

# Let's Move 2024 Step Challenge

## MoveSpring App Navigation Guide

Below are links to frequently asked questions on how to navigate the MoveSpring app. For a full list of help articles on how to use the MoveSpring app, please browse through the topics here:

MoveSpring Additional Topics

- **Learn how to navigate the MoveSpring mobile dashboard – [Navigating MoveSpring's Mobile Dashboard](#)**
- **Locate your challenges and challenge invites from the Challenges tab – [Navigating MoveSpring's Mobile Dashboard](#)**
- **[How to join a challenge](#)**
- **How to join and or switch teams before challenge begins – [How to Join a Team](#)**
- **[Devices Compatible with MoveSpring](#)**
- **[Connecting a Fitness Tracking Device](#)**
- **[Syncing Activity to MoveSpring](#)**
- **[How to access announcements](#)**
- **Learn how to access, like, and comment on content shared in your challenge – [Navigating Content in a Challenge](#)**
- **This Challenge has a 35,000 step daily step cap. Learn about activity caps and how they will impact your challenge scores- [Activity Caps in Challenges](#)**
- **[How to leave a challenge](#)**
- **[How Do I Delete My Account?](#)**
- **Find out how to chat with fellow challenge participants, teammates, and friends in MoveSpring- [Using the Chat Feature in MoveSpring](#)**
- **Find out how to send, respond to, and cancel friend requests, how to unfriend, and how to send direct chat messages to friends- [Using the Friends Feature in MoveSpring](#)**
- **Learn how to mute in-app and push notifications for a specific challenge or team chat thread from the mobile app- [How to Mute a Challenge or Team Chat from the Mobile App](#)**
- **Learn how to remove offensive messages from chat and report users- [Reporting Messages and Users](#)**