

How to Use Strava for *The Great Activation*

Tracking Your Activity Minutes

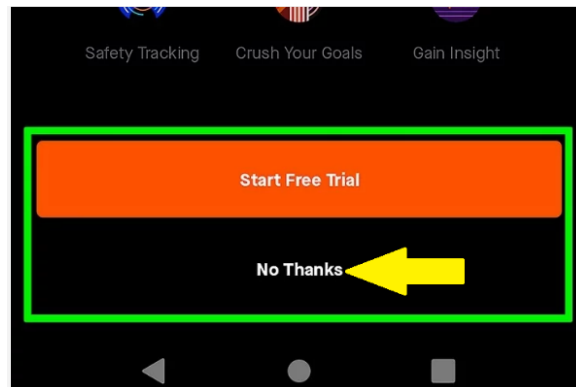
Your participation in *The Great Activation* is based on tracking your physical Activity Minutes during the event period. In order to track your Activity Minutes to your Participant Page, you will need to use the Strava app.

NOTE: Strava offers both **FREE** and paid subscriptions for the app.

If you already use Strava skip to the end of this document to learn how to connect Strava to your participant page.

If you are new to Strava here are the steps to create an account

- Download the FREE Strava app from either the [App Store](#) or [Google Play](#).
- Create an account – it's just a few quick steps;
 - 1- Sign up using your email and creating a password or with your Facebook credentials
 - 2- Enter your personal details – name, age etc.
 - 3- **THIS IS THE IMPORTANT STEP AS YOU CAN CHOOSE A FREE TRIAL OR A FREE ACCOUNT.** If you want a completely free Strava account select **NO THANKS**



- 4- Select Let's Go and continue with set up
- If you select Start free trial you will be asked to enter your credit card information.

Can I Sync My Activity Minutes from Devices Other Than Strava?

Strava is compatible with a long list of fitness devices and applications, like FitBit, Apple, Garmin, and more. If you use these devices, [visit here](#) to learn how you can sync activity to a Strava account.

My Device is Not on the Compatible Device List for Strava

If you use a fitness device that is not compatible with Strava, such as MyZone, you can manually enter your activity minutes collected through your fitness device into Strava. [Here's how](#).

I Don't Have a Fitness Device

No problem! A fitness device is not required in order to participate in *The Great Activation*. Once you have downloaded the Strava app, you can manually enter your activity minutes into Strava. [Here's how](#).

I've Entered a Team or I'm on a Team

There is a 'Team Activity' widget that will be displayed on your Team's page and summarize all Activity Minutes members of the Team have achieved. The following actions are to be completed by the Team Captain and/or Team Members in order for Team Activity minutes to be added to the Team page.

- Team Captain sets the Team's Goal and display options from the same Fitness Goal tab where their personal challenge is set in the Participant Centre.
- Each Team Member must connect their Strava account to their own Participant Page in order for their Activity Minutes to be tracked toward the Team Goal.

I accidentally signed up for a paid Strava account, how do I unsubscribe?

You can cancel your subscriptions by following [these instructions](#)

INSTRUCTIONS: How to Connect to Strava in the Participant Centre

1. [Login](#) to your Participant Centre for *The Great Activation*.
2. Select the Fitness Goal tab on the left-hand side menu.
3. Click the orange "Connect STRAVA" button.
4. Enter your Strava username and password and follow the prompts to authorize permission between accounts.
5. Once you've successfully connected, the orange button will read "Disconnect STRAVA". You may disconnect at any point, but risk losing your activity. **DO NOT DISCONNECT if you wish to continue tracking your Activity Minutes for *The Great Activation*.**
6. Choose **TIME** to be displayed to ensure your activity will be converted into TIME on your participant page.
7. Enter for the number of minutes to be used as your Activity Minutes Goal. This can always be changed later.
8. **Use November 9 2021 as your START DATE, and November 30 2021 as your END DATE.**
9. Check the box to "Hide the My Activity widget" if you'd like to keep your Activity Minutes private at any time. This means they will not show up on your Participant Page for others to see how you are doing.
10. Click Update.
11. After saving, start getting active! The next time you exercise, turn Strava on and start recording until your exercise is complete. As soon as there is a public activity (when privacy is set to "Everyone") logged in Strava, **a 'My Activity' widget will appear on your Participant Page for *The Great Activation*, displaying your total activity and a log of activity entries from Strava for November 9 – 30, 2021.**