Weet-Bix

ACTIVE BANDS™

WHAT IS THE WEET-BIX ACTIVE BANDS PROGRAM AND WHY BE PART OF IT?

The Weet-Bix Active Bands® program is being piloted to encourage Aussie Kids to enjoy greater physical activity levels, along with a way to measure, celebrate, motivate and follow their progress, so together we can make a real difference to Aussie kids.
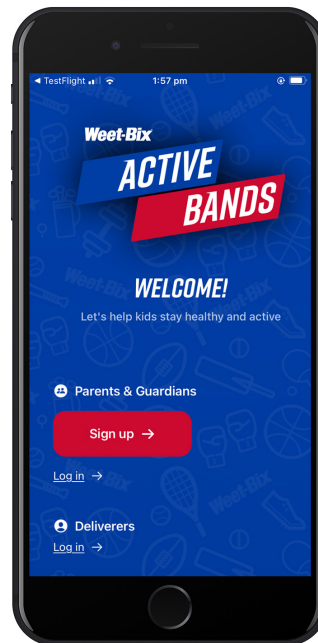
You have been selected to consider if your child can take part in a pilot for Weet-Bix Active Bands. We are testing the Weet-Bix Active Band's wrist band and the associated app for it's usability.

4 EASY STEPS
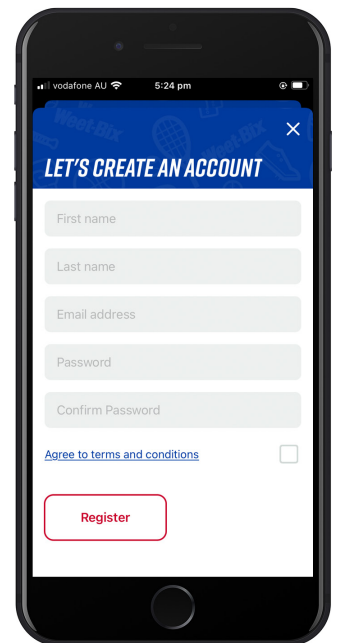## TO USE WEET-BIX ACTIVE BANDS

STEP 1: PAIR

1. Go into the app store on your iOS smartphone, search and download the Weet-Bix Active Bands app. Open the app and click 'Sign up'. Please note that for this pilot, the app is only available for Apple mobile devices.

2. Create a Parent/Guardian username and password.

3. Select 'Add Active Band' and then hover your phone over the Weet-Bix logo on your child's band. This should pair the band to the app and prompt you to insert your child's details.

4. To add multiple children to your account, all you need to do is again select 'Add Active Band' and scan each child's individual band. All of your children will be displayed in the same account, so you don't need to log in and out of the system. When recording an activity, you simply select which child completed it.

5. Once the band is connected to the app successfully, you can start recording your child's activities (see step 3).

1. *Sport 2030* www.sportaus.gov.au/_data/assets/pdf_file/0005/677894/Sport_2030_-_National_Sport_Plan_-_2018.pdf
®Active Bands is a registered trademark of Athletics Australia. Weet-Bix Active Bands® (Australian Patent Application 2020904344)
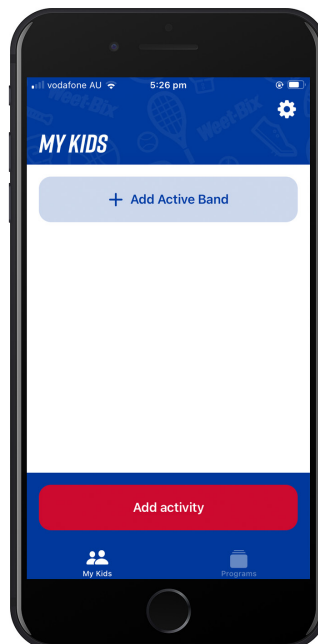
Only 19% of Australian children aged 5-17 are meeting the recommended Australian guidelines of 60 minutes moderate to vigorous physical activity each day.[1]
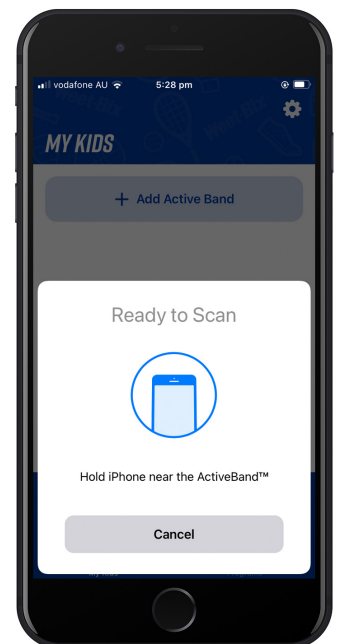

Step 1.1

Step 1.2

Step 1.3

Step 1.3

STEP 2: WEAR

Make sure the child is wearing the lightweight and waterproof activity band so that it can be connected to the app. Weet-Bix Active Bands turn fitness into a game, unlocking digital rewards as your child reaches movement goals. If you have more than one child taking part, you can write the name on each band – that way they will not get mixed up! **The wrist band provided may be used at other school and sport activities your child attends, so please ensure they wear it there also.**

STEP 3: CHOOSE

Select the activity your child/children are taking part in by either choosing a pre-loaded activity, or setting up your own easily in the app. No activity is too small or too big. Use your imagination to create activities.

> **Select a pre-loaded activity:** Select the programs button, bottom right of screen and find a library of basic activities with accompanying instructions. Try clicking on something different and fun to learn new physically active skills and movements. Please view the instructions and tips provided and act safely at all times.

> **Create your own activity:** You can simply add a fun activity or capture the activity your child is already enjoying, from swimming to bike riding to playing with the dog in the park. Select 'Add activity' on 'My Kids' screen, Input the title, date, time, duration, and intensity, and select the category from the predefined list.

STEP 4: SCAN

Your child's unique Active Band is linked to their individual profile, so the selected activity is instantly recorded to your child's profile on the Weet-Bix Active Bands app. Try to scan at the time of activity to give real time updates. You can scan and upload later if you forget.
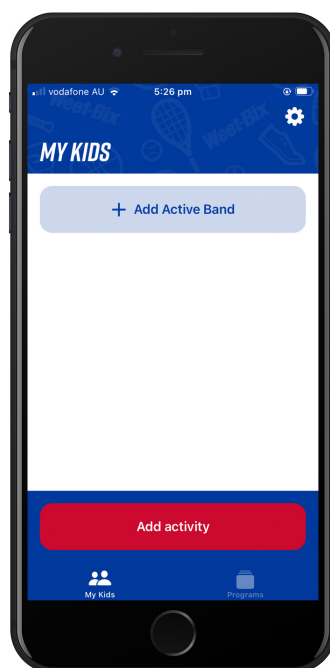
DATA SECURITY AND PRIVACY

No information or personal data is collected or held on the band itself. The band enables the profile ID to be recorded on the app against the selcted activity. The app does not hold any personal data or information. Your personal information and data are stored securely on our servers and displayed on your profile within the mobile app. Your child's data is only visible through your password protected user account.

Weet-Bix Active Bands employs high-grade data security features to ensure your information and data is secure. Use of the Weet-Bix Active Bands platform is governed by the *Weet-Bix Active Bands Terms of Service* and the *Athletics Australia Privacy Policy*. For further details on what information, we collect and how it's handled, please refer to the *Weet-Bix Active Bands Terms of Service* (also on the app) and the *Athletics Australia Privacy Policy* found online here: **weetbixactivebands.com.au/privacy-policy**
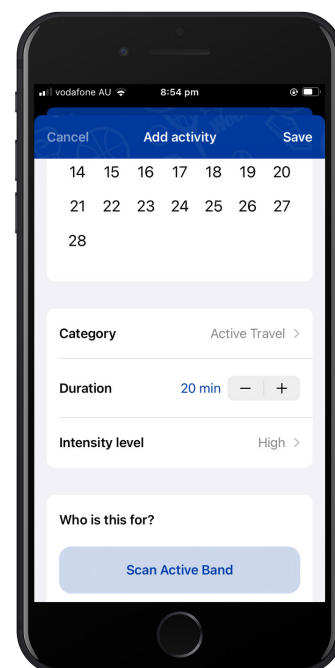You can also view a more detailed User Guide for Parents online here: **weetbixactivebands.com.au/user-guide**

Step 3

Step 4