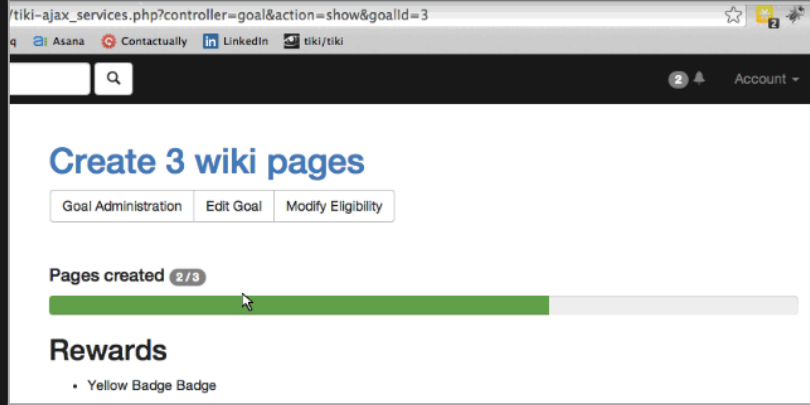


Ã«ÂªÂ©Ã'œ

Ã«ÂªÂ©Ã'œ - Ã¬Â, Ã¬Â • - Ã«Â³Â'Ã¬f Ã¬€ ÃªÂ'€Ã«Â¡Ã¬Ã¬žÃ«"ÂªÃ«Â¡œe Ã• Ã¬Ã¬Ã¬ÃªÂ, ^ Ã¬,Ã¬Ã¬šÂ©Ã¬žÃ«"ÂªÃ¬—
Ã«œ€Ã• Ã¬Ã¬Ã¬, ÃªÂ°œÃ¬Â, Ã¬Â'Ã«, ~ ÃªÂ·Â, Ã«Â£Â¹Ã¬œÂ¼Ã«Â¡œeÃ¬Â", Ã«ÂªÂ©Ã'œÃ«Â¥Â¼ ÃªÂµÃ¬Ã¬, Â±Ã•Â Ã¬^~
Ã¬ž^Ã«, „Ã«Â¡; Ã• Ã«Â©Â° ÃªÂ·Â, Ã«Â ±Ãª²œe Ã• ÃªÂ, Â° Ã¬œe, „Ã•œe Ã¬Â, Ã¬, Â¼Ã«Â°Ã«Â, œeÃ«Â¥Â¼
Ã¬,Ã¬Ã¬šÂ©Ã¬žÃ«"ÂªÃ¬—Ãª²œe Ã¬Â œeÃª³ÂµÃ•Â©Ã«<^Ã«<Âª.

Ã¬Â' ÃªÂ, Â°Ã«ŠÂ¥Ã¬€ [Ã«Â°Ã, Âª13](#) Ã¬Ã¬, „œe Ã¬†œeÃª°œeÃ«~Ã«Â©Â° Ã¬, „Ã¬žÂ¬ Ã•œeÃ¬Â°Â, ÃªÂ°œeÃ«Â°œeÃ¬Â' Ã¬Âš, „Ã¬%
Ã¬Âª'Ã¬— Ã¬ž^Ã¬šÂµÃ«<^Ã«<Âª.



Ã™ •Ã«œ€Ã• Ã«Â ÂªÃ«Â©Â' Ãª'Ã«Â¡Â

Ã«ÂªÂ©Ã'œÃ¬~ Ã«,Â'Ã«Â¡€ ÃªÂMÂ¬Ã¬Â¡Â°

Ã«ÂªÂ©Ã'œÃ«Š" Ã¬Ã¬Ã¬«ŸÂ¬ ÃªÂ°œeÃ¬~ Ã«Â¡œeÃ«Â¡, „Ã¬œeÂ¼Ã«Â¡œe ÃªÂµÃ¬Ã¬, Â±Ã«~Ã¬Ã¬' Ã¬ž^Ã¬šÂµÃ«<^Ã«<Âª:

- Ã¬Â¼Ã«Â°~ Ã¬†Ã¬, „Â±
- Ã¬Â¡Â°ÃªÂ±Â'Ã¬~ Ã¬Âš'Ã•Â©

• $\tilde{A} \ll \hat{A}^3 \hat{A}' \tilde{A} \neg f \tilde{A} \neg \sim \tilde{A} \neg \hat{A} \xi' \tilde{A}' \hat{A} \odot$

$\tilde{A} \ll \hat{A}^a \hat{A}'' \tilde{A} \ll \hat{A} \tilde{A} \neg \hat{A}_j \hat{A}^\circ \tilde{A}^a \hat{A} \pm \hat{A}' \tilde{A} \neg \hat{A}' \tilde{A} \ll \hat{A} \xi \tilde{A} \neg \hat{A} \eta \hat{A}^\circ \tilde{A} \neg \hat{A} \xi \in \tilde{A} \ll \hat{A} \odot \hat{A}'$, $\tilde{A} \ll \hat{A}^3 \hat{A}' \tilde{A} \neg f \tilde{A} \neg \hat{A}' \tilde{A} \neg \hat{A} \in \hat{A}^{1/4} \tilde{A} \neg \hat{A}' \tilde{A} \neg \hat{A} \xi' \tilde{A} \ll \hat{A} \ll \hat{A} \xi$.

$\tilde{A} \neg \hat{A}_j \hat{A}^\circ \tilde{A}^a \hat{A} \pm \hat{A}' \tilde{A} \ll \hat{A} \xi \tilde{A} \neg \in \tilde{A} \neg \hat{A} \in \tilde{A} \cdot \in \tilde{A} \neg \hat{A}' \tilde{A} \neg \neg \dagger \tilde{A} \neg \tilde{S} \hat{A} \mu \tilde{A} \ll \hat{A} \ll \hat{A} \xi \tilde{A} \ll \hat{A} \xi \in$, $\tilde{A} \cdot \hat{A} \tilde{A} \neg f \tilde{A}^a \hat{A}^3 \hat{A} \mu \tilde{A} \neg \ll$, $\tilde{A} \neg \neg \hat{A}^\circ \tilde{A} \neg \hat{A}^\circ \tilde{A} \neg \tilde{z} \tilde{A} \ll \hat{A}^\circ \tilde{A} \ll \hat{A}^a \hat{A} \odot \tilde{A} \neg$
 $' \in \tilde{A} \ll \hat{A}_j \in \tilde{A} \neg \hat{A}'' \tilde{A} \neg \tilde{s}'' \tilde{A} \neg \cdot \hat{A}^{1/2} \tilde{A} \ll \hat{A} \odot \tilde{A} \ll \hat{A} \ll \hat{A} \xi$.

$\tilde{A} \neg \hat{A}_j \hat{A}^\circ \tilde{A}^a \hat{A} \pm \hat{A}' \tilde{A} \neg \sim \hat{A} \tilde{A} \neg \hat{A} \in$:

$\tilde{A}^a \hat{A}^3 \hat{A} \mu \tilde{A} \neg \ll$

$\tilde{A} \neg f \tilde{A} \neg$, $\hat{A} \pm \tilde{A} \ll \in \tilde{A} \neg \in$, $\tilde{A}, \hat{A} \xi \tilde{A} \tilde{z} \sim \tilde{A} \neg \hat{A}' \tilde{A} \neg \hat{A} \xi \in$

$\tilde{A} \neg$, \hat{A} , $\tilde{A}^a \hat{A}$, \hat{A}°

$\tilde{A} \neg$, $\hat{A} \tilde{A} \neg \hat{A} \in \tilde{A} \ll \in \tilde{A} \neg \in$, $\tilde{A}, \hat{A} \xi \tilde{A} \tilde{z} \sim \tilde{A} \neg \hat{A}' \tilde{A} \neg \hat{A} \xi \in$

$\tilde{A} \neg$, \hat{A} , $\tilde{A}^a \hat{A}$, \hat{A}°

$\tilde{A} \ll$, $\tilde{A} \ll \hat{A} \neg \tilde{A} \cdot \in \tilde{A} \ll \hat{A}^a \hat{A} \odot \tilde{A}' \in \tilde{A} \neg$, \hat{A} , $\tilde{A}^a \hat{A}$, \hat{A}°

($\tilde{A} \neg \sim \tilde{A}^a \hat{A} \mu \hat{A} \neg \tilde{A} \neg \hat{A}$)

Ã¬—Â°Ã¬,Â°Ã¬ž Ã«ÂªÂ©Ã'œ

Ã¬ÂµœÃ¬†€ 5

Ã¬ÂµœÃ«€€ 1

Ã¬ÂµœÃ«€€ 0

Ã«ÂŸ^Ã¬ÂŸ€Ã«ÂŸ‰o Ã•ÂÃ«ÂªÂ©Ã¬Â' Ã«Â¬Â'Ã¬—‡Ã¬Â,Ã¬ÂŸ€ ÃªÂ¶ÃªÂ,^Ã•~Ã¬œ Ã¬^~ Ã¬ž^Ã¬ŸÂµÃ«^Ã«Âœ. Ã«ÂªÂ©Ã¬
'œÃ«Ÿ" Ã«Â³Â'Ã¬fÃ¬Â' Ã•Â Ã«Â¹Ã«~Ã¬-Â' Ã«Â²,,Ã«Â|Â¬Ã«Ÿ" ÃªÂ²fÃ¬,, Ã«Â°Â©Ã¬ÂŸ€Ã•~ÃªÂ,Â° Ã¬œ,,Ã•~Ã¬—Â¬

Ä-žÄ-Ä Ä-Ä Ä-Ä;Ä°Ä±Ä'Ä,, Ä-Ä-Ä-šÄ©Ä•Ä©Ä«Äx. Ä-Ä' Ä±Ä²Ä½Ä-šÄ°, Ä±Ä° Ä±Ä°œÄ-Ä, Ä~Ä¹Ä-€
Ä±Ä•Ä, Ä«ÄfÄ¹Ä-€ Ä«Ä±Ä©Ä'œÄ-Ä-Ä•œ Ä«Ä²^Ä«Ä§€ Ä«, Ä«Ä-Ä-Ä•Ä Ä-Ä~ Ä-ž^Ä-šÄµÄ«^Ä«Äx.

Ä±Ä•Ä, Ä«Ä°Ä°, Ä-Ä-Ä-Ä-Ä-Ä-Ä-Ä²^ Ä«, Ä«Ä-Ä-Ä-Ä Ä-Ä~ Ä-ž^Ä«š" Ä«Ä±Ä©Ä'œÄ«Ä±Ä¼ Ä-Ä-Ä•Ä Ä-Ä~Ä«, Ä-ž^Ä-Ä,,
Ä±Ä²fÄ-Ä'Ä«Ä¹^Ä«Äx. Ä-Ä-Ä"Ä±Ä°, Ä«Ä±Ä©Ä'œÄ±Ä°€ Ä±Ä•Ä, Ä«Ä°Ä-Ä•œ Ä-Ä~Ä-Ä œÄ-Ä¹¼ Ä-Ä~ Ä-ž^Ä-šÄµÄ«^Ä«Äx\.

Ä-Ä;Ä°Ä±Ä±Ä' Ä-Ä~^Ä-Ä œ:

Ä±Ä³ÄµÄ-Ä

Ä-fÄ-Ä,,Ä±Ä«œ Ä-Äœ,,Ä,Äx Äž~Ä-Ä'Ä-Ä§€ Ä-Ä~

Ä-,ÄÄ-Ä œÄ«œ Ä-Äœ,,Ä,Äx Äž~Ä-Ä'Ä-Ä§€ Ä-Ä~

Ä«,Ä«Ä-Ä-Ä•œ Ä«Ä±Ä©Ä'œ Ä-Ä,,Ä, Ä±Ä,Ä°
(Ä±Ä,Ä°Ä±Ä°,Ä-Ä œ)

Ä«,Ä«Ä-Ä-Ä•œ Ä«Ä±Ä©Ä'œ Ä-Ä,,Ä, Ä±Ä,Ä°
(Ä-Ä~Ä±ÄµÄ-Ä-Ä)

Ã¬—Â°Ã¬,Â°Ã¬ž Ã«ÂªÂ©Ã'œ

Ã¬ÂµœÃ¬†Œ 5

Ã¬ÂµœÃ«Œ€ 1

Ã¬ÂµœÃ«Œ€ 0

Ã¬ÂµœÃ«Œ€ 5

Ã¬œ,,Ã¬~ Ã¬Â;Â°ÃªÂ±Â'Ã¬€,, Ã¬Â'Ã«Â¥Â¼ ÃªÂ·œÃ¬Â¹™ Ã¬Â Ã¬Â, Ã«<Â"ÃªÂ³,,Ã«Â;œ Ã¬Â'Ã«Â£Â"Ã¬-Â'Ã¬Â\$,,, 30Ã¬Â¼
Ã«ÂªÂ©Ã'œÃ«Â¼ÃªÂ³Â ÃªÂ°€Ã¬Â Â·Â·Â Ã«ÂŒ, Ã«™ Ã¬Â¼Â·œ Ã«ÂªÂ©Ã'œÃªÂ°€ 5Ã«Â²^ÃªÂ¹ŒÃ¬Â\$€ Ã«,,"Ã«<Â-Ã«~Ã«Š"
ÃªÂ²fÃ¬,, Ã¬^Ã¬šÂ©Ã·Â ÃªÂ²fÃ¬Â'Ã«Â©Â°, Ã«<Â" Ã«ÂªÂ"Ã«"Â Ã¬Â;Â°ÃªÂ±Â'Ã¬Â' 30Ã¬Â¼ Ã¬Â'Ã«Â,Â'Ã¬- Â·œÃ-

Ã«Â³Â´Ã¬fÃ¬€ Ã««Â´Ã¬^œÃž^ Ã¬Â´Ã¬,,Â¼Ã«Â´Ã«Â´,œÃ¬ž...Ã««^Ã««Â±. Ã¬Â´Ã¬«Â´Ã¬, Ã¬žÃ¬«ž'Ã²Â±Â°Ã«Â´|Ã¬Ã«Â´;œÃ¬Â´
Ã«Â´Â°Ã¬Â§€Ã«Â´Â¼ Ã«Â´Â³Â´Ã¬fÃ¬~Ã«Š" Ã²Â²fÃ²Â³Â¼ Ã²Â°™ Ã¬Â´Ã¬«Â´Ã¬^œÃ¬œ Ã²Â²fÃ¬Â¼ Ã¬^ Ã¬ž^Ã¬œÂ¼Ã«Â´©Â° Ã¬
~Â¹Ã¬€ Ã¬•,,Ã¬Â´Ã¬...œ Ã¬Â¹Ã¬€ ÃœÃ´Ã²Â°€Ã¬Â¼Ã¬,, Ã²Â²µÃ¬Ã¬ž...Ã¬~Ã²Â´Â° Ã¬œ,,Ã¬~Ã¬—Ã¬ Ã¬,Ã¬Ã¬šÂ©Ã«Â´ Ã¬^
Ã¬ž^Ã«Š" Ã²Ã¬Ã«Â´ ^Ã«"Â§Ã¬,, Ã¬~Ã¬,Ã¬Ã¬•Ã«Š" Ã²Â²fÃ²Â³Â¼ Ã²Â°™ Ã¬¬€ Ã¬™Â´Ã¬~Ã¬Â´Ã¬Â´, Ã²Â°€Ã¬¬¹~Ã«Â´Â¼
Ã«Â´Â³Â´Ã¬œÃ´Ã¬Â´ Ã¬^~Ã«,, Ã¬ž^Ã¬šÂµÃ««^Ã««Â±.

Ã¬Â¼Ã«Â´~ Ã¬†Ã¬,,Â±

Ã¬Â´ Ã²Â²Â©Ã¬,,Â±

Ã«Â²Â©Ã´œÃ«Š" Ã²Â°œÃ¬Â´, Ã«Â²Â©Ã´œÃ¬Â¼ Ã¬^ Ã¬ž^Ã¬šÂµÃ««^Ã««Â±, Ã¬—Ã¬Ã²Â´Â°Ã¬,,œ Ã²Â° Ã¬œÃ¬šÂ±...œ
Ã«Â´,Ã´Ã«Â´€Ã¬~ Ã¬,Ã¬Ã¬šÂ©Ã¬žÃ«Š" Ã¬šÂ±Ã¬šÂ±Ã«Â´;œ Ã¬Â´;Â°Ã²Â´Â´Ã¬,, Ã¬Â´€Ã¬Â´;Â±Ã¬Â´Ã¬•Â¼Ã«Â´šœ Ã¬
•Ã«Â´©Â´, Ã«Â´Â³Â´Ã¬fÃ¬~Ã¬•œ Ã¬šÂ±Ã¬šÂ±Ã«Â´;œ Ã«Â´>Ã¬•,,Ã¬•Â¼ Ã¬Â´©Ã««^Ã««Â±.

Ã²Â´Â´,Ã¬Ã«Â´Â¹ Ã«Â²Â©Ã´œÃ«Š" Ã¬Â´Â¼Ã¬—Ã´Ã¬Â§,, Ã¬œ Ã²Â´Â´,Ã¬Ã«Â´Â¹Ã¬~ Ã«Â²Â´Ã««^Ã¬ Ã¬,Ã¬Ã¬šÂ©Ã¬žÃ²Â°€ Ã«Â²Â©Ã¬
'œÃ«Â´Â¼ Ã¬Ã¬~Ã¬—Ã¬ Ã¬Â´Ã²Â´~ Ã¬ž^Ã¬—...Ã¬~Ã«Š" Ã²Â²fÃ¬,, Ã¬^Ã¬šÂ©Ã¬Â´©Ã««^Ã««Â±. Ã«Â²Â©Ã´œÃ²Â°€
Ã«,,Ã««Â´Ã¬~Ã²Â³Â´ Ã«,,~Ã«Â´©Â´, Ã²Â´Â´,Ã¬Ã«Â´Â¹Ã¬~ Ã«Â²Â´Ã««^Ã¬ Ã«Â´©Â´Ã²,,Ã««^Ã««Â´Ã¬fÃ¬,,
Ã«Â´>Ã¬šÂµÃ««^Ã««Â±

Ã¬,Ã¬Ã¬šÂ©Ã¬žÃ¬— Ã¬~Ã¬~Ã¬—Ã¬ Ã¬Â´Â´Ã¬Â´Ã¬Â´Ã¬Â§,, Ã¬%œ™ Ã««^Ã««Â´Ã¬Ã¬,Ã¬Ã¬šÂ©Ã¬žÃ««^Ã««Â´
Ã²Â´µÃ¬Ã¬,,Ã±Ã¬>Ã¬Â´, Ã«Â²Â´Ã««^Ã¬ "Ã²Â´Â´,Ã¬Ã«Â´Â¹Ã««^Ã««Â´— Ã«œ€Ã¬~Ã¬—Ã¬ Ã¬Â´©Ã²Â³,,Ã²Â°€ Ã¬Â´Â´Ã¬Â´Ã¬Â´Ã¬š'Ã««^Ã««Â´.
Ã¬œÃ¬šÂ±...œ Ã«Â´,Ã´Ã«Â´€Ã¬—Ã¬,,œ Ã¬Â´Ã²Â²Â© Ã²Â´Â´,Ã¬Ã«Â´Â¹Ã««^Ã««Â´~ Ã¬f€Ã««^Ã¬,,Ã± Ã¬—Ã¬Ã«Â´€Ã«Â´Â¼ Ã¬
™•Ã¬Â´,Ã¬~Ã«Š" Ã²Â²fÃ¬¬€ Ã¬,Ã¬Ã¬Ã´Ã²Â´, Ã¬†œÃ¬œÂ´Ã¬žÃ¬~ Ã¬Â´±...Ã¬ž,,Ã¬ž...Ã««^Ã««Â±. Ã¬^~Ã«Â´Â¼ Ã««^Ã««Â´
Ã¬œÃ¬šÂ±...œÃ¬~ Ã«Â²Â´Ã««^Ã¬ "Ã¬,Ã¬Ã¬šÂ©Ã¬žÃ««^Ã««Â´ "Ã¬Â´Ã¬"Ã¬~ Ã«Â´©Â´Ã²,,Ã««^Ã««Â´Ã¬Â´Ã²Â³Â´
Ã«Â´€Ã¬,,œÃ²Â°, Ã¬Â½~Ã¬...œÃ¬šÂ±Ã²Â´,Ã«Â´Â¼ Ã«Â´šœÃ««^Ã««Â´Ã¬Ã¬Ã²Â³Â´ Ã¬Ã¬œÂ¼Ã«Â´©Â´, "Ã¬Â´Ã¬"Ã¬¬€ Ã¬Â´Ã²Â²Â©
Ã²Â´Â´,Ã¬Ã«Â´Â¹ Ã«Â´,Ã´Ã«Â´€Ã¬— Ã¬ž^Ã¬—Ã´Ã¬,,œÃ«Š" Ã¬•^Ã«Â´ Ã²Â²fÃ¬Ã´Ã«Â´©Â´, Ã««^Ã««Â´—Ã¬•œ Ã«Â´€Ã¬,,œ
Ã²Â´Â´,Ã¬Ã«Â´Â¹Ã««^Ã««Â´Ã«Â´šœÃ¬Ã´ Ã¬ž^Ã¬—Ã´Ã¬•Â¼ Ã¬Â´ Ã²Â²fÃ¬ž...Ã««^Ã««Â±

Ã«Â, Â°Ã«Â°,,

Ã«Â°Â©Ã'œÃ«Š" Ã¬œÃ¬ž'Ã«,Â Ã¬Â§œÃ¬™€ Ã¬Â†...Ã«Â†œÃ«Â,Â Ã¬Â§œÃ«Â;œ Ã«ÂµÃ¬Ã¬,,Â±Ã«œ Ã«Â³Â Ã¬Â •Ã«œ
Ã«,Â Ã¬Â§œ Ã«Â²"Ã¬œ,, (Ã¬~^: ÃŠÂ¹Ã¬Â • Ã«...,,Ã«,,, Ã¬žÃ¬Ã«Â¬Â' Ã¬,Â¬Ã«Â¶,,Ã«Â,Â°...)Ã«Â°€ Ã«Â Ã¬^~
Ã¬ž^Ã¬œÂ¼Ã«Â©Â° Ã¬Â¹Ã¬€ Ã¬Â§œÃ¬Â •Ã«œ Ã¬^~Ã¬~ Ã«,Â Ã«™Ã¬•^ Ã«Â•œÃ¬¹™Ã¬Â Ã¬Â, Ã«Â"Ã«Â³,,Ã«Â;œ
Ã¬Â'Ã«Â†Â"Ã¬¬Â'Ã¬Â§,, Ã«Â²"Ã¬œ,,Ã¬Â¼ Ã¬^~ Ã¬ž^Ã¬ŠµÃ«Â^Ã«Â†.

Ã¬Â;Â°Ã«Â±Â'Ã¬€ Ã«Â³,,Ã«Â†Ã«Â!Â¬ Ã¬Â§œÃ¬Â •Ã«~Ã¬Â§€ Ã¬•ŠÃ¬~Ã«Â†Ã«Â©Â' Ã¬Â†Â¼Ã¬¬Â'Ã¬Â§,, Ã¬œÃ«Â°,,
Ã«Â,Â°Ã«Â°,,Ã«™Ã¬— Ã«œ€Ã•~Ã¬¬Â¬Ã¬Â'Ã«Â²Â†ÃŠÂ,Ã«Â†Â¼ Ã¬...€ Ã«Â²fÃ¬ž...Ã«Â^Ã«Â†.

Ã¬ž,,Ã¬~ Ã«...Â,ÃŠÂ,

Ã«Â°Â°Ã¬Â§œÃ¬~ Ã«Â°Â©Ã«Â;Ã¬,, Ã'œÃ¬œœ

```
{LIST()} {filter relation="{{user}}" objecttype="user" qualifier="tiki.badge.received.invert"} {OUTPUT(template=medialist)}  
{icon field=tracker_field_image} {body field=tracker_field_description} {OUTPUT} {LIST}
```

Ã¬žÃ¬ŠÂMÃ¬,,œ

Ã«Â°Â©Ã'œ, Ã¬Â,Ã¬Â •, Ã«Â³Â'Ã¬f Ã¬,,Â†Ã¬Â •Ã¬— Ã«œ€Ã•~Ã¬¬Â¬Ã¬,,œÃ«Š" Ã¬žÃ¬ŠµÃ¬,,œ Ã«Â†Â¼ Ã¬,Â'ÃžÂ'Ã«Â'
Ã¬Â†Â¼Ã¬œÃ¬œœÃ¬~Â†:

- Tutorial: Goals