



QUICK-START GUIDE

The Gx Teams mobile app helps you track, measure, analyze, and optimize your team's preparation and recovery routines.

Follow these simple steps to get started.

1 Download the Gx Teams App from the Apple App Store

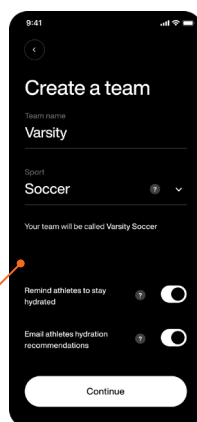
2 Sign in:

Use your Gatorade Performance Partner login or create an account.

(Note: the Gx App is a tool for athletes while the Gx Teams App is a tool for the sports performance staff)

3 Create your team:

Choose a team name and category (e.g. JV Soccer or Men's Varsity Lacrosse) for easy identification when selecting from the Teams menu.

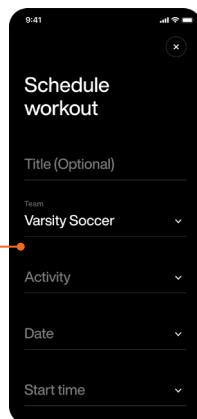


4 Add your athletes:

Suggestion is to initially select 1-5 athletes as you become familiar with using the app. If you choose to test a full team in the future, you'll be better prepared and able to navigate more smoothly. All invited athletes will receive an email invite.

5 Schedule a workout:

Create a single or recurring workout for your new team, input details of the workout, and set notifications.



6 Apply and Scan Gx Sweat Patches:

Follow the in-app walkthrough for detailed instructions and best practices to ensure successful sweat testing.

LEARN MORE AT:

GatoradePerformancePartner.com/GxTeams

