

Your quest starts here

QUICK START / Set up with your parent or caregiver

1 Get the app

On your iPhone, open the **download link from your clinic**. In the App Store, download MARS Coral Quest, follow the approval prompts, then tap **Open**.

DOWNLOAD LINK

Clinic adds link and QR code here

2 Set up camera tracking

In the app, open **Settings**. Turn on **Enable Camera Tracking** for tracked play. Allow camera access if your iPhone asks. Leave **Skip Tutorials** off for your first session.

3 Choose your activities

Tap **Main Menu**, then **Play**. Choose the activities your therapist assigned (1-4), in the assigned order, then tap **Confirm**.

4 Set your phone in place

Tap **Continue on phone**. Put your iPhone upright on a stable stand, about **3-4 feet above the floor**, with the screen and front camera facing you. Use a clear, well-lit space.



Main Menu

5 Step into view

Tap **Next**. Stand about **5-7 feet away**, with your whole body visible. Hold both arms out slightly above shoulder height. Wait for the **green progress line** to fill.

6 Follow the diver

Watch the tutorial, then follow your assigned activities. Use the movements and help your therapist showed you.

No app sign-in. An Apple Account or caregiver approval may be needed to download.

Practice your moves

Follow the activities and schedule your therapist gives you.



Bubble Taps

30 seconds

Reach toward each bubble. Hold your hand over it until it turns green and pops.



Surf

30 seconds

Move your hands over the bubbles. Hold them there until the bubbles turn green and disappear.



Sit to Stand

30 seconds

Sit down and stand up as shown by your therapist. Use the chair and support they recommend.



Step Ups

3 minutes

Use the small fitness step your therapist recommends. March in place if that is in your plan.

My practice plan

Your therapist fills this in with you.

Activities / order: _____

How often / how many rounds: _____

After you finish

Reports shows your completed exercises. Reports stay on this device. Follow the clinic's instructions for sharing results.

Tracking not working?

Check camera permission and Enable Camera Tracking. Keep your whole body in view and improve the lighting.

Need help?

Ask your clinic about exercises, your study plan, or app problems.
Clinic contact: [to be added]

Camera optional: With tracking off, you can follow the diver, but your movements are not tracked. Ask your clinic which mode to use. **TV optional:** You can play on your iPhone alone.