



## Turning footsteps into forests.

Adopt and maintain a daily walking habit of 5000 steps. Get rewarded with trees.

### Getting Started

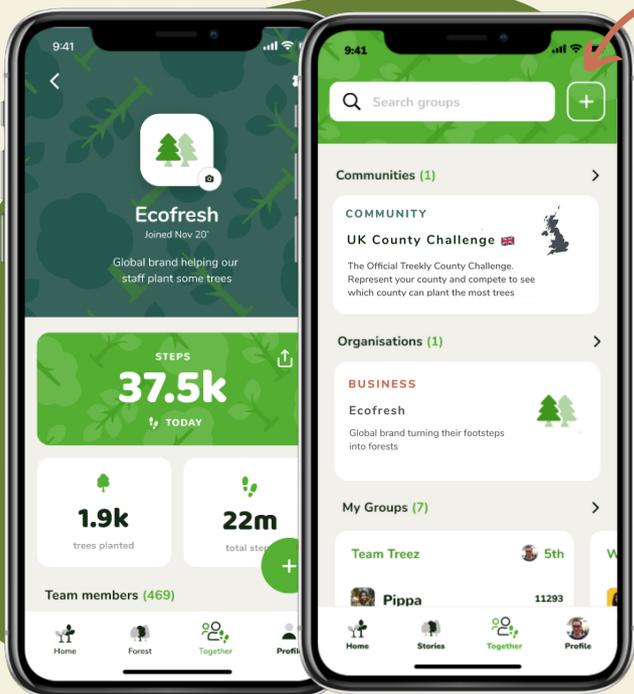
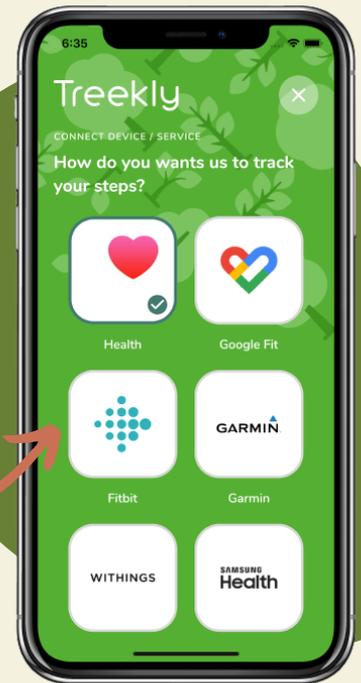
Once you've downloaded the Treekly app and created an account, select your preferred step counter to start turning your footsteps into forests

**For iOS**, we recommend using Apple Health

**For Samsung** users, please choose the Samsung Health button\*

**For other Android users**, there is a choice of Google Fit or your phone's in-built pedometer

*\*Please note you must have the Samsung Health app and the Health Platform app both downloaded on your phone before connecting*



Click here and select:  
"Join a Group"

### Joining your Business

Select the '**Together**' tab to access your Group

Click the 'plus' icon in the top right of the screen followed by '**Join a Business**'

Enter your Business code:

**B-ECOFRESH**



## Frequently asked questions

### Who plants the trees?

We chose our tree planting partner, Eden Reforestation Projects, because of their experience in tree-planting around the world. Since 2005, Eden have successfully planted nearly ONE BILLION trees! They also employ local people, providing fair wage employment to people living in impoverished communities.



### How do you ensure the trees are protected?

Our tree planting partner, ensures the trees are permanent and sustainable by hiring locals to plant the trees, giving them a sense of "ownership" over the trees. They also hire forest guards and work with governments to ensure the long-term protection of the reforested sites.

### What carbon capture figure are you using per tree?

The mangrove trees planted by our partner have a lifetime growth of 25 years and on average absorb 308kg of carbon. It is well documented that waiting 25 years for measures to have their effect is not the solution.

For that reason, we use a CO<sub>2</sub> value of 50kg per tree planted over 8 years, to align with scientist rally calls that we urgently need to be taking action which has an effect prior to 2030.



## How are you calculating an average carbon footprint?

In general, when we're talking about your carbon footprint, we mean all of the CO<sub>2</sub>e emitted by day-to-day activities. This adds up things like diet, car usage, travel, heating your home, and buying things.

There are numerous comprehensive research papers that have their own calculations, and the variation in results reveals how tough it is to come up with an agreed average footprint, because we all live such different lifestyles. As a mid-range figure plus an additional allowance, we believe that 12 tonnes per year is a fair estimate for the average adult in UK.



## How do I become Climate Positive?

To become Climate Positive, you need to be planting more than 20 trees per month.

## Help & Support

You can reach our support team through your Treekly app. Simply head to the Profile tab and click 'Help' in the top left-hand corner

Or, if you prefer, you can email us at [support@treekly.org](mailto:support@treekly.org)

