Hound

THE HOUND GUIDE

# Everything you can do in Hound

Hound turns the steps, walks and workouts your phone already counts into games with your friends and a hound that lives the day with you. Here's all of it, and where to find each thing in the app.

## Get started

1. **Get the app**

   iPhone: get it free on the App Store. Android: download the beta from **houndchallenge.net/get**.

2. **Connect your health data**

   Hound reads steps, distance and workouts from Apple Health or Health Connect, so anything your phone or watch counts, counts.

   `You → Health data`

3. **Set your goals and meet your hound**

   Everyone starts with 10,000 steps a day, 3 miles a day and 3 workouts a week. Make them yours, then name your hound.

   `Today → Set your goals`

4. **Start or join a challenge**

   Pick a game, set the dates and invite friends, or join a Global Hound Challenge from Today.

   `Challenges → New challenge`

5. **Turn on notifications**

   So you hear about invites, your Tic-Tac-Go turn, nudges and the end of a challenge.

   `You → Settings → Notifications`

## Challenges

18 kinds, all played on the steps, miles and workouts you'd do anyway. Some unlock once you've earned enough Bones; the lock shows how many.

### RACES AND TARGETS

**Step Race**

Most steps during the challenge. Everyone against everyone.

Any group · Bones pot optional

**Group Distance Target**

Every mile the group covers adds up toward one shared target.

A team effort

### Daily Streak

Hit a daily goal every day. One miss and you're out.

Last one standing

### Chase

One runner gets a head start. The other has to catch them on logged miles before time runs out.

Hunter and hunted

### Game of Tag

One hound is IT each day. Everyone else gets a head start; whoever IT out-walks is tagged, and the slowest of them is IT tomorrow. +3 a tag, +1 a day you get away. Watch each day back on the track.

Any group

### Journey

Everyone walks the same famous course from the same start. Walks, runs and hikes move you along the map, with stops and postcards on the way. First to the end wins.

Golden Gate Bridge 1.7 mi · Windy City, Five Boroughs and Thames 26.2 · Death Valley 135 · Appalachian Trail 2,190 · Route 66 2,448

## GAMES

### Tic-Tac-Go

Two players, one board. Hit a square's goal to claim it, then it's their move. Three in a row wins; once neither of you can get three in a row, it's a draw.

2 players · Bones pot optional

### Bingo

A card of steps, workouts and goals. First to finish a row, column or diagonal wins, and play goes on for the full card.

Any group

### Hound'opoly

A property board game on your steps. Each day's steps pick your dice, the roll happens overnight, and you buy the parks and trails you land on. Richest at the end wins.

Any group

### Rally

Badminton on your steps. Walk the shuttle's step target before its deadline to send it back a little bigger. Miss and they score. Games to 21, best of three.

One on one

### Soccer

A match on everyone's steps, a day at a time. Forwards shoot, defenders block, the keeper saves. Most goals after the last day wins.

Teams of 1 to 9 · friends or bots

### Cricket

Limited overs, one over a day. Each ball is the batter's steps against the bowler's: out-walk them for boundaries, fall behind and wickets fall.

Teams of 1 to 9 · friends or bots

### Baseball

One inning a day. Each at-bat is your steps against the pitcher's, then the fielder's, then the catcher's at home plate. Aim left, center or right; the catcher calls a shift; big step days clear the fence. With **Take my own at-bats** (on for new games) you step up yourself: one at-bat per 3,000 steps, up to three a day. Watch the pitch and swing as it crosses the plate; balls, strikes and fouls count, early pulls it and late goes the other way, and a strength workout adds power. Your at-bat counts the next time you're up in the order; everything else plays overnight.

Teams of 1 to 9 · friends or bots · 3 to 9 innings

### Hoops

Basketball, a quarter a day. Your steps take the shots, one every 2,000 or so, up to five a day. Pick a drive, a mid-range or a three, out-walk whoever's guarding you to make them fall, and vote on your team's defense: pack the paint or guard the arc. Big days are dunks; three in a row and you're on fire. With **Take my own shots** (on for new games) you take them yourself as your steps earn them: pick the shot, tap Shoot, and release in the green. Your defender's steps narrow the green. Shots you don't take still play for you overnight.

Teams of 1 to 9 · friends or bots · 4 or 8 days

### H-O-R-S-E

One on one: set a shot, and the other has to match it or take a letter. Spell H-O-R-S-E (or P-I-G) and you're out. With **Take my own shots** (on for new games) you call your shot: tap anywhere on the court or up on the bench, chain your calls (off the floor, off the scoreboard, off the glass, behind the back, nothing but net), then release in the green. Each call narrows it, and so does shooting over the day's chair in the lane. Turns pass back and forth, 24 hours each, one shot per call; miss your own call and the turn passes. Tries come from your steps, one per 2,000, and a big day unlocks spots for the rest of the game: the stands at 4,000, the rafters at 7,000, the parking lot (through the gym window) at 10,000, and a rooftop across the street at 15,000. On your last letter you get two tries. Four- and five-star makes go to the challenge's Talk, and with stakes on, the loser bakes the winner's hound a treat. Hands-off games still play on step targets: from a 6,000-step layup to a 15,000-step half-court heave.

2 players · 24-hour turns · stakes optional

### Golf

Nine or eighteen holes, and you take every shot. Every 10 steps bank a yard; workouts bank power (strength counts double, golf triple). Pull down on the hole to aim, the caddie picks the club, and tap Hit as the marker crosses the middle. Each shot spends what it used. Four courses, every hole different, with bunkers, water and wind. Stroke play, Skins or Match play.

Just you or any group · 4 days (9 holes) or a week (18)

## HABITS

### 75 Day Challenge

A daily checklist: two workouts (one outdoors), a diet, water, reading and a progress photo. Miss a day and your streak resets, but you keep going.

75 days

### Accountability

Your daily checklist, kept with friends: a workout, your steps, a quiet minute, and a line of your own. Tick everything or the day doesn't count.

Any group

## WAYS TO PLAY

### Global Hound Challenges

Open to everyone on Hound: join from Today while it's open, no invite needed. Some have Bones prizes for the top 3, and some are sponsored.

`Today → Global Hound Challenges`

### The Hound Open

Golf with everyone on Hound: one course over a week, stroke play, every shot your own. Join in the first three days; your steps and workouts count from the day you join. The leaderboard flips between the top of the field, your friends and your club, and the top three win Bones.

`Today → Global Hound Challenges, while one's on`

### The Home Run Derby

A week at the plate with everyone on Hound. One swing per 1,000 steps, up to 20 a day; every pitch is a meatball, so it's all timing. Your steps today and a strength workout add distance, up to 500 feet; 475 feet or more is a Moonshot and counts twice. One of your first ten pitches each day is a golden ball, and a second shows up after 15,000 steps: a home run off one counts double. Hit the sponsor's sign on the center-field wall for bonus Bones. The pitcher speeds up as the week goes on. Most home runs wins (ties go to the longest), with prizes for the top three, 4th to 10th, the longest home run, and everyone with 10 or more.

`Today → Global Hound Challenges, while one's on → Step up to the plate`

### Pack Wars

A Global Hound Challenge for 7 to 30 days. You're put in one of four packs (Wolves, Golden Retrievers, Border Collies or Beagles), each starting on a corner of the neighborhood map. Each day, vote where your pack marches, or Hold to defend. Only members who vote add their steps that day, and overnight your pack takes the territory if it's the strongest there and beats the owner's defence. Most ground at the end wins, and the winning pack gets Bones.

`Today → Global Hound Challenges → Pack Wars`

### Daily Doors

A door for every day. Open today's for 1 point, then do the task behind it by midnight for 2 more: your steps target (a little over last week's average), a workout, your water, all your goals, a treat for your hound, a 10-minute walk, or a cheer for someone. Hound checks it for you. Three done in a row and each one after is worth 1 more, and one missed day a week doesn't break your run. Bones behind some doors, a frame you can't buy behind the last.

`Today → Global Hound Challenges → Daily Doors`

### Clubs

Run clubs, cycling groups and walkers. Find a public club by name, city or sport, or join a private one with its code, link or QR. A club's page shows the challenges members have posted (with a Join button), how the club did this week, and who's in it. Share a challenge with your clubs and every member gets the invite. Start your own once you reach the level it asks for; clubs show usernames, so you'll need one to join. Tap the bell on a club's page to mute it.

`Clubs tab · New challenge → Share with your clubs`

### Pack Activities

A live session for a walk, run or hike together. Start one, pick when and how long, and invite friends or open it to your club. While it's on, the board shows everyone's steps, scent-trail puzzles open as the pack's steps add up, and anyone can start a quick Dash or Pack push. Turn on the live map to see each other and Bones to walk to; your spot is shared with that pack only, and deleted when it ends.

`Clubs tab or a club's page → Start a Pack Activity · Today → Needs you`

### Community challenges

Publish a challenge that anyone with its code, link or QR code can join. Members from Tracker (level 5) with a username can publish.

`Challenges → Join → Have a code?`

### Bones pots

Put 10, 25, 50 or 100 Bones each on a Step Race or Tic-Tac-Go. Winner takes all; a tie splits it. Only Bones earned by playing can go in.

`New challenge → Step Race or Tic-Tac-Go → Pot`

### Boards, talk and rematches

- Each challenge has its Board (standings, with ▲▼ for who moved since yesterday), a Talk wall for trash talk, and Details.
- Pin one to the top of Today.
- When it ends: Rematch with the same friends and rules, or Share result with an invite link.

`Tap a challenge → Board · Talk · Details`

## Goals and water

### Goals

Steps, distance, workouts or workout minutes, every day or every week. Hound suggests a target a little above your last four weeks.

`You → Goals`

### Log a workout

No watch? Log a workout yourself: up to two a day, up to 90 minutes each, today or yesterday. It counts in full for your goals and Daily Doors, and at half value in the sports games and Golf. It never adds steps or miles, and it's marked "Logged by hand" (you can undo it for 15 minutes).

`Today → Goals → Log a workout`

### The Hound reminds you

Choose how hard Hound hounds you: Gentle (one evening reminder), Persistent (up to 3 a day), Relentless (up to 5) or Off. Reminders stop once your goals are done.

`You → Goals`

### Goal streak and Streak Shields

Every goal day pays Bones, and every 7th day in a row pays more. A Streak Shield covers one missed day. Finish every weekly goal for a weekly bonus.

`Today → Goals`

### Water

A daily goal in cups or millilitres, a glass at a time, plus water other apps put in Health. Optional sip reminders, and your hound's bowl fills through the day.

`Today → Goals → the blue +`

### Hound on Apple Watch

Your goal rings and streak on your wrist, and a glass of water with one tap. Open Hound on the watch, then enter the six-letter code it shows on your iPhone. Add Hound to a watch face as a complication.

`You → Settings → Apple Watch`

### Your numbers

- Week in review, Monday to Wednesday: last week's steps, challenges, Hound Score and Bones.
- Today's step rank, the rest of the week.
- Personal records: best step day, longest 10k streak, longest workout, farthest day.
- Home screen widgets (from 0.11.0): your hound and today's goals, and steps on the iPhone Lock Screen.

`Today · You → Your data`

## Your hound

A hound who lives the day with you, in its own yard.

### Mood and care

Its mood follows your goal days over the last week. Give a treat once a day. Gentle care is the default; Classic pet adds meal hearts to keep filled.

`Today → your hound · or You → Kennel`

### Its look and wardrobe

- Coat, ears, tail, markings and breeds like Poodle and French Bulldog.
- Collars, bandanas, hats and glasses; sweaters, a hoodie, a raincoat, a tutu, a superhero cape, a tuxedo; booties and sneakers.
- Holiday drops for a little while each season (Thanksgiving, Winter from 15 November). Anything you get, you keep.
- Tap anything to try it on in place: red ✕ puts it back, green ✓ keeps it.

`Kennel → Wardrobe · Look`

### The Yard

It grows with your rank. Your hound strolls, naps in bed or the hammock, and drinks from a bowl that fills with your water. Swipe the grass to throw its toy. Trophies you win in challenges stand in it.

`Kennel → Yard`

### Houses

From the Hound House to an Igloo (300 Bones), Beach Bungalow (800), Modern Glass House (900), Treehouse (1,000), Castle (1,500) and the Doghouse Mansion (2,500).

`Kennel → Yard → House`

### The Porch

Round the back of the house, from Hunter (level 10): a Hot Tub, Lounge Chair, Porch Swing, Fire Pit, Patio Umbrella and Grill.

`Kennel → swipe the sky across, or Yard → Porch`

### The room

Inside the house, open to everyone: a Fireplace (lit in the evening and all winter), Sofa, Bookshelf, Photo Wall with your hound's portrait, Fireside Cushion, Cozy Rug, Floor Lamp and Potted Fern, from 150 to 900 Bones.

`Kennel → swipe on past the Porch, or Yard → Room`

### Tricks

High Five, Spin, Roll Over and Play Dead. Double-tap your hound to see one; friends can do it in your yard too.

`Kennel → More → Tricks`

### Fitness, traits, age and a birthday

- Fitness 1 to 10 from active days (5,000 steps). It only goes up, and a fitter hound is livelier.
- Nine traits from your habits, kept for good: Early bird, Night owl, Lunch stroller, Trail dog, Well watered, Weekend warrior, Steady paws, Collector, Green paws.
- A new hound starts as a puppy and grows up with your steps.
- Pick its birthday. On the day, the yard has a party and a friend's hound comes round.

`Kennel → Walks → About`

### Your hound as your avatar

It replaces your initials on leaderboards, friends and chats.

`Kennel → Use as my avatar`

### Your dog as your picture

Use a photo of your own dog instead. Friends see your dog; everyone else sees your hound. Hound can also give your hound your dog's look.

`You → tap your picture`

## Walks, care and friends

Your walks become your hound's walks, with nothing to start or stop.

### Walk recaps

Ten minutes or more of steady steps is a walk: "Morning walk · 8:06 AM · 1.5 mi · 32 min".

`Kennel → Walks`

### Walk finds and the collection book

Every finished walk brings something home, up to 5 a day. 22 kinds: a good stick, a feather, an old tennis ball... and seasonal ones like a golden acorn or a perfect snowflake. Longer walks find rarer things.

`Kennel → Walks → Open the collection book`

### Your hound's diary

A line a day in its own voice, from your walks, finds, steps and water: "A long evening walk: 3.7 mi. My paws are tired." Only you see it, unless you share the week.

`Kennel → Walks → Diary`

### The garden

Three plots in the Yard. Plant a seed and your steps water it: a daisy blooms at 20,000 steps, a giant sunflower at 70,000. A day off pauses it; nothing wilts. One free seed a week, and seed packs for Bones.

`Kennel → Yard → Garden`

### Bath day

A long walk (30 minutes or 3,000 steps) brings your hound home muddy. A busy day (that walk, 8,000 steps or your goals done) earns a bath with bubbles, once a day, and they stay fresh until the next long walk.

`Kennel → Care`

### Homemade treats

Bake Pumpkin biscuits, a Peanut butter pupcake, Frosty paws or a Birthday cake from your walk finds plus a few Bones. Feed one as today's treat, or send it to a friend's hound with a note.

`Kennel → Care → Kitchen`

### Playdates

On a day you and a friend have both finished your goals, their hound comes over to play in your yard. Friends you're in a challenge with come first.

`Kennel → Yard`

### Walks together and the dog park

When your walk overlaps a friend's by 10 minutes or more, it says who with. The dog park shows friends' hounds that have been out walking in the last day, with yours once you've walked. Tap one to visit.

`Kennel → Walks → Dog park`

## Rewards

### Hound Score, XP and ranks

Hound Score grows with your results and never goes down. XP from playing, opening Hound and your goals fills your level. Ranks: Pup, Tracker (level 5), Hunter (10), Alpha (15), Legend (20).

`You`

### Bones

- Earned from every finished challenge, levelling up, the daily bonus, goal days, Bone Dig and achievements.
- Get a Bones pack, or, when it's on, watch a short ad for a few more.
- Spent on your hound, its yard and garden, your look, Streak Shields, treats and bounties.

`The Bones pill at the top of the Kennel`

### Daily bonus and Bone Dig

Open Hound each day for a bonus, bigger on every 7th day in a row. Finish your daily goals and dig once for Bones or a piece toward Dig items you can't buy.

`Today`

### Achievements

One-time badges that each pay Bones: first finish and first win, a Bingo blackout, a perfect Daily Streak, big step days and weeks, water days, levels.

`You → Achievements`

### Your look

Avatar frames, backgrounds and icons, unlocked by level or bought with Bones.

`You → Your look`

## Friends

### Add friends

Search by name, pick from People you may know, share your code or QR code, enter or scan theirs, invite by email, or tap Add next to anyone on a leaderboard.

`Friends tab`

### Cheer each other on

- Friend activity: friends' wins and achievements, with kudos.
- Head-to-head: your record against a friend.
- Nudges, once a day, and trash talk on each challenge's wall.

`Friends tab → a friend`

### Bounties

Put Bones on a step target. The first friend to reach it today takes them; nobody by midnight and they come back to you.

`Today → Bounties → Post one`

### Visits and gifts

Visit a friend's yard (your hound comes too), leave a pawprint or a treat, and send their hound a gift with a note.

`A friend's page`

## Settings

### Make it yours

- Light mode, and a larger text size.
- A username to show instead of your name in challenges.
- Choose whether you show up in Find people.
- Pick exactly which notifications you get.

`You → Settings`

### Organizations

For schools and companies using Hound together, with their own words for things (and for Bones).

`You → Settings`

### Help in the app

A searchable how-to for every challenge type and feature.

`Top bar → ?`

**Found a bug or have an idea?** Send it our way. Screenshots help a lot. Thanks for playing Hound! Updated 15 November 2026.