

How to Register for the Community Better Challenge

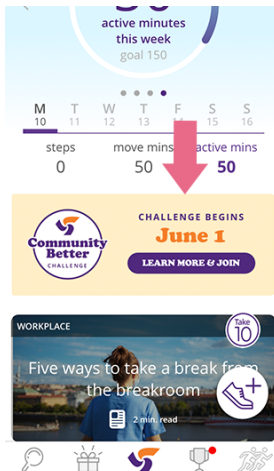
There are 2 ways to register and join the challenge - through the app or on the website! If you use your computer, come back on June 1 to begin logging minutes. If using the app, you can download it now and start tracking your movement minutes today and they'll automatically count toward the competition between June 1-30.

ParticipACTION App

1. Download or update the latest version of the app



2. Look for the Community Better Challenge at the bottom of your tracking screen and click "Join the challenge"



3. That's it! Now you can start tracking minutes and stay up to date on where our Kamloops ranks.

You can also sync your fitness tracker!

Whether you have a wearable device or a fitness tracker in your phone, sync your fitness tracker to automatically see your minutes accumulate.

IMPORTANT: Open your app daily to make sure your minutes count!

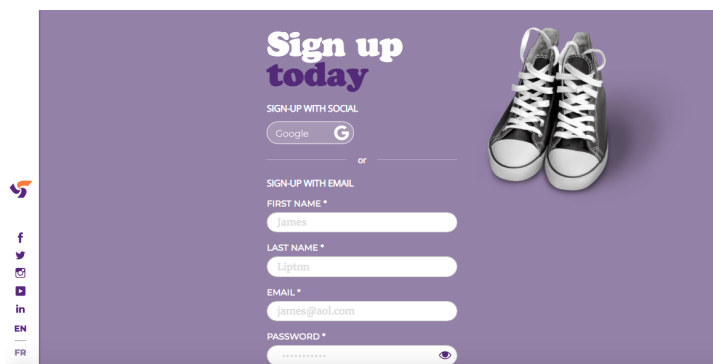
Check out his video on how to get your tracker set up: <https://youtu.be/vyGauz4ECP8>

ParticipACTION Website (For Group or Organization)

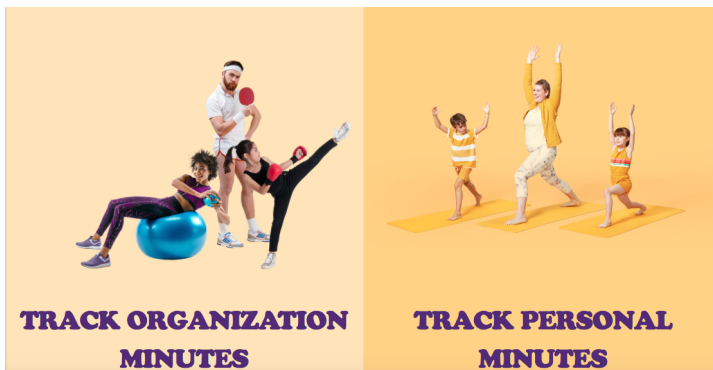
1. Visit: <https://www.participaction.com/en-ca/programs/community-challenge>



2. Click “SIGN UP NOW” → You’ll enter your personal email or your organization’s email depending on who you’re registering.



3. Next you’ll choose to track your movement individually or as a team.



4. You’ll be asked to complete a profile - If you’re tracking a team, organization or workplace, one person from your team needs to “register your organization” by completing a profile.

Welcome!

Complete your organization profile to start tracking your activity.

Community Member

Organization Profile

Organization Name

Address

Phone

Email

Website

Logo

Privacy Policy

Terms of Service

Community Member

- Now you are ready to track your minutes. Find the 'Track Activity' button on the bottom of the screen. Your dashboard will include all your activity to date, even if you've been tracking through the App.

TRACK ACTIVITY

Looking to see how your community is doing?

Download the ParticipACTION App to see how your community stacks up against the rest of Canada!

Remember, all activity must be tracked by June 30th at 11:59PM PST

Download on the App Store

GET IT ON Google Play

Funded by the Government of Canada

Canada

Saputo

Hi Jodi

My Activity

Total Community Challenge Minutes **2417**

DATE	PARTICIPANTS	MINUTES	TOTAL MINUTES
June 01, 2020	Jodi Lebourdais	65	65
June 02, 2020	Jodi Lebourdais	95	95
June 03, 2020	Jodi Lebourdais	54	54
June 04, 2020	Jodi Lebourdais	131	131
June 05, 2020	Jodi Lebourdais	89	89
June 06, 2020	Jodi Lebourdais	235	235
June 07, 2020	Jodi Lebourdais	133	133

- Fill out the Activity form and press submit. Forgot a day? No problem! You can go back any date between June 1-30 and submit your minutes.

My Minute Tracking

* Required fields

WHAT ACTIVITY DID YOU DO? *

Running

Walking

Cycling

Swimming

Sport

Strength Training

Group Exercise

Housework

Other

WHEN WERE YOU PHYSICALLY ACTIVE? *

MM/DD/YYYY

Date must be within June 1st and June 30th

HOW MANY MINUTES WERE YOU PHYSICALLY ACTIVE? *

CANCEL SUBMIT