LUNG FORCE App
User Guide

What the LUNG FORCE App does

Fundraising on the go! You can update your personal page, send pre-crafted donation asks, check your fundraising progress, and track your fitness activities–all from the palm of your hand. If you haven't already, search LUNG FORCE in your app store to download (available for Apple and Android devices) or follow the links in your participant center.

NEW!

The latest version of the LUNG FORCE app allows walkers to engage in and track their physical activity while they raise money for the Lung Association's mission. Users can track their run, walk, ride or other activity.

How to Connect

To start using the activity tracking feature, follow these steps:
1. Click on the "Connect to Apple Health" or "Connect to Google Fit" icon
2. Provide authorization for the LUNG FORCE app to retrieve activity data

Tip: Allow the app to sync all health data on iPhone for the best user experience. Go to Settings from your home screen > Scroll down to the Health app > Select "Data Access & Devices" > Select LUNG FORCE > Select "Turn all Categories On".

Tracking Your Activity

1. If you already have an activity tracking device, such as an Apple Watch or Garmin, and the device is connected to either Apple Health or Google Fit, your historic activity data will automatically be retrieved.
2. You can also record your activity from within the LUNG FORCE app "Get Active" tab by clicking the green "Start" button. When you're done with your activity, you can press the red "Stop" button to save your workout.
3. If you forget to track an activity with a device, you can manually add your activity by clicking the "plus" button next to activities.
4. If you need to change or delete an activity, you can do so by clicking the pencil or trash bin icons.

Team Activity

If you're a Team Captain, you can see all team members activity, the challenges they've achieved, and contact them via email. There are also team stats at the top of the page to show you your team progress.

Activity Challenges

As you continue tracking your activity, you will be awarded challenge badges to recognize your achievements. Complete a series of goals from recording your first exercise and joining a team to completing the 100 Mile Challenge!
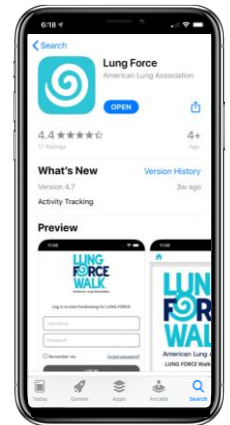
# Navigating the LUNG FORCE App ⊚

Log-in
Enter in your username and password from your participant center to access your LUNG FORCE App. Use the icons located at the bottom to navigate.

Home Page
Check your personal and team progress, update your goal, create a Facebook Fundraiser, track your fitness activity, and more.

Choose Event
If you are registered for multiple events, the 🔁 icon next to the event name allows you to choose the event you want to manage.
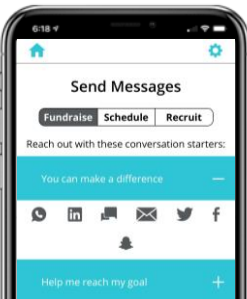
Send Messages
Ask friends, family, and co-workers for support in the Send Messages tab by sending a quick and easy pre-written donation request. Team Captains also have access to recruitment messages. Just tap on the template you wish to use, then choose your favorite method or social platform to relay your message. **Tip:** Schedule your Twitter and LinkedIn posts- just set it and forget it!

Fundraise
Enter donations, keep track of your supporters, and send "thank you" notes to show your appreciation.

Personal Page
Edit your story, customize your page link, upload an image from your own photo gallery, add fun filters, and share your Personal Page to Facebook.

Team Page
Team Captains can also personalize the team page, contact team members via email, and view the team's fundraising efforts and goals.
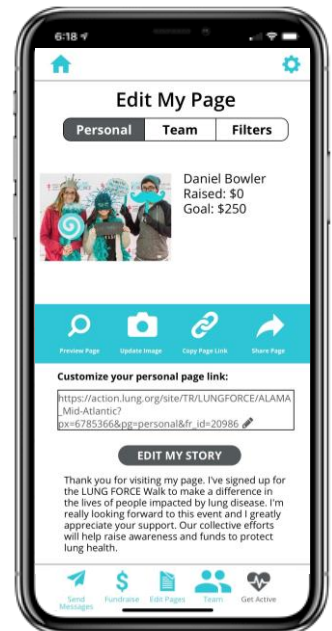
Get Active – New feature!
The latest version of the LUNG FORCE app allows you to track your physical activity while raising money for the Lung Association's mission.

Track your run, walk, ride or other activity, and compare how your activity ranks among other walkers. If you are part of a team, you can also see where your team ranks in the event overall.

Questions?
Tap the ⚙ icon and select "Need Help?" for FAQs from Boundless Fundraising or contact them directly by submitting a Support Ticket.