



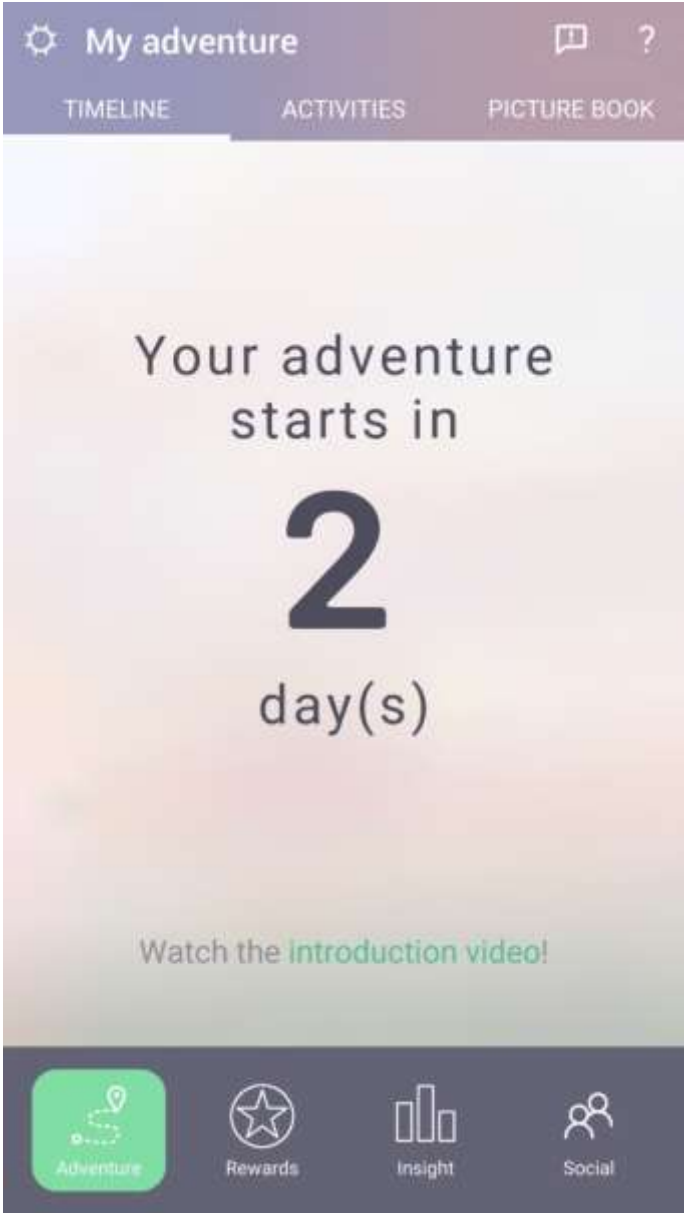
# Instruction manual

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# Introduction

Nice of you to join greenhabit! Here is a short explanation for you as a participant.



## Goals

To personalize your greenhabit adventure, you can choose two main goals at the start. Don't worry if multiple goals appeal to you, all topics will be covered.

**Personalisation** ?

Choose up to two goals to personalise your experience.  
For more details about the goals, visit <https://greenhabit.nl/game/>

- Be more meaningful
- Recovery or revalidation
- More relaxation
- Eat healthier
- More energy
- More balance
- Social interaction
- More exercise
- Weight loss
- Be more positive
- More self confidence

**Ok**

### **To be meaningful**

All people are unique, but they do have a common trait. That is that we can all add value to the world, to mean something. With this choice it is not only about yourself but also what you can do for others and this creates more happiness.

### **Recovery or rehabilitation**

Work on your recovery without forcing it. After an injury, illness or surgery it is important to trust your body again with a positive mindset. Learn with this choice what you can still do so that you can still make healthy choices with the support of others.

### **More relaxation**

We don't get tired of hard work but of taking too little rest. We get energy from charging, just like a car. We often forget this because we want to finish everything first. With this choice you will learn how to take moments of rest (charging) throughout the day. You can feel the energy flowing again.

### **Healthier eating**

A healthy diet is necessary for your body to function properly, but it also helps to prevent infections. What you eat has a direct influence on your energy, your mood, your resistance but also on your heart and blood vessels. Your brain is also sharpened by healthy food. With this choice you pay more attention to healthy choices, the right energy balance and you automatically get a healthy weight.

### **More energy**

Energy comes from physical and mental condition. The physical condition is determined by exercise and good nutrition ensures the right blood sugar level. Working in the right flow also provides more energy. Learn how you can get more energy through the seasons and under different circumstances.

### **More balance**

The world around you is constantly trying to unbalance you. How can you enjoy life, your family and friends to the fullest and also work with pleasure? Balance this choice and experience the peace and happiness of being in balance.

### **Social contacts**

The social contacts you have influence your well-being. If you don't have many people around you, there is a good chance that you don't feel good about yourself. It's all about relationships, you need them to share fun and less fun things, but of course also in your work. With this choice we help you find a good balance in finding relationships.

### **Get more exercise**

By doing enough exercise you will feel fitter and healthier, but you will also reduce the risk of all kinds of (welfare) diseases. It contributes to a healthy weight and a healthy heart. With this choice we challenge you to exercise more so that you find a good balance between relaxation and exertion.

### **Weight loss**

Achieving a healthy weight takes time. Losing weight should not be an end in itself, as there are many factors that influence your weight. With this choice you will not only get started with a healthy diet, but also with yourself. Because the better you feel about yourself and the better you know how to deal with stressful situations, you will notice that losing weight is a matter of course.

### **Become more positive**

Learning to think positively gives you the strength to get through difficult situations. You learn that you always have a choice. By focusing on what is going well that day, your self-confidence and your energy will grow. With this choice you will also find a way to look positively at yourself and the world around you. If you think that everyone is okay, then it's not that bad.

### **More self-confidence**

Self-confidence is something you can only give yourself. With self-confidence you dare more and you have less trouble with that little voice in your head. Do you think others are doing better? Often you only see a part of someone's life, the inside you never see. With this choice you will start to work with your self-confidence, be proud of the things you do and you will learn to follow the course of your heart.

## Background information

Greenhabit doesn't look at the outside but at the inside of people. The happier we are inside, the more beautiful we are outside and especially for the people around us. Things are easier if you are in the right flow, but to get into that flow we need challenges. Challenges in your work, challenges in your private life and sometimes challenges outside our comfort zone that make us feel something we don't know. Greenhabit focuses on the positive sides of people and gives little nudges in the right direction without prohibiting anything. If you see the positive things then it is easier to endure setbacks.

By taking the power out of ourselves, we make impact, we do what we like, we are more innovative, more creative and more productive. Every person who does greenhabit learns to control his or her life and to have mental resilience to solve problems we encounter.

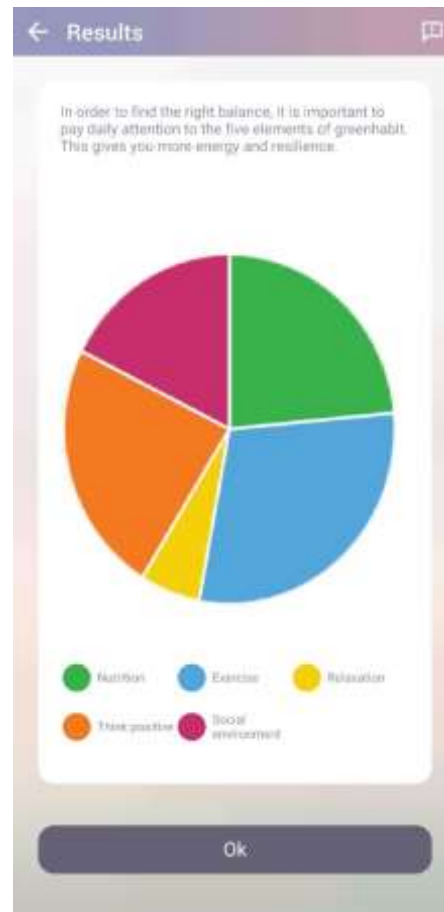
The vitality training works on your physical and mental health in small accessible steps. In order to develop a good balance, it is important to pay attention (in microform) to the five elements of greenhabit every day. These ensure that you develop and maintain a healthy lifestyle. Unhealthy habits are often the result of an emotional imbalance. That's why greenhabit has focused on the five elements so that you become mentally strong and feel good about yourself. Making choices that are good for you but also for the people and the world around you.

The five elements:

- Healthy food
- Exercise
- Relax
- Positive thinking
- Social environment



Every day, the question arises as to whether it has been possible to do the five things. You indicate yourself if you succeeded, there is no control by greenhabit based on the commands or link to other Apps in the field of nutrition and movement. Every person is different so we don't compare you to anyone. It's yours and you indicate what's going well.



## Twelve weeks

Learning new habits is not easy. Your brain is plastic and can change, but it takes an average of 68 days to develop a new habit, which is why the training takes 84 days. When you are done with greenhabit, your brain knows that these elements are necessary to feel a good balance. If you like, you can opt for a further education or the 'for life' program in which you get extra attention on one aspect.

## Why would you join?

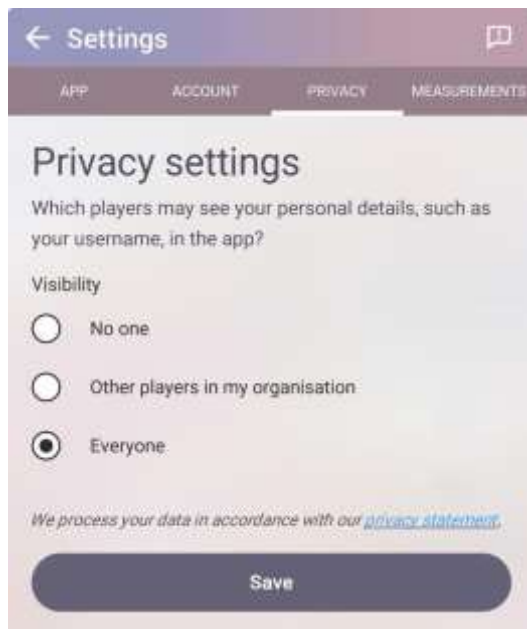
You can participate in greenhabit for a variety of reasons, for your intestinal problems or to lose weight, to feel better about yourself, to get more energy or because your health is important. When registering, you should therefore indicate what is most important to you. In any case, do not participate for someone else, because you have been asked, for example, as a buddy. It has been shown that people who have no intrinsic motivation and are participating for someone else already drop out after just a few weeks.

## Privacy!

Within greenhabit, your personal data is fully protected. This means that no one can watch your measurement data, objectives, challenges or progress. There are three settings. That no one can find you in contacts. Or that other Greenhabit participants can find you within the organization where you purchased Greenhabit. Or that everyone, all Greenhabit participants, can find you. You only share photos with each other and not health data. After Greenhabit has ended, you decide for yourself whether all content should be removed or not. Before you start, read our privacy policy:



<https://greenhabit.nl/privacy/>



## What does it yield:

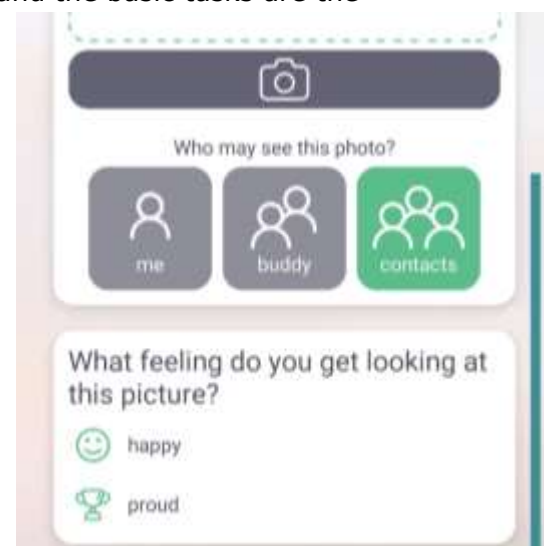
- You're gonna move more
- You discover your talents
- You develop a good balance
- You get more energy
- You become more creative
- You can handle stress better
- You get a healthier weight
- You're becoming more social

## Buddy

Greenhabit is especially nice because you can do it together with a buddy from your private environment. Someone you often see or speak to. (partner, friend, daughter, neighbour) You have both the game and the training package and the basic tasks are the same. You only share your photos with each other (if you want) and so you can motivate each other.

## Others


You can also add other Greenhabit players to your adventure, just as an extra incentive. However, it's up to you who you add. Please note that you can also be invited, so check regularly under 'Social - Contacts'. People like to follow and motivate each other in the feed. You have to invite someone into the game first, you will find the explanation below. If the other person has accepted you, you can see each other. However, you decide who is allowed to see your photos. You can set this for each photo.



## Weekgoals

Every Monday you can choose 3 weekgoals. We give some examples but you can also choose your own goals. At the end of the week you can fill in the results,

← Choose your weekly goals




**Weekly goals**

At most 3 goals

- Read a book
- Visit family or friends twice a week
- Cycle to work instead of going by car
- A salad for lunch twice
- No alcohol on weekdays
- One evening for myself
- A family-visit once
- Fish instead of meat twice
- Walking after dinner four times
- No snacking after dinner three times
- Move nothing but immediately clean up
- One week without added sugars
- Do something fun with someone twice this week
- Clean up two kitchen cabinets
- Optional: enter your own goal

← Did you reach your weekly goals?



**Weekly goals**

Which weekly goals did you reach?

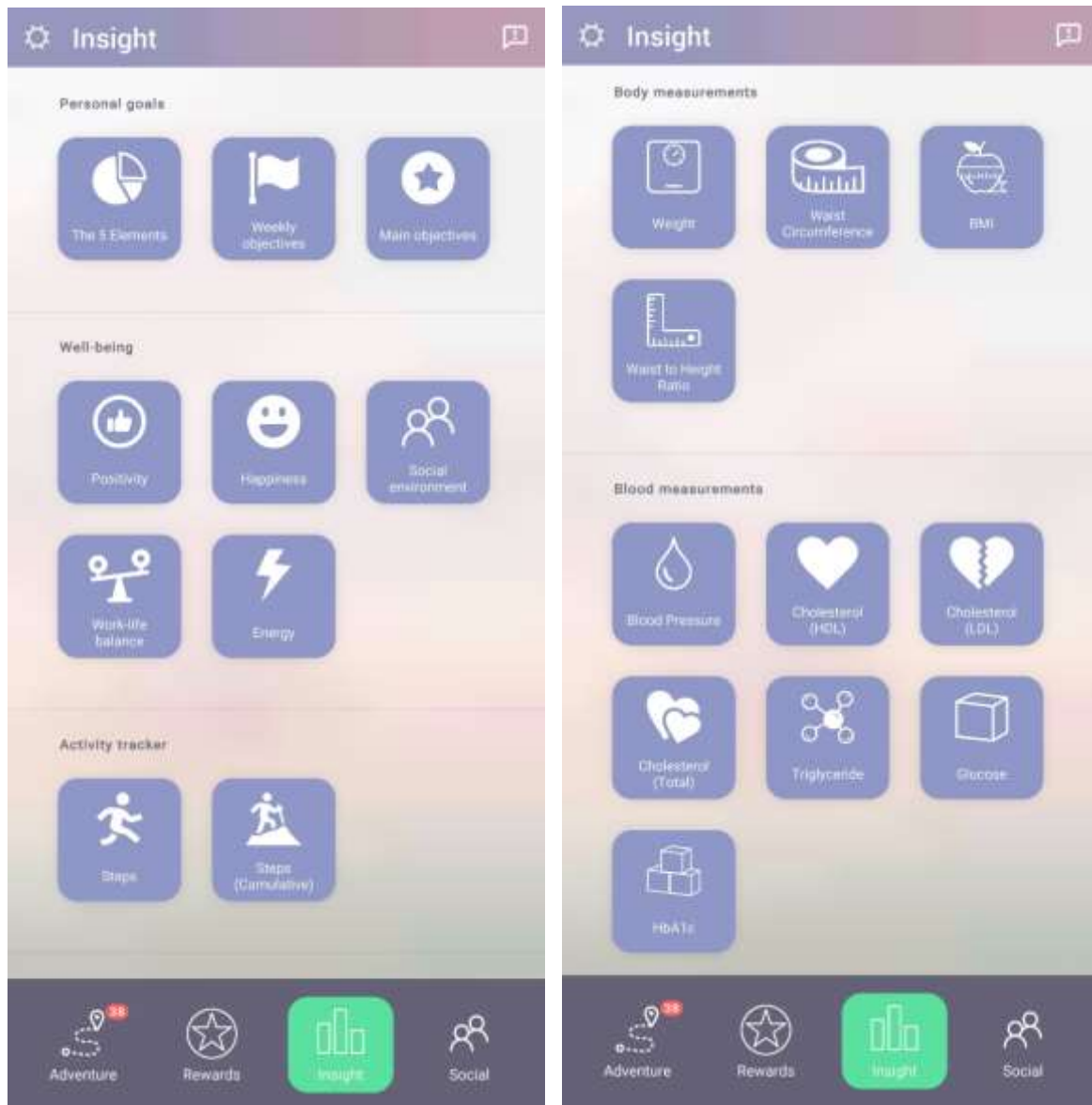
- No alcohol on weekdays
- Fish instead of meat twice
- Move nothing but immediately clean up

Confirm

OK

## Health Dashboard

You can find all your measurements in here.



## mymonX

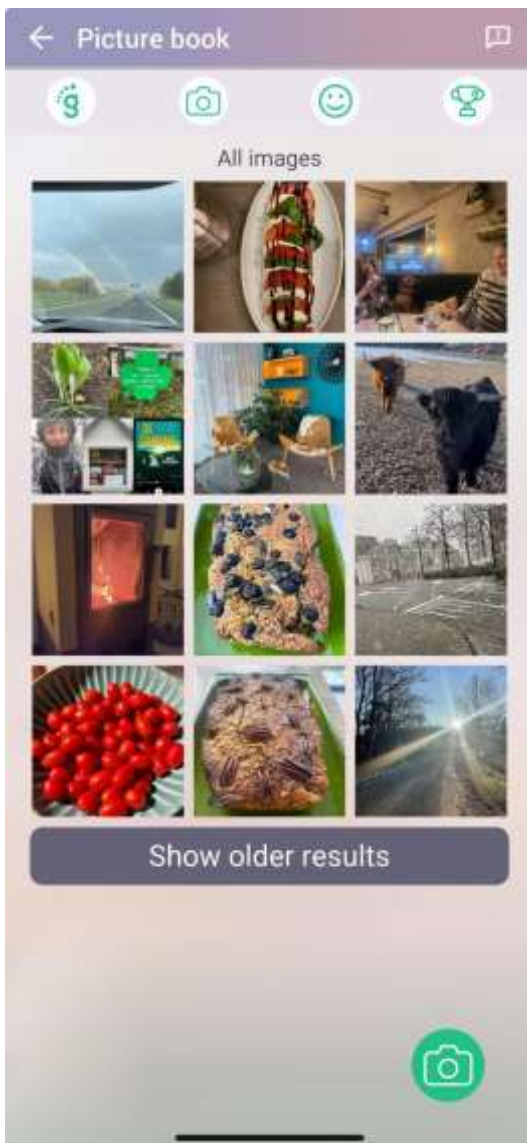
If you want, you can pair your mymonX smartwatch. In the walking challenge or via the settings on the account tab. (button Linked accounts)

## Contact greenhabit

If you have any questions, you can send an e-mail to [info@greenhabit.nl](mailto:info@greenhabit.nl)

## Start

Your greenhabit adventure always starts on a Monday. Before that time you will receive a login name and password from greenhabit so you can already download the game greenhabit. The email you receive will also contain your buddy's username and login. You can pass this on to your buddy yourself. A buddy is someone you can choose from your private environment to participate in greenhabit. (partner, sister, friend, acquaintance) Your buddy also gets the game and the greenhabit package. You can immediately change your password yourself, your data is private.



## Picture book 'Adventure'

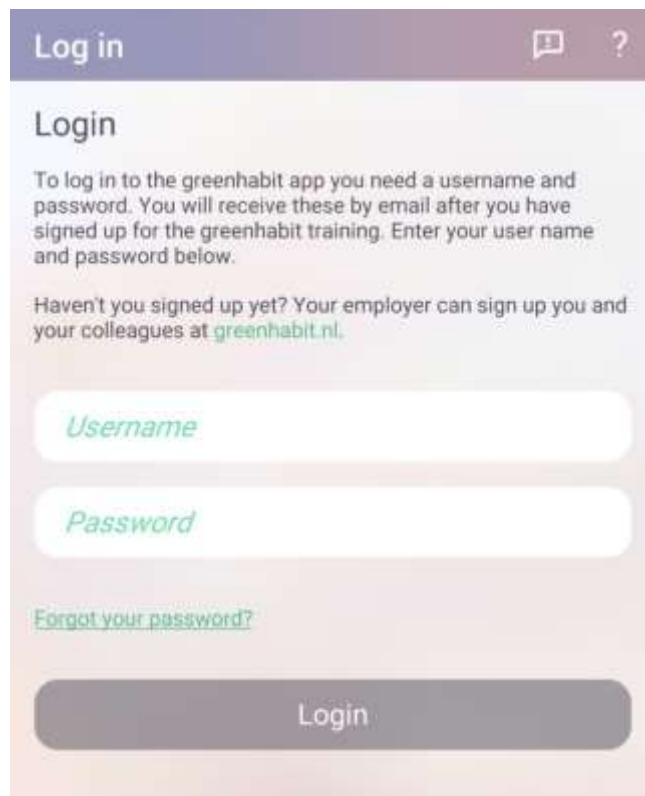
Take a nice picture of your greenhabit trip every day. For example, of the positive things in a day that will make you happy. So you have a nice reminder book at the end. You can do this under Adventure/photo book or under Social. You can see your photo book under 'Adventure'.

Pictures that make you happy or proud can be characterized. These will be in your happy/ proud booklet.

## Password forgotten

You can request a new password by clicking on Forgotten password. A new password will be sent to you.

(Note: it is possible that the mail ends up in your spambox)



The screenshot shows the login interface of the Greenhabit app. At the top, there is a purple header with the text "Log in" and two icons: a speech bubble and a question mark. Below the header, the title "Login" is displayed. The main text explains that users need a username and password, which are sent via email after signing up for training. It also provides a link to sign up if the user hasn't yet. The form includes two input fields: "Username" and "Password", both with placeholder text. A link "Forgot your password?" is located below the password field. At the bottom, there is a large, dark grey "Login" button.

Log in

### Login

To log in to the greenhabit app you need a username and password. You will receive these by email after you have signed up for the greenhabit training. Enter your user name and password below.

Haven't you signed up yet? Your employer can sign-up you and your colleagues at [greenhabit.nl](https://greenhabit.nl).

*Username*

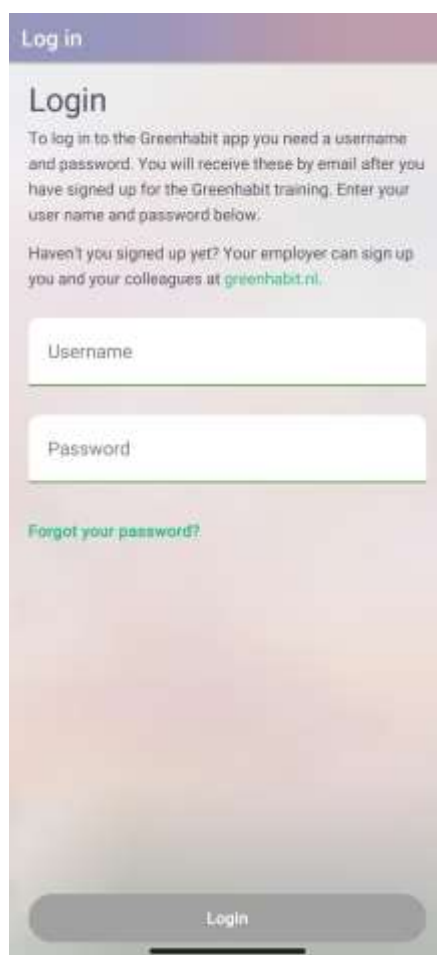
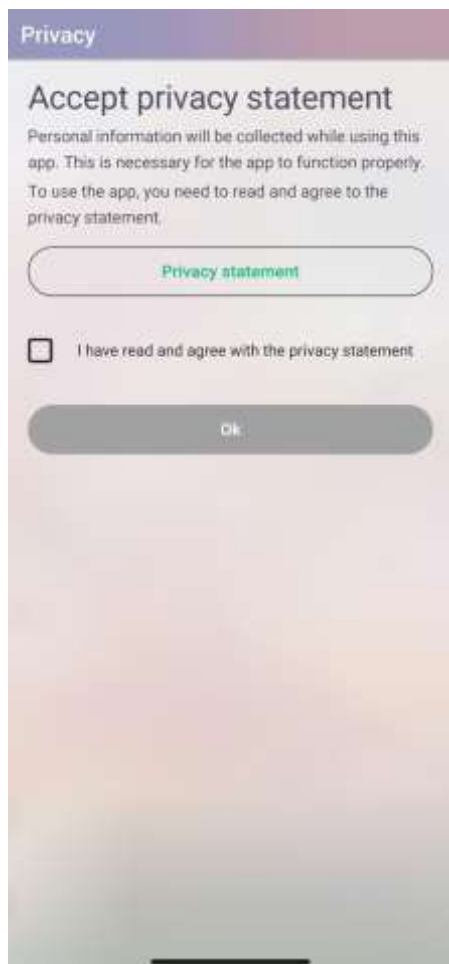
*Password*

[Forgot your password?](#)

Login

## Step 1: Installation

Download the game and follow these steps. Use the exact data from the mail. (Note: case sensitive and sometimes on your smartphone it breaks the sentence with a -. A - is not part of a username or password)



The first time you log in, you immediately change your password.

Set password

### Set new password

You are now logged in with a temporary password. Before you continue you must first set a new password. Save this new password!

The password must be at least 12 characters long, and contain at least 1 lower case letter, 1 upper case letter and 1 digit. It is not allowed to re-use a recent password.

Login

Done Cancel

Enter information

### Receive your greenhabit package!

During the greenhabit training you will use a package including a book. To be able to send the greenhabit package to you, we will need your postal address. We will only use your address for sending the package and other training materials. Your full name will be visible to other greenhabit users whom you add as a friend.

Previous 2 / 2 Ok

The next step: enter your address details for your Greenhabit package. (It is also possible that you will receive it from your employer)

## Security: 2-factor authentication

Fill in your country code and mobile number to receive an sms verification code


### Secure your information

To keep your data secure, we will send you security codes. You need these codes to access the rest of the app. For this we need your cell phone number.

#### Your privacy

We use your phone number only for this purpose, we do not share your phone number with third parties, and we never contact you by phone, for example.

Mobile number

 ▼ +34

Next

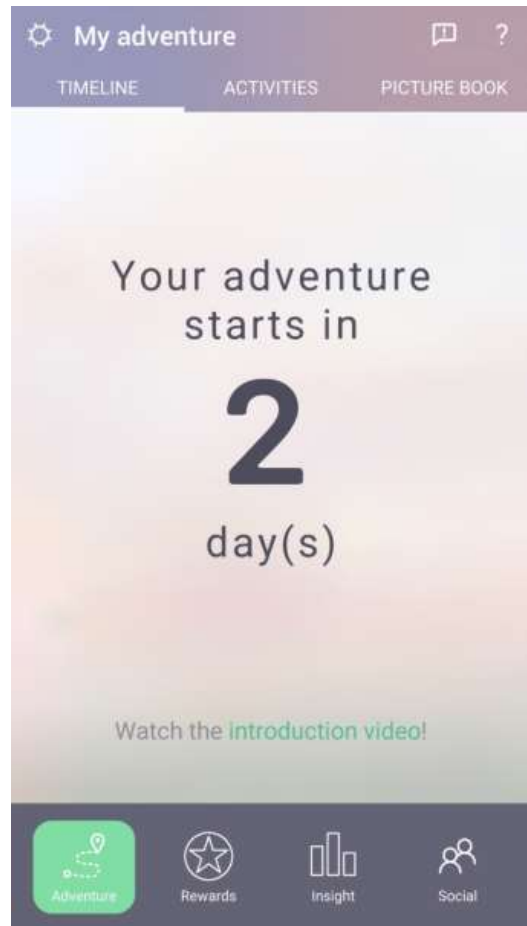
### Enter your verification code

To secure your account, we have sent a unique, six-digit code to your phone. Please note that this code is only valid for 1 minute.

Verification code



You're now entering the waiting screen.  
You can already look around.



## Step 2: Navigation

Explanation buttons



In your adventure, something comes on your timeline every day. All days are still locked and as soon as the day arrives you can watch.



Here you can see the points that you can earn with challenges. With some measurements you even get badges and if you have gained a lot of points you will get surprises, which you can see under Vouchers.





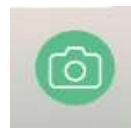
Here you can see your own insights, this data is only for you and not visible for your employer, buddy or colleagues.



Under 'Social' you can see under 'Feed' the pictures of Ella (the online coach), your buddy and people you have added to your Contacts yourself.



With the button you can search for people who also do greenhabit. Always search by first name. If the other person has accepted your invitation, you will also see his/her photos. Check your contacts from time to time to see if you have received invitations and press the plus sign to accept them.



Add new photos and share them with your friends.

Under Partners are the partners with whom Greenhabit works. If you are looking for a coach, or for local products or services, you can search here.

## Step 3: My adventure

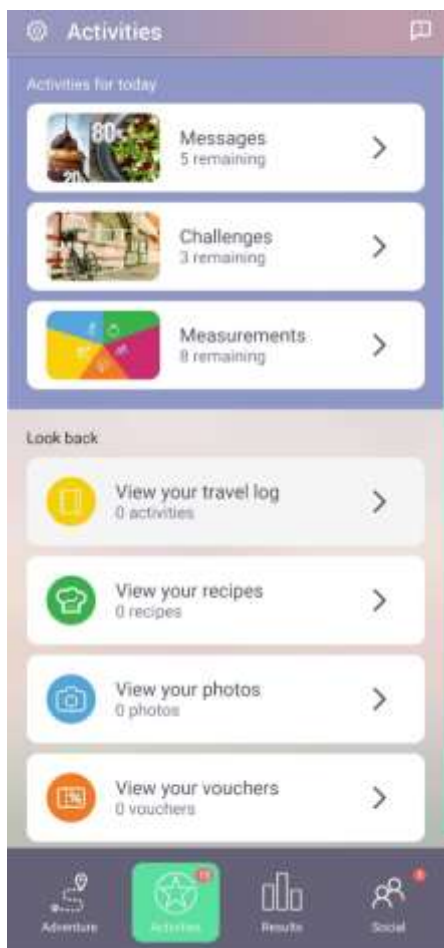
You can scroll through your adventure. The dots on the left show the weeks. The treasure chests can be opened only once, you've got 48 hours for this.

## Activities

In your activities you will find an overview of the messages, measurements and challenges that have become available.

Some messages will become available later in the day. So check your activities regularly.

To look back again, you can go to the travel log



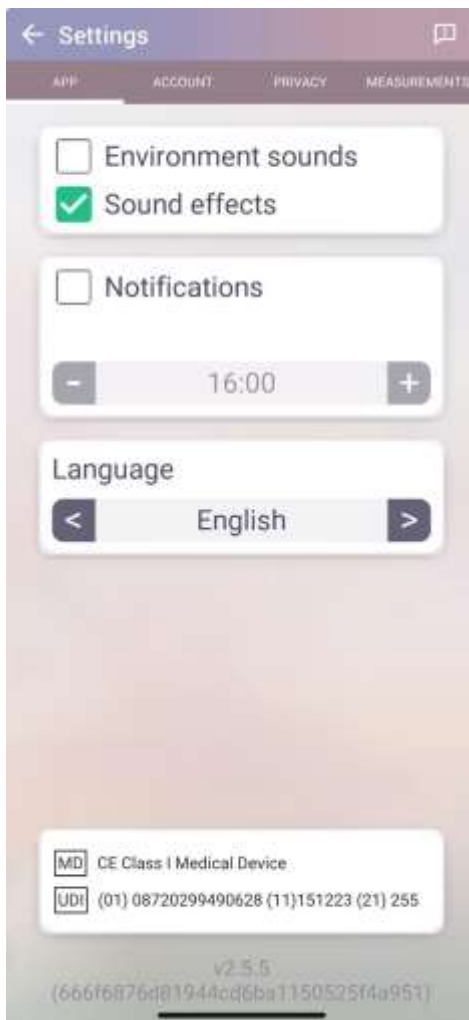
## Travel log

In your travel report you can see all the activities you have done.

If you go back to a previous day, you will see what you have



## Step 4: Settings



In the upper left corner you can see the settings button. Here you can turn off sounds, set reminders in time for the daily messages and log out.

Here you can also change the language selection, Dutch-English and German.

## Feedback or questions

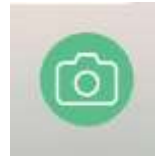


Here you can send your wishes or remarks to greenhabit BV.

The screenshot shows a mobile application interface for a feedback form. At the top, there is a purple header with a back arrow and the word "Feedback". Below the header, a paragraph of text reads: "Using this form you can send a question or comment to the support team. Before you send a message please check the [FAQ](#) to see if your question is already answered." The form consists of several sections: 1. "Type of feedback" with three radio button options: "I have a comment." (selected), "There is a problem.", and "I want to make a suggestion." 2. "E-mail Address" with a text input field containing "administratie@greenhabit.nl" and a keyboard icon. 3. "Name" with a text input field containing "Chantal Linders3" and a keyboard icon. 4. "Title" with a text input field containing "...", a red status indicator, and a keyboard icon. 5. "Description" with a text input field containing "...".

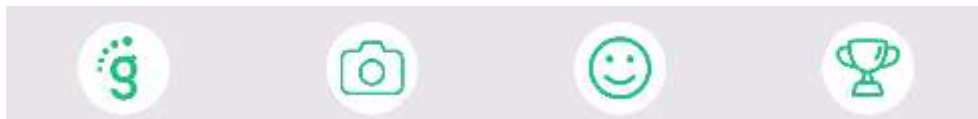
## Step 5: Photo book

Here you can add photos with



If possible, try to take a picture of your adventure every day. This will give you a nice reminder booklet for later.

You can mark photos with 'happy' or 'proud', these come in a separate photo book.



greenhabit  
pictures

Own pictures

Happy booklet

Proud booklet





**If you have any questions: call us on 088 - 26 26 300 or send an email to [support@greenhabit.nl](mailto:support@greenhabit.nl)**



**greenhabit**

**Handleiding**