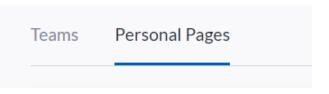
How to Track your Activity

- 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 <u>here</u> 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.



♣ Activity tracker

