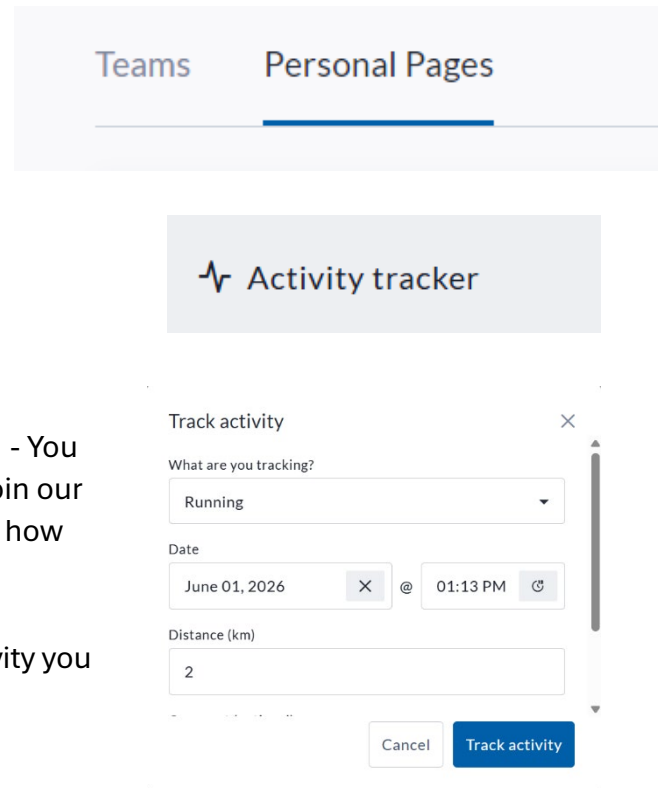


How to Track your Activity

1. Go to your [participant center](#) and log in.
2. Click on Personal Pages and select your personal page 2026 registration.
3. Click on “Activity Tracker” in the menu.
4. Select “Distance Tracking” as your activity.
5. In the activity options, click “Track Activity.” - You can connect your account to your Strava! Join our Freedom to Move Strava Club [here](#) and see how other participants are doing.
6. When tracking your activity, fill in what activity you were doing, the date, the distance and any additional comments.
7. Remember to pace yourself! You have all month long to complete your Freedom to Move distance goal and earn badges along the way.



The screenshot shows a web interface with two tabs: 'Teams' and 'Personal Pages'. The 'Personal Pages' tab is active. Below the tabs is a button labeled 'Activity tracker' with a heart rate icon. A modal window titled 'Track activity' is open, containing the following fields:

- 'What are you tracking?' dropdown menu with 'Running' selected.
- 'Date' field with 'June 01, 2026' and '01:13 PM' selected, and a clock icon.
- 'Distance (km)' text input field with '2' entered.
- 'Cancel' and 'Track activity' buttons at the bottom right.