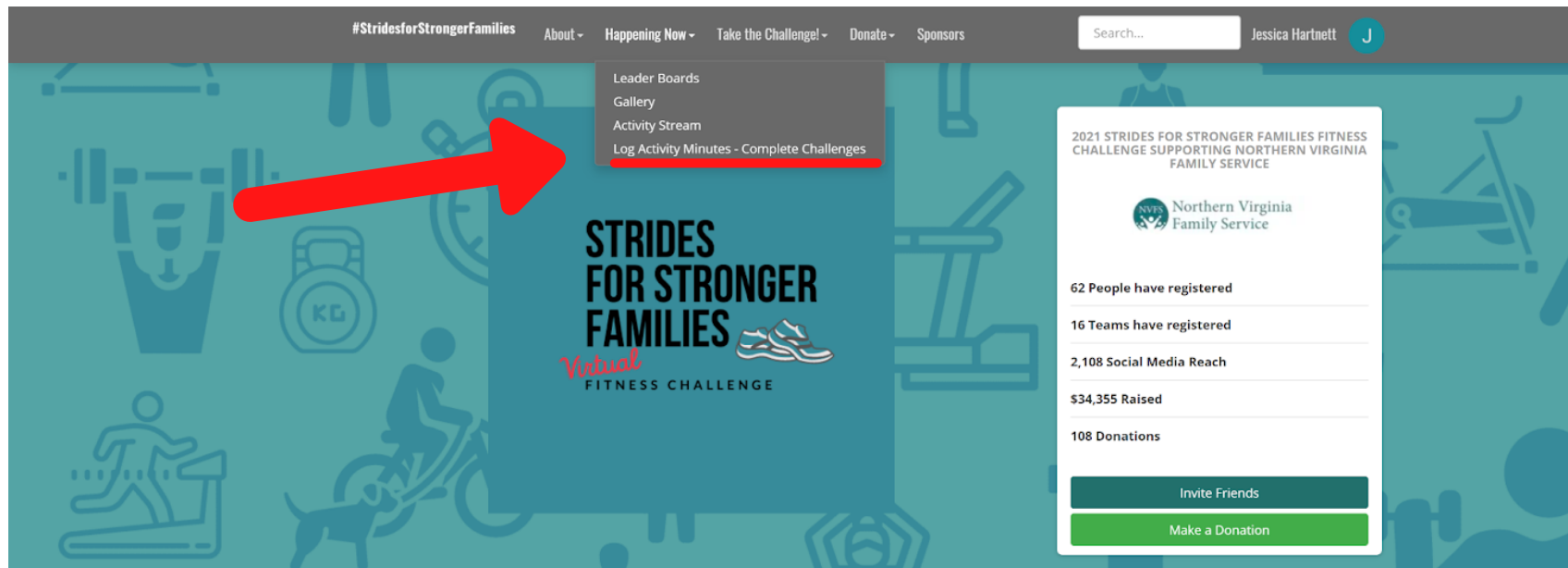


# How to log fitness activity straight to your fundraising page:

When logged in, hover over 'Happening Now' and click 'Log Activity Minutes - Complete Challenges' on the drop-down menu.



## About the Strides for Stronger Families Fitness Challenge

Join us as we kick off our first-ever Virtual Fitness Challenge! If 2020 taught us anything, it's to expect a new normal, even if it's temporary. So, to help keep everyone safe and healthy right now we are transforming our annual *Strides for Stronger Families Bowl-a-thon* for SERVE into the *Strides for Stronger Families Virtual Fitness Challenge*.

For each minute of fitness activity (cycling, running, walking, swimming, yoga, weight training, etc.) logged on Strava (a free app) or your personal fundraising page, we will raise funds for our Greater Prince William County neighbors in need. You can invite your friends, family, colleagues, and neighbors to take part in the Challenge or donate to your fundraiser. An integral part of our *Strides for Stronger Families Challenge* is our goal to collectively log 35,000 minutes of fitness activity to



If logging activity through Strava, proceed to pg 3. and follow tutorial before clicking orange button.  
OR  
If you prefer to log activity straight to your page without setting up the app, simply log and save your activity on your profile page under 'Add a New Activity.'

#StridesforStrongerFamiliesAbout -Happening Now -Take the Challenge! -Donate -SponsorsSearch...Jessica HartnettJ

☰

View my page

Dashboard

☒ Set up your page

☐ Manage your team

☐ Create a Facebook Fundraiser

☐ Invite friends to join you

☐ Raise at least \$100

☐ Complete activities

Did you know that Strides for Stronger Families Fitness Challenge works great on your phone? You can do everything you can from a desktop plus load photos directly from your camera to your page and invite your friends using text or WhatsApp. [Click here to go mobile](#)

COMPLETE ACTIVITIES

Activities > Record Fitness Activity

Record your fitness minutes

1

Connect your 2021 Strides for Stronger Families Fitness Challenge fundraising page to Strava.

2

Fitness activities will automatically be synced from Strava and matched by type.

3

Keep track of your fitness progress. The activities from Strava will count toward your fitness goal for this activity.

Link my Strava Account

Fitness goal \*

Your goal for this activity:0minutes

Add a New Activity

Activity title \*

Title

What type of activity? \*

Select a type

Time \*


0minutes

Activity completed time \*

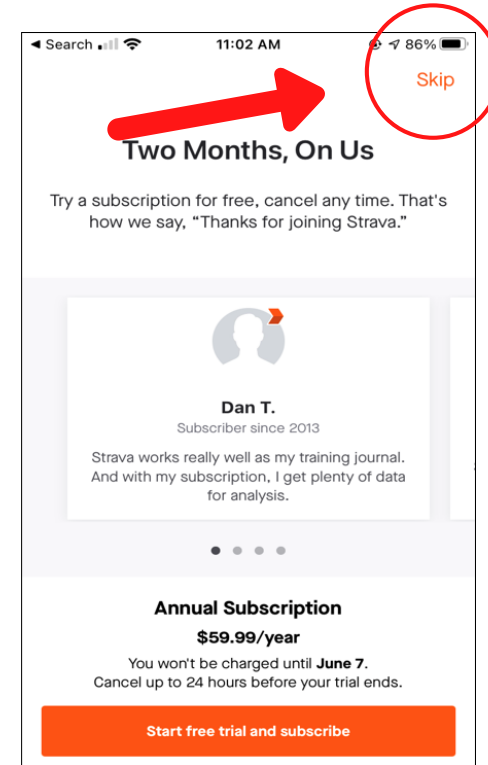
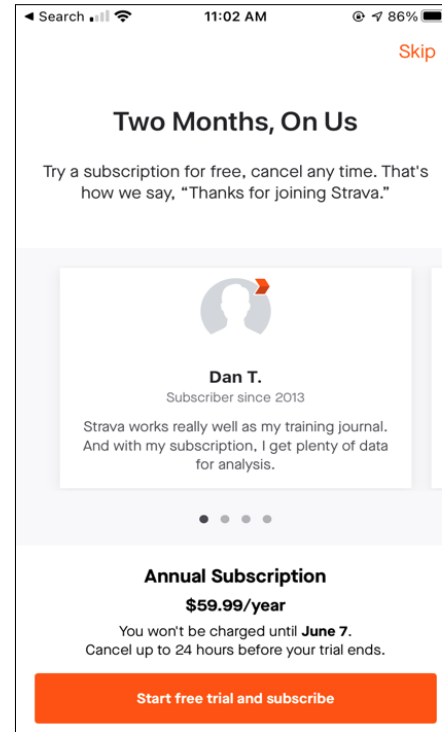
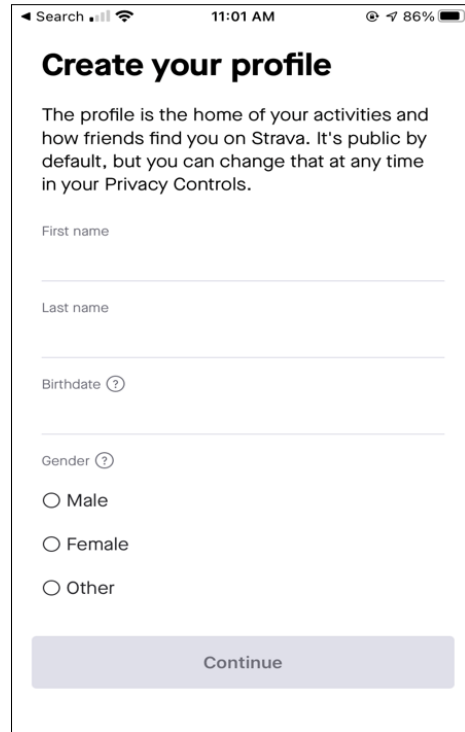
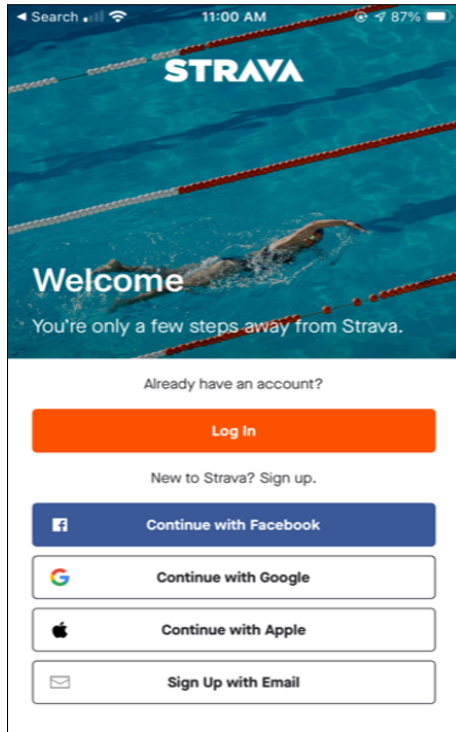
MM/DD/YYYY

HHMMAM

Photo or Video



# How to set up your Strava profile:

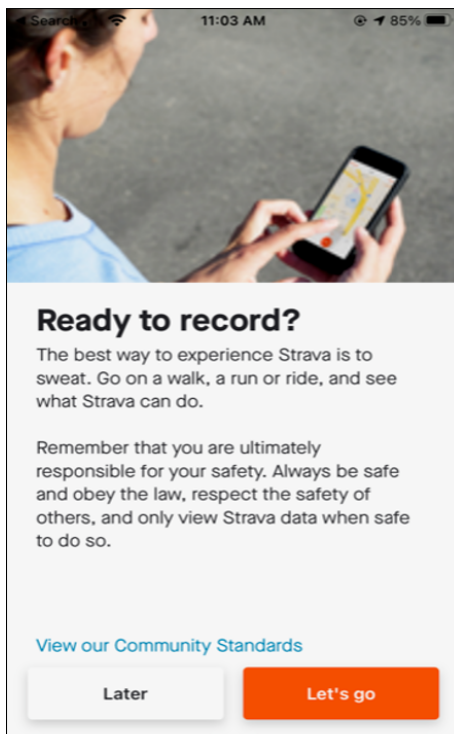


**1** Choose how you want to sign up - through email address or other accounts

**2** Create your profile

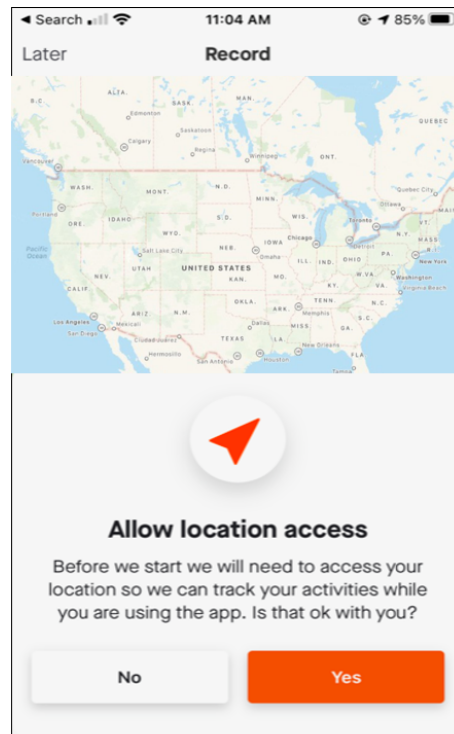
**3** OPTIONAL in app purchase/upgrade

**4** To skip to the FREE version of Strava, click on SKIP in the top right corner of screen



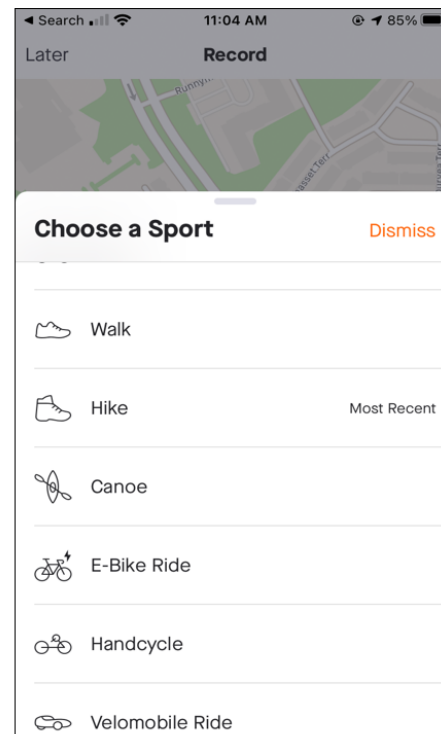
5

You are now ready to log fitness activity minutes!



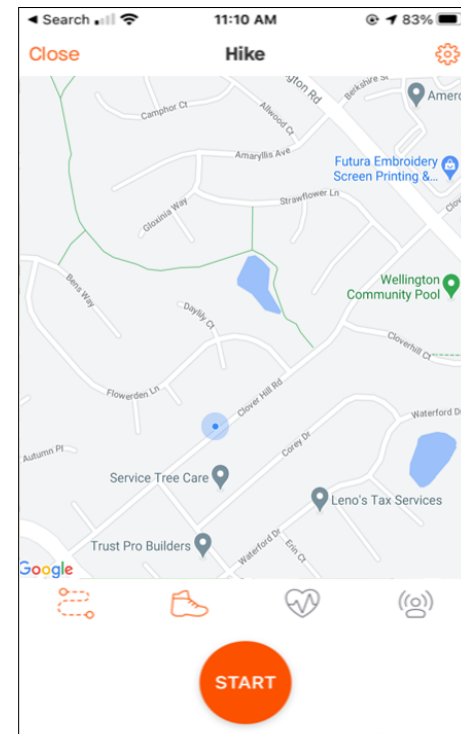
6

Location access options will appear



7

Choose your activity, which can be changed at any time



8

Tap 'Start' and begin to record your activity!

When you have linked your Strava account to your Strides Fitness Challenge registration, your Strava fitness activity minutes, however you acquire them, will automatically be logged to your Strides Fundraising page. Stay safe, and have fun!

