NUCLEUS
Huddle

Quick start · keep it on the fridge
getnucleushuddle.com/how-to

Get your family on Huddle

A parent does this once, on their own phone. Everything is in **More → Family & settings → People**.

1. Tap **Add person** for your spouse, each teen and each kid. Pick **Parent**, **Teen (13+)** or **Kid**, add their age, tap **Add**.
2. Give each parent a **PIN** (tap their name → **Set a PIN**), so kids can't switch into a parent on a shared iPad.
3. Your spouse or a teen gets their own login: tap their name → **Invite [name] to their own login** → **Make the invite**. Text them the link (it works 7 days).
4. Kids under 13 never get an email or password. On a shared phone or iPad, tap the circle at the top right to switch to them.
5. A kid with their own iPhone or iPad: tap their name → **Set up on [name]'s own iPhone or iPad** → choose their PIN → **Make the link** → **Text it** or AirDrop. It works once, for 24 hours.
6. Stuck? Tap **?** at the top of any screen, or **More → Help** and search — try "kid" or "group".

On the kid's iPhone or iPad

1. Open the link, type your PIN, tap **Join as [your name]**.
2. In Safari: Share → **Add to Home Screen**.
3. Huddle asks you to sign in? Tap **Kid or teen without email? Sign in with a family code**, type the code, tap your name, type your PIN.

Parents: the family code is in **Family & settings → Devices** — with **Remove** for a lost device and **Unlock** for a locked PIN.

Our family code

Each kid keeps their PIN in their head — please don't write PINs here. Forgot it? A parent changes it in People → their name → **Change PIN**.

Bring your group

1. Open **More → Health & goals → Groups** and tap **Start a group**: a name and a weekly goal.
2. Tap **Invite a family → Share or copy**. Send the code to the other families — or a few friends.
3. They tap **Join with a code → Look it up → Join the group**. Each family picks what it shares.
4. Tap **Check in** after a walk or a workout, and cheer each other on. Parents run the group in **HQ**.

Accountability group: a few friends keeping each other going — up to 5 people. Joining a group is free.

Scan for every step

with pictures and a 2-minute video
getnucleushuddle.com/how-to