

# Mission in Motion

## ParticipACTION Community Better Challenge

May 31 – June 16

Parents! Please register your family on the ParticipACTION Website!

Help us win the title of “Most Active Community in Canada” and **\$150,000** for physical activity initiatives!

- The more organizations, individuals and families that register in our community, the better our chances of winning the National or Regional prizes.

### How Do I Track Active Minutes?

- **The App:** By downloading the ParticipACTION app you can track your personal minutes.
- **The Website:** In order to track your child’s active minutes you must register your family on the ParticipACTION website. You can also track your own minutes on the website too-just don’t double dip!
- Enter all your active minutes during the Community Challenge from **May 31<sup>st</sup> to June 16<sup>th</sup>**.

### How Do I Sign Up My Family?

1. Go to the ParticipACTION Community Better Challenge Website  
<https://community.participaction.com/>
2. Click Sign Up Now

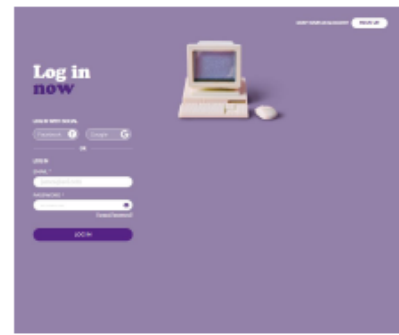




**Sign-Up**



**Confirm**



**Log-in**

**3. Click Track Personal Minutes**



**4. Complete your profile**

**5. May 31<sup>st</sup> is the first day to start tracking activities**