

How to Track your Activity

1. Go to your [participant center](#) and log in.
2. Click on Personal Pages and select your personal page 2025 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.

Teams Personal Pages

 Activity tracker

Track activity

What are you tracking?

Walking

Date

June 01, 2025 12:00 AM

@

12:00 AM

Distance (km)

0.00km

Comment (optional)

Enter your comment...

Cancel

Track activity