



STREAKS, BADGES & LIVES

YOUR ULTIMATE GUIDE

Hey! Want to build an awesome habit and feel like a total legend? Streaks, Badges, Lives and Personal Best are here to make it fun and help you keep going.

WHAT IS A STREAK?

A streak is when you score **32 or more points (Green)** every single day.

- Only previous days count (today doesn't count yet).
- The longer your streak, the better the rewards!

THE 3 BIG BADGES

Badge	How Many Green Days?	What You Get
Bronze	7 days	Bronze badge + 1 Life
Silver	21 days	Silver badge + 2 extra Lives (total 3)
Gold	90 days	Gold badge (the ultimate prize!)

LIVES – YOUR SAFETY NET

Missing a green day sometimes happens. That's why you get **Lives**.

- You earn your first Life at **Bronze**.
- You get 2 more at **Silver** → maximum **3 Lives**.
- When you have a bad day (score under 32), the app automatically uses **one Life** so your streak keeps going!

Example: You have 2 Lives → miss one day → streak continues, now you have 1 Life left.

When you run out of Lives and miss another day, your streak resets. But don't worry — you can always start again!

EDITING SCORES & PROTECTING YOUR STREAK

You can change your score for any past day, but **only today and yesterday** count toward your streak, Lives, badges, and Personal Best.

WHAT HAPPENS IF I FORGET TO RECORD OR UPDATE MY SCORE?

We all forget things sometimes when life gets busy, so if you score below green for yesterday, you can go back to yesterday and update your score to keep your streak alive and you won't lose a life!

So yes - you can update yesterday's score without losing a Life.

Only **two consecutive low days** will spend a Life (or end the streak if you have no Lives left).

- Editing yesterday can help you reach green (32+ points), keep your streak alive, or save a Life.
- Edits to older days update your records but won't affect your current streak. (Editing a score from 3+ days ago doesn't keep your streak alive or prevent you from losing a life but the app won't prevent you from updating your score).

Tip: Check your Score screen each evening — quick fixes keep the momentum going!

PERSONAL BEST – YOUR RECORD

Your **Personal Best** is the **longest green streak** you have ever achieved.

- Every time you beat your old record, the app will congratulate you with a special notification: **"Awesome! You have beaten your previous best streak. Keep going!"**
- You can see your Personal Best on the **Score screen** (top right box).
- **It never resets** — it stays as your lifetime high score.
- You can beat it as many times as you want (15 days → 22 days → 45 days, etc.)

It's a great way to show yourself how much you've improved over time!

WHAT YOU'LL SEE IN THE APP

On the Score screen:

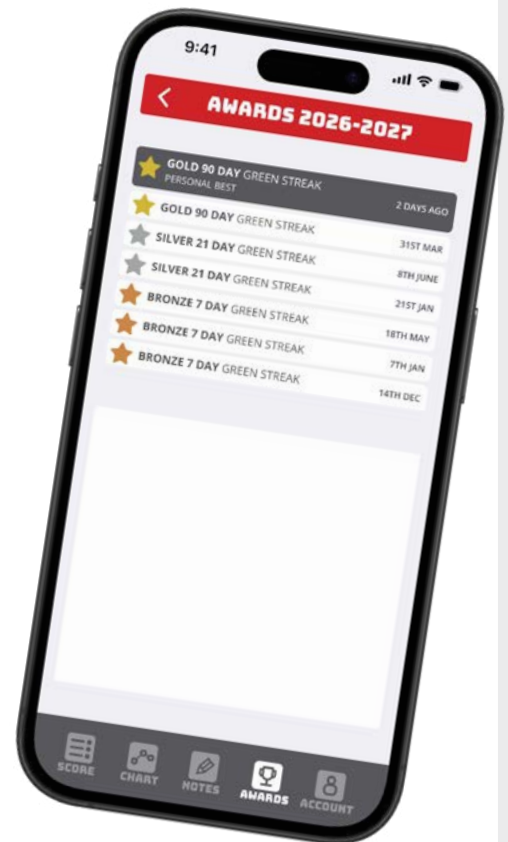
- Cool banner at the top (grey → bronze → silver → gold)
- Your current streak days
- How many Lives you have left
- Your Personal Best (top right)

In the Awards tab:

- All your earned badges
- Greyed-out badges you're still working towards

Notifications you might get:

- New badge earned
- Life used
- New Personal Best
- Streak ended (with encouragement to start again)



TOP TIPS TO GO GREEN

- Aim for **32+ points** every day
- Small wins still count (water, movement, gratitude, etc.)
- Be kind to yourself — one off day is okay thanks to your Lives
- Check your Score page in the evening — it feels great watching it grow!

YOU'VE GOT THIS!

Every green day is making you healthier, happier and stronger. Keep going — your future self is already proud of you.

Now go smash that streak!