," "Share," and "Return" buttons.)
Share		Tapping the "**Share**" button opens the Participant's text-messaging App for sending a "screen-shot" of the "Team Challenge Scores" screen (without the "Share" and "Return" buttons).
Return to Gym Challenges		Tapping the "Return to Gym Challenges" button closes the screen and opens the previous screen (page 10 – the screen from where the Participant came to this screen. (I guess that would be a "Close" or "X" button. ??)

All Team Challenges are between the Participant's Team (who is creating the Challenge) and any one or more other CrossComp Teams in the same Category/Sub-Category that the creator of the Team Challenge specifies.

The Participant's Team (who is creating the Team Challenge) is ALWAYS included in the Challenge.

Create a (Personal) Team Challenge Screen (Example of "My Gym Team" from page 9)**:**

Create a Team Challenge
Local Gym Team
BreckenFit
Enter the Name of a CrossComp Team that is in the same category:
Name of Team
Add Team
Enter the Name of this Team Challenge:
Name of Team Challenge
Create

This is for "Personal" Team Challenges (page 12).

The name of the Team's **Category/Sub-Category**.

The Name of the Participant's **Team** (who is creating the Challenge) appears here as the first Team in the list of Challenge Teams to be added.

As the Participant enters the Name of another Team in the same "Category" (or Sub-Category), a drop-down list of potential matches appear, and the Participant can then **select** the Name of the appropriate Team and tap: "Add Team."

The Name of the additional Team would be added to the list of Teams at the top. Then, another Team could be added.

After adding one or more Teams for the Challenge, the Participant creating the Challenge can then enter the Name of the Team Challenge.

When the Name of the Team Challenge has been entered, the "Create" button changes from Red to Green, and the Creator can then tap the "Create" button. **(Refer to page 16.)**

Tapping a Green "Create" button, plus "**Confirm**," creates the new Challenge.

If the Name of the Team Category/Sub-Category on page 9 was in Blue-text (because the Team Challenge being created was the FIRST Challenge to be created in that Category/Sub-Category), the Name of the Team Category/Sub-Category on page 9 would CHANGE to Green-text.

Note: The "Name" of the other Teams in the drop-down list may need to show each Team's Address (in this example) to make sure the right Gym's Team is selected. ?

Note: The Teams in "Personal" Team Challenges, although they must be in the same Category/Sub-Category, they do NOT need to be in the same Territory.

Tapping the **Name** of a Team Challenge on the "[Category] Challenges" screen (page 9) opens that specific "Team Challenge Scores" screen (below OR page 12), depending on which type of Team Challenge it is (Personal or Peer).

(Peer) Team Challenge Scores Screen (Example of "Riverside Gyms" from page 10)**:**

Team Challenge Scores	
Riverside Gyms August 9, 2021	Name of **Peer Team Challenge** **Date** of Standing (Today's Date)
Local Gym Teams Riverside City	The options that the Participant selected when he created this Challenge are listed in Red-text. (Refer to Page 15.)
# of Teams **17**	Total # of Teams that match the selected options (including the Creator's Team).
High Score **112.2**	The highest Total Score among the Teams that match the options.
BreckenFit 109.3	The Creator's Team's Name and current Total Score in Green-text.
Low Score **67.6**	The Lowest Total Score among the Teams that match the options.
Placement 3rd	The Creator's Team's Placement among the Teams that match the options in Green-text.
Percentile 88.2	The Team's "Percentile" (See Formula below) in Green-text.
Share	Tapping the "**Share**" button opens the Participant's text-messaging App for sending a "screen-shot" of the "Team Challenge Scores" screen (without the "Share" and "Return" buttons).
Return to Challenges	Tapping the "Return to Challenges" button closes the screen and opens the "Gym Challenges" screen (page 10). (Close or "X" the screen. ??)

Percentile Formula:

[(Total # of Teams – Creator's Team's Placement #) + 1 / Total # of Teams] x 100 = %

Example: [(17 – 3)] + 1 / 17] x 100 = 88.2% (rounded to one decimal point)

Be sure to include the red "+1" in the formula in order to adjust for the Team itself.

In addition to creating Team Challenges between Teams in the same Category/Sub-Category (anywhere in the world), Team Challenges can also be created for a Team AMONG its Territorial and Categorical "Peers."

Create a (Peer) Team Challenge Screen:

Create a Team Challenge
BreckenFit Gym
Select a Peer Group:

Level:	
Territory:	
CLEAR	

0

Enter the Name of this Team Challenge:

Name of Challenge

Create

This is for "Peer" Team Challenges, see page 14.

The Name of the Creator's Team in the selected Category/Sub-Category from page 10, which is a Local Gym Team (Sub-Category) in this example.

The 2 options must be selected in order from top to bottom. Initially, the "Level:" Option Label is in Green-text and must be selected. Then the "Territory:" Option Label changes to Green-text (while "Level:" changes to blue-text), and then the "Territory" is selected.

Refer to Peer Group Options explained on the next page.

Tapping the "**Clear**" bar, plus "**Confirm**," deletes the selected options for the Creator to re-start the option selection process.

As the Creator enters different Peer Group Options, the # of CrossComp Teams that would be in the Peer Group Challenge appears in large text in the space below the green "Clear" bar. This # starts at **0**, and then changes with each considered Option.

When the Name of the Team Challenge has been entered, the "Create" button changes from Red to Green, and the Creator can then tap the "Create" button. **(Refer to page 16.)**

Tapping a green "**Create**" button, plus "**Confirm**," creates the new Peer Team Challenge.

The Creator's Team MUST BE INCLUDED in both of the Peer Group Options, which means that the PEER GROUP OPTIONS for EACH Participant listed in each of the drop-down (scrollable) lists (Level/Territory) are based on that Participant's (the Creator's) Team's information:

- **Level** –
    - If the Creator's Team is a **Category** Team (Teams listed in Column 1 in the Table on page 9 of Document 7: Teams), then there is only ONE option: "Category." (default)
    - If the Creator's Team is a **Sub-Category** Team (Teams listed in Column 2 in the Table on page 9 of Document 7: Teams), then there are TWO options: "Category" OR "Sub-Category." ("Sub-Category" being the default option.)
- **Territory** – This option always includes ALL 7 Territories based on the Creator's Postal Code: Community, City, County, State, Country, Continent, World. ("State" being the default option.)

Creating Challenges:

When creating "Challenges, the Red "Create" button has to change to a Green "Create" button before the Challenge can be created. The following are the conditions for when the "Create" button changes color and becomes functional:

Personal Challenges:

Page 5, Creating a Personal-type Personal Challenge.
- At least 1 Participant must be added
- The Name of the Challenge must be appropriately "unique."

Page 7, Creating a Peer-type Personal Challenge.
- All 3 Criteria must be selected
- The Total # of Participants must be > 1
- The Name of the Challenge must be appropriately "unique."

Team Challenges:

Page 13, Creating a Personal-type Team Challenge.
- At least 1 Team must be added
- The Name of the Team Challenge must be appropriately "unique."

Page 15, Creating a Peer-type Team Challenge.
- Both Criteria must be selected
- The Total # of Teams must be > 1
- The Name of the Team Challenge must be appropriately "unique."

Note: The Peer Team Challenge Example (pages 14-15) is a "Sub-Category" Challenge, which means ALL local Gym Teams (the sub-category teams) in Riverside are included. If this challenge was created as a "Category" Challenge, only the local Gym Teams in Riverside that belong to the SAME category as the Creator's gym Team (BreckenFit gym of the "Independent" Brand of Gyms CATEGORY would be included in the Challenge and would make the TOTAL # of Gyms in the Challenge SMALLER (<17 because many of those local Gym Teams are of a different Brand of Gyms Category, such as: 24-Hour Fitness, LA Fitness, etc.).