

## How to use myBigO app

- Download **myBigO** mobile app from the Play Store or App Store
- Register using the registration token you received<sup>1</sup>
- Answer some questions about you and your daily habits
- **myBigO** automatically collects accelerometry data (android) and GPS location (android, iOS)
- Upload photos of your meals and food ads for 2 weeks

*We expect a minimum of 3 to 5 photos per day, including your breakfast, dinner and drink(s). Any additional meal photo is welcome.*

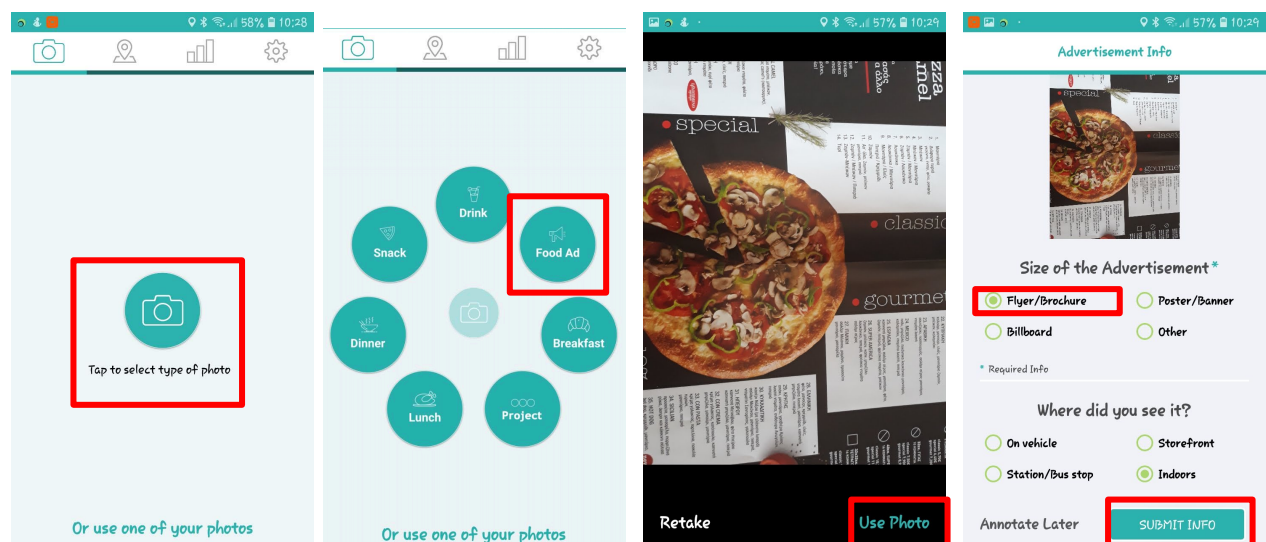
### myBigO app needs

- Android OS 5.0 and above OR iOS 10.0 and above
- GPS location enabled
- Wi-Fi for the registration procedure
- Wi-Fi for a few minutes daily to upload photos and data to BigO system

**!** If you do not connect to a Wi-Fi (at home or school), your data will never be sent

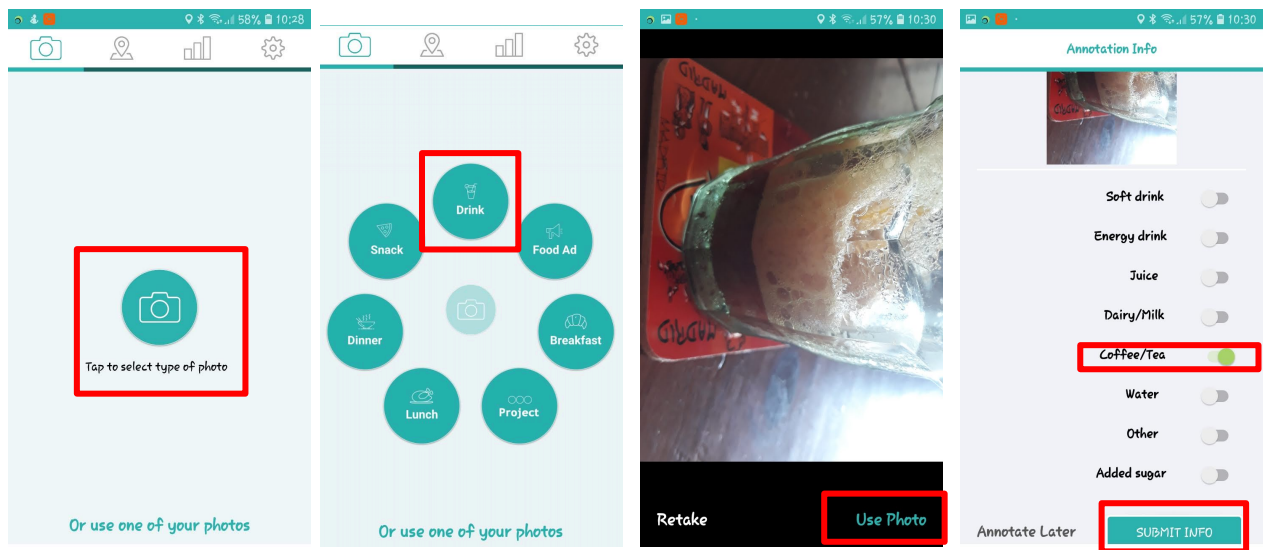
### How do I upload meal photos and food ads?

*Example: uploading a food ad*



<sup>1</sup> It is important to **remember your nickname**. If you accidentally uninstall the application from your mobile phone, you can request a new registration code from the teacher and resume your registration with the same nickname.

*Example: uploading a drink photo*



## YouTube Channel

### BigO: Big Data Against Childhood Obesity

<https://www.youtube.com/channel/UCGjOQ3zWguX6VUCB0I4uCOQ>

Videos with all necessary steps for registering in the myBigO app and how to use the app

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*Heatmaps presenting eating behavior and physical activity behaviour anonymously are available on the BigO community public website:*

<https://gateway.mysphera.com/#/>

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