

Boop FAQ

Everything you wanted to know about racing a crocodile to your daily step goal.

The Basics

What is Boop? Boop turns your daily steps into a race between Chip (your laid-back capybara partner) and Chomp (his best friend and biggest rival). Your real-world steps move Chip down the track. Beat Chomp to your daily goal before the jungle sun sets at 8 PM, and you win the day.

Do I have to run? Go to the gym? Buy spandex? Nope. Boop counts the steps you're already taking, walking to the kitchen, pacing on calls, chasing the dog. No spandex required. (Chip doesn't own any either.)

Who is this for? Anyone who wants to sit less and move a little more without a spreadsheet, a smart scale, and a sleep score. If "close your rings" makes you tired just reading it, you're in the right jungle.

Is Boop a fitness app or a game? Yes.

Meet the Team

Who is Chip? Your racing partner. A laid-back capybara who has your back. He celebrates your wins, shrugs off your slow days, and believes a good nap is part of the training plan.

Who is Chomp? Chip's best friend and biggest rival. One gear, one brain cell, fully committed. He paces you toward your goal whether you're ready or not.

Is Chomp the bad guy? He's a frenemy. He'll trash-talk a little, take a victory lap or two, and remind you he's gaining on you. But he's the reason you hit your goal. No Chomp, no race."

Can I race without Chomp? The rivalry is the whole point. Without him, you're just looking at a step counter, and there are plenty of those that won't talk back.

How the Race Works

When does my race start? As soon as you hit your first 100 steps of the day, the race is on. No start button, no countdown. Chip just needs a minute to stretch.

When does it end? 8 PM, when the jungle sun sets. Whatever steps you take after that are just for you.

Why 8 PM? It gives you the full day to hit your goal without turning bedtime into a panic march. Chomp moves at exactly the pace needed to finish by then, no faster, no slower.

What is Race Mode? The live view where your steps update in real time. It's the only screen that updates instantly. Everywhere else syncs periodically to save your battery.

What are checkpoints? Your daily goal, broken into hourly chunks. Moving a little every hour beats one big walk at the end of the day. Hit a checkpoint, mini victory. Miss one, no sweat.

What if I miss a checkpoint? Nothing bad happens. Chomp keeps moving at goal pace, and you can close the gap at the next one. The race isn't over until 8 PM.

What happens if Chomp wins? The sun sets, he gloats a little, and tomorrow you get another shot. Streaks pause if you fall short, but they don't reset until you skip a full day. Chip recovers quickly. He always does.

Goals and Pacing

How does Boop pick my goal? We look at your 2-week step average and add a small stretch (about 20%) to make it challenging but doable. You can adjust it up or down before locking it in.

Can I change my goal later? Anytime. Bumping it down on a tough week isn't cheating, it's pacing. Chip is very pro-pacing.

What if I crush my goal early? Chip throws confetti. You get the win. Bonus steps still count toward your stats but the race is done for the day. Go put your feet up.

Setup and Permissions

What do I need to connect? Apple Health (required) so we know your step count. Motion & Fitness (recommended) so Race Mode updates instantly.

Does Boop track my location? No. Zero location sharing. We only read your step count.

What personal info does Boop collect? None beyond what's needed for your account. No name-and-address forms, no health profile, no advertiser tracking. Chip is famously bad at remembering personal details anyway.

Does it work with my Apple Watch / Fitbit / Garmin? If your wearable syncs steps to Apple Health, Boop will pick them up. Direct integrations with other platforms are on the roadmap.

Will Boop drain my battery? Only if you camp out in Race Mode. That's the one screen with real-time updates, so leaving it open all day uses more battery than usual. Close out of Race Mode and the app runs like any other. No extra drain, your phone keeps counting steps in the background, and we'll sync them next time you open up.

Notifications

When will Boop ping me? When Chomp is pulling ahead, when a final push will win you the day, and when you're close to a streak milestone. That's about it.

Will it bug me at night? No. Chip promised. Notifications stay quiet during your sleep hours.

Can I turn alerts off? Anytime in Settings. You'll just lose Chip's heads-up when Chomp is sneaking by, and Chomp loves a good sneak.

Friends, Streaks, and Social

Can I race with friends? Yes. The vine leaderboard lets you see how you stack up against friends and family who use Boop. Bragging rights included.

How does racing with friends work? You're not racing on raw step count, you're racing on checkpoints won. Everyone keeps their own goal, so you can race your marathon-running cousin and your couch-loving roommate on the same leaderboard. Whoever hits the most checkpoints, wins.

How do streaks work? Two streaks, two ways to win. Active Days rewards showing up, every day you take 100+ steps adds a day. Victory Run rewards winning, every daily race you beat Chomp adds a day. Tap either icon to see your current streak, your best, and the last 7 days of activity.

Subscription and Pricing

Is there a free trial? Yes. New users get a free trial to test out the full app, no feature gates, no "upgrade for the good stuff." You'll see the trial length and current pricing when you sign up.

What happens after the trial? Your subscription kicks in at the plan you picked. You can switch or cancel from your iPhone Settings.

How do I cancel? Open Boop → Settings → Subscription → Manage in App Store → Cancel Subscription. Apple handles the billing on the back end, so you can also cancel directly from iPhone Settings → your name → Subscriptions → Boop.

Will I get charged if I forget to cancel? Yes. Subscriptions auto-renew unless cancelled at least 24 hours before the period ends. Set a reminder if you're trial-shopping.

Can I get a refund? Refunds are handled by Apple, not Boop. You can request one through Apple's report-a-problem page.

Account and Data

Do I have to make an account? Yes, so your streak and progress save across devices. You can sign up with Apple, Google, or email.

What if I get a new phone? Log back in and your streak, goals, and stats come with you. Chip will be right where you left him.

How do I delete my account? Settings → Manage your account → Delete account. Your data is removed and we don't keep a backup.

Where does my step data go? Your steps sync from Apple Health to your Boop account, where we keep them so your races, streaks, and stats stay with you. We don't sell it. We don't share it with advertisers. Capybara's honor.

Troubleshooting

My steps aren't updating. First, check Race Mode. That's the only view that updates instantly. Other screens sync periodically. If steps still aren't showing, make sure Apple Health permissions are still on (Settings → Health → Data Access & Devices → Boop).

Chomp seems to be cheating. He's not (we checked). Chomp moves at the exact pace needed to finish your goal by 8 PM. If he feels fast, the goal might be set higher than your usual day. Try adjusting it.

My race didn't start. The race begins after your first 100 steps. If you've walked more than that and still see the starting line, force-close the app and reopen it to trigger a sync.

My streak disappeared. Boop has two streaks: Active Days (your first 100 steps trigger one) and Victory Run (winning a daily race triggers one). Tap either streak icon to see your current streak, your best streak, and the last 7 days of activity. If something looks off, contact support.

Still Have Questions?

Reach out at support@boopapp.com. A real human (not a capybara) will get back to you.