

The logo for the 'MOVE 4 KIDS EVENT' is centered on the page. The word 'MOVE' is written in large, bold, uppercase letters, each a different color: 'M' is purple, 'O' is blue, 'V' is green, and 'E' is orange. Each letter has a white dotted pattern that fades out towards the right. Below 'MOVE' is the text '4 KIDS' in a bold, red, sans-serif font. At the bottom of the logo is the word 'EVENT' in a bold, black, sans-serif font.

**MOVE**  
**4 KIDS**  
**EVENT**

**HOW TO USE STRAVA TO  
TRACK YOUR MINUTES**

## How to use Strava for the MOVE 4 Kids Event

[Click here to view a video walk through on the step-by-step instructions below.](#)

**Step 1** – Register for the MOVE 4 Kids Event and create your personal fundraising page in the Participant Centre of the event [website](#).

**Step 2a** – If you don't already have an account with Strava, you will want to set that up now. You can download the Strava app for FREE through the Apple App Store or Google Play. See 'How to download the Strava app' further in this document if you need assistance.

**\*\*NOTE:** *Strava is a FREE App. If prompted to select 'Free Trial' please EXIT away from this request and continue to set up your account for FREE. Again, do not use 'Free Trial'.*

**Step 2b** – If you already have an account with Strava, please proceed to Step 3.

**Step 3** – Login in to your Participant Centre through [www.move4kids.com](http://www.move4kids.com)  
On the left side of your Participant Centre, you will see a "Fitness Goal" header or icon – click that to start integrating Strava into your personal or team fundraising page.

**Step 4** – Set up your Fitness Goal by clicking the orange "Connect to Strava " button.

**Step 5** – A pop-up window will show up. Please log in with your Strava account credentials or make your Strava account now if you did not do so in **Step 2a**. This includes an email, setting a username and password and verifying it's you!

**Step 6** – Once completed, you will see another pop-up window asking you to authorize Raisin to connect with your Strava account – click "yes" or "confirm" to authorize linking your accounts.

**Step 7** – You will be taken back to the Participant Centre upon completion.

**TIP:** *If you see an orange "Disconnect from Strava " button, that means you did it right and you are all set to start tracking your activity and movement as of November 9th!*

**Step 8** – Scroll down and set your fitness challenge goals. Please select a **time related goal** and pick **OCTOBER 1 as the start date and OCTOBER 14 as the end date; timeline to complete it by**. If you are a Team Captain, you can create goals for your entire team. And that's it! You did it!

## Can Strava Sync to My Fitness Device?

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 your Strava account.

## My Fitness Device is Not Compatible with 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 MOVE 4 Kids Event. Once you have set-up your Strava account and connected it to your Participant Centre on the MOVE 4 Kids event website, you can manually enter your activity minutes into Strava. [Here's how](#).

## How to Manually Add Activity Minutes to Strava

You may need to manually add your minutes of physical activity to Strava for any of the following reasons:

- Your fitness device is not compatible with Strava
- You don't have a fitness device
- Your activity isn't on the list of activities in Strava
- You aren't able to change the activity you have selected in Strava

It is simple to manually add your minutes of activity to Strava. [Follow the instructions here based on the device you are using.](#)