

MOVEMENT TRACKER

presented by Orchid Medical Clinic

How to log activities to your Movement Tracker so you can share how you're moving this month with your supporters.

WORKOUT TO CONQUER CANCER
PRESENTED BY Scotiabank

MOVEMENT MINUTES
Presented by Orchid Medical Clinic
30
minutes tracked

WELCOME TO MY PERSONAL PAGE
HELD BY [Name]
\$0 Raised \$250
SHARE DONATE

MOVEMENT TRACKING PRESENTED BY Orchid Medical Clinic

Walk with Fido
30 minutes
Walk | May 01, 2023

STEP 1

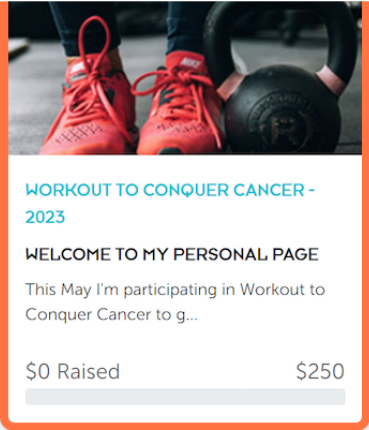
[Go to workouttoconquercancer.ca](http://workouttoconquercancer.ca)

STEP 2

Enter your credentials to log in

STEP 3

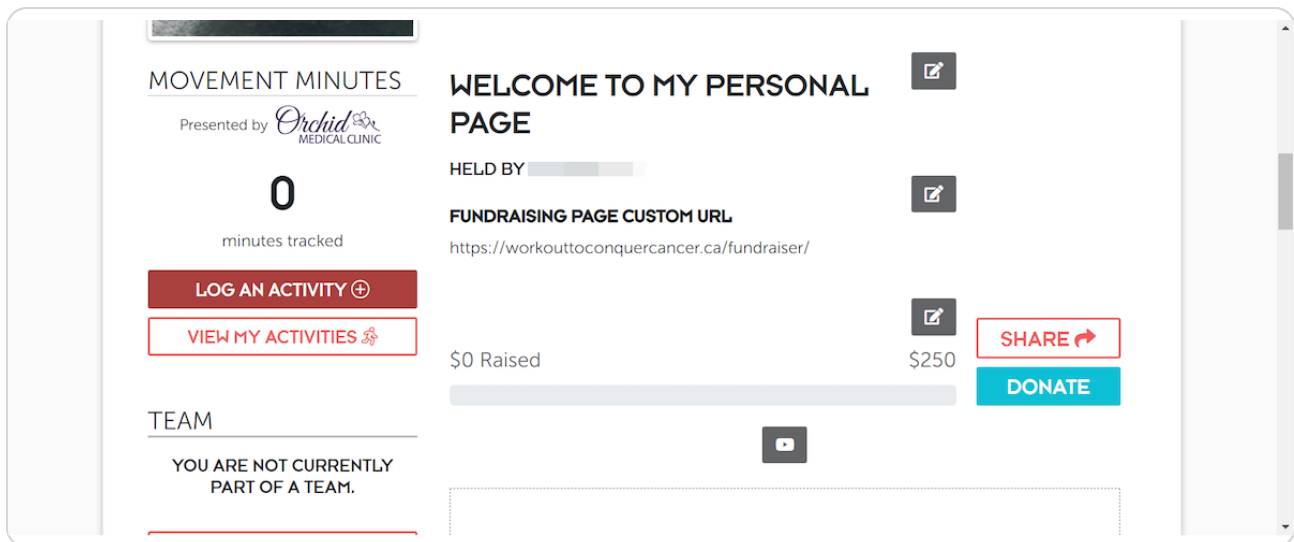
Select your Personal Page



The screenshot shows a personal page for the 'Workout to Conquer Cancer - 2023' event. At the top, there is a header image featuring a pair of red sneakers and a black kettlebell. Below the image, the text reads: 'WORKOUT TO CONQUER CANCER - 2023', 'WELCOME TO MY PERSONAL PAGE', and 'This May I'm participating in Workout to Conquer Cancer to g...'. At the bottom of the page, there is a fundraising progress bar showing '\$0 Raised' on the left and '\$250' on the right, with a grey bar indicating the progress.

STEP 4

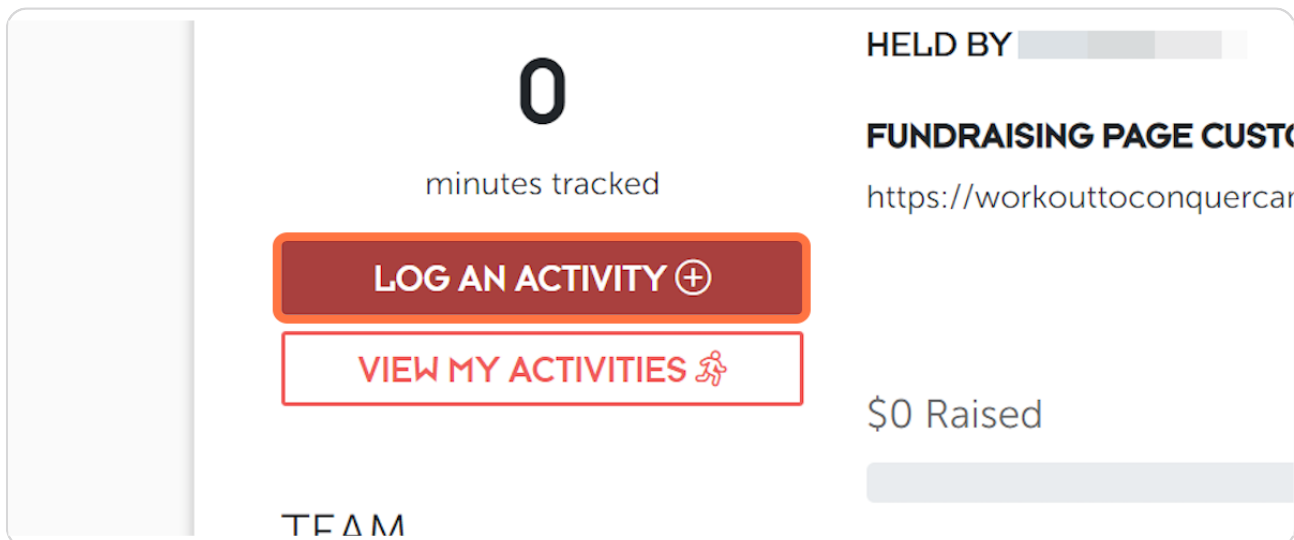
Scroll down to the Movement Minutes widget on your page



The screenshot shows a fundraising page with a 'MOVEMENT MINUTES' widget on the left. The widget displays '0 minutes tracked' and two buttons: 'LOG AN ACTIVITY +' and 'VIEW MY ACTIVITIES'. Below this is a 'TEAM' section with the text 'YOU ARE NOT CURRENTLY PART OF A TEAM.'. To the right, the page title is 'WELCOME TO MY PERSONAL PAGE'. Below the title, it says 'HELD BY' followed by a greyed-out name. The 'FUNDRAISING PAGE CUSTOM URL' is 'https://workouttoconquercancer.ca/fundraiser/'. The amount raised is '\$0 Raised' with a progress bar. A 'DONATE' button is visible, and a 'SHARE' button is highlighted with a red box. There are also several edit icons (pencil in a square) next to the title, held by name, URL, and amount raised.

STEP 5

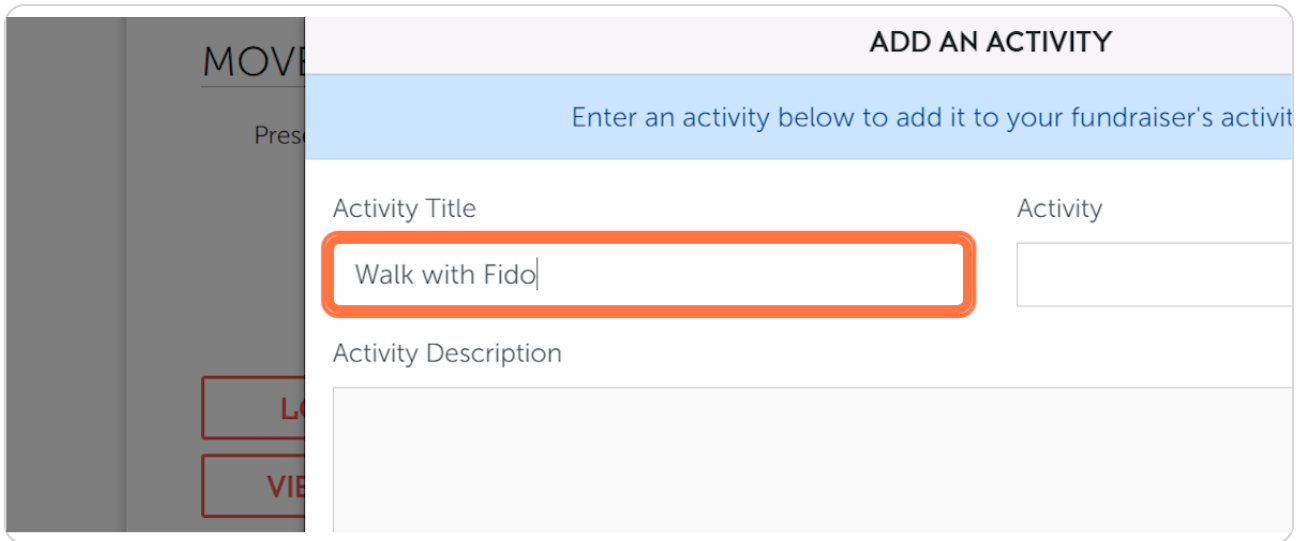
Click on LOG AN ACTIVITY



This screenshot is a closer view of the 'MOVEMENT MINUTES' widget. The 'LOG AN ACTIVITY +' button is highlighted with a red border. The 'VIEW MY ACTIVITIES' button is also visible. The 'TEAM' section is partially visible at the bottom. To the right, the 'HELD BY' name is greyed out, the 'FUNDRAISING PAGE CUSTOM URL' is 'https://workouttoconquercancer.ca/fundraiser/', and the amount raised is '\$0 Raised' with a progress bar.

STEP 6

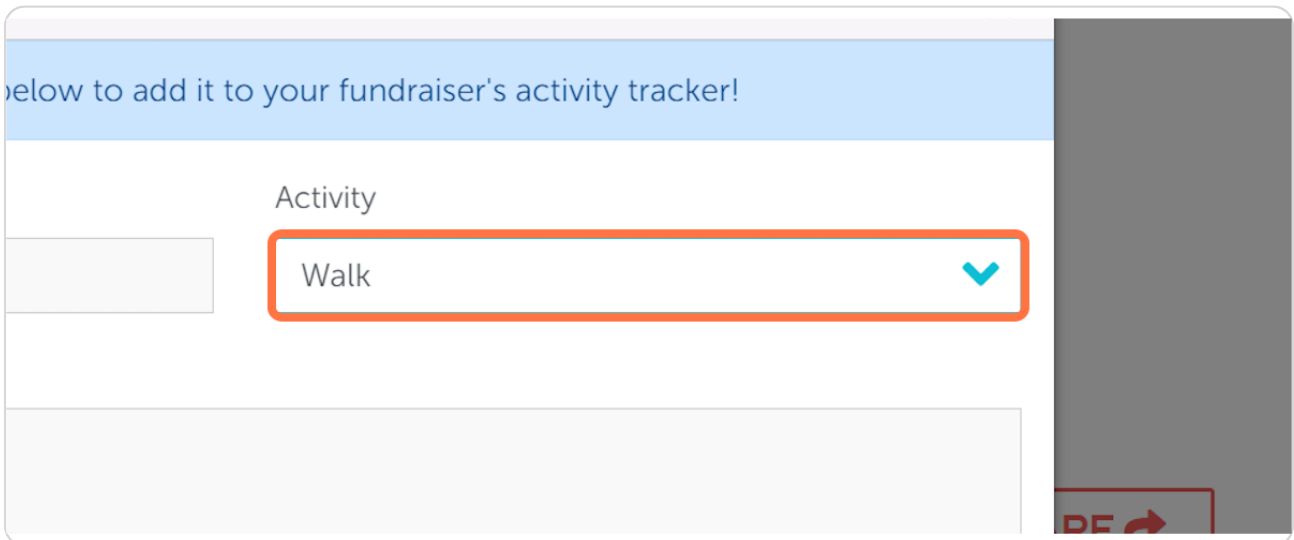
Enter a title for your activity



The screenshot shows a form titled "ADD AN ACTIVITY". Below the title is a blue instruction bar: "Enter an activity below to add it to your fundraiser's activity tracker!". The form has three main sections: "Activity Title", "Activity", and "Activity Description". The "Activity Title" field contains the text "Walk with Fido" and is highlighted with an orange border. The "Activity" field is empty. The "Activity Description" field is a large empty text area. On the left side of the form, there is a grey sidebar with the word "MOVE" at the top and two buttons labeled "L" and "V".

STEP 7

Choose an activity from the drop-down menu



The screenshot shows the same form as in Step 6, but with the "Activity" field selected. The "Activity" field is a drop-down menu with "Walk" selected, indicated by a teal checkmark icon on the right side of the menu. The "Activity Title" field is now empty. The "Activity Description" field remains empty. The grey sidebar on the left is partially visible, showing the word "MOVE" and a button labeled "DE" with a right-pointing arrow.

STEP 8

Enter a description for your activity

Enter an activity below to add it to your fundraiser's activity tracker!

Activity Title:

Activity:

Activity Description:

Activity Date:

Activity Duration (Minutes):

STEP 9

Click on the Activity Date field and select the date of your activity from the calendar

Enter an activity below to add it to your fundraiser's activity tracker!

Activity Title:

Activity:

Activity Description:

Activity Date:

Activity Duration (Minutes):

Calendar: May 23

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4	5	6
7	8	9	10	11	12	13

Time: 07 : 48 PM

STEP 10

Enter the time your activity took place

Activity Duration (Minutes)

48 PM

May 23

Wed	Thu	Fri	Sat	07	:	48	PM
3	4	5	6	↓		↓	
10	11	12	13				

STEP 11

Click outside of the calendar to close it

Enter an activity below to add it to your fundraiser's activity tracker:

Activity Title: Walk with Fido

Activity: Walk

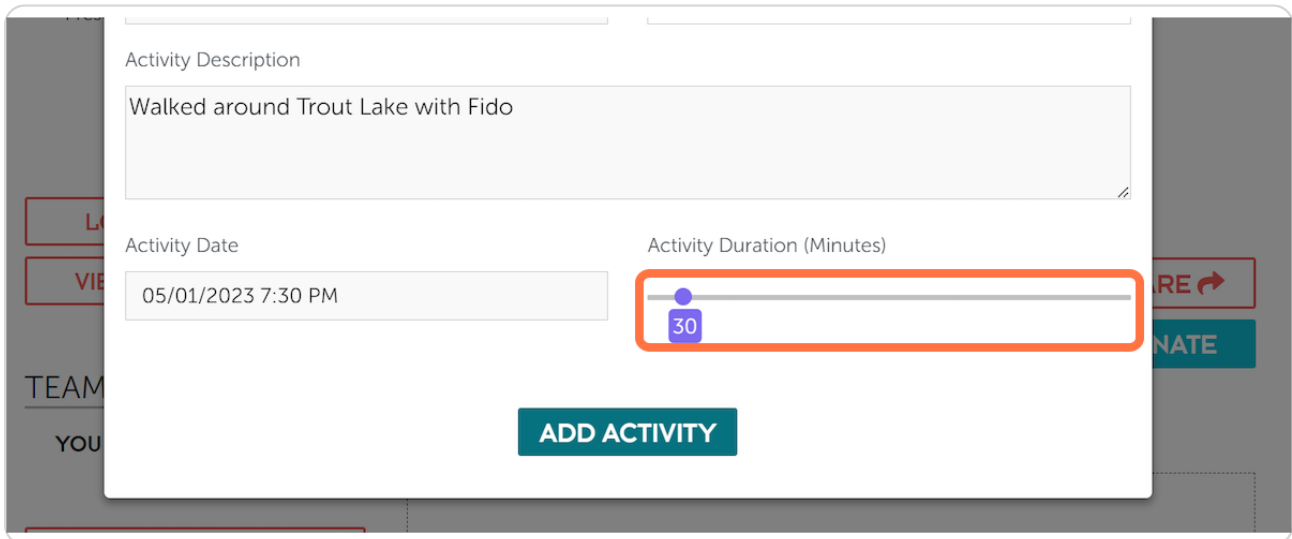
Activity Description: Walked around Trout Lake with Fido

Activity Date: 05/01/2023 7:30 PM

Activity Duration (Minutes): 30 PM

STEP 12

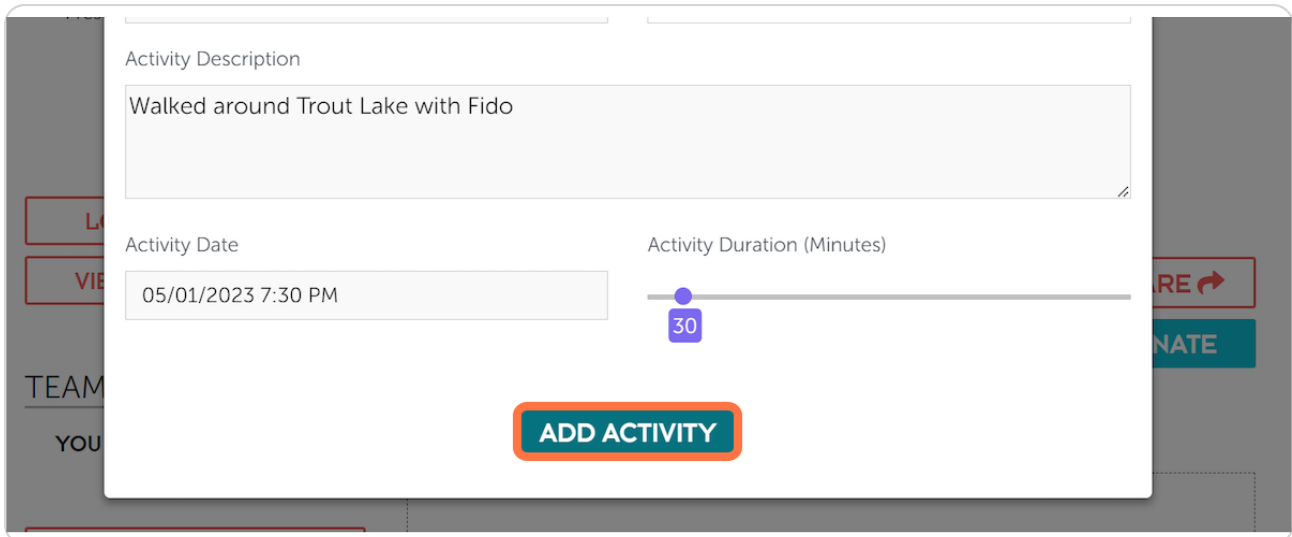
Drag the Activity Duration slider to select the duration of your activity in minutes



The screenshot shows a form for adding an activity. The 'Activity Description' field contains the text 'Walked around Trout Lake with Fido'. The 'Activity Date' field shows '05/01/2023 7:30 PM'. The 'Activity Duration (Minutes)' field is a slider set to 30 minutes, with the number '30' displayed in a purple box below the slider. An orange rectangular box highlights the slider and its value. At the bottom center of the form is a teal button labeled 'ADD ACTIVITY'.

STEP 13

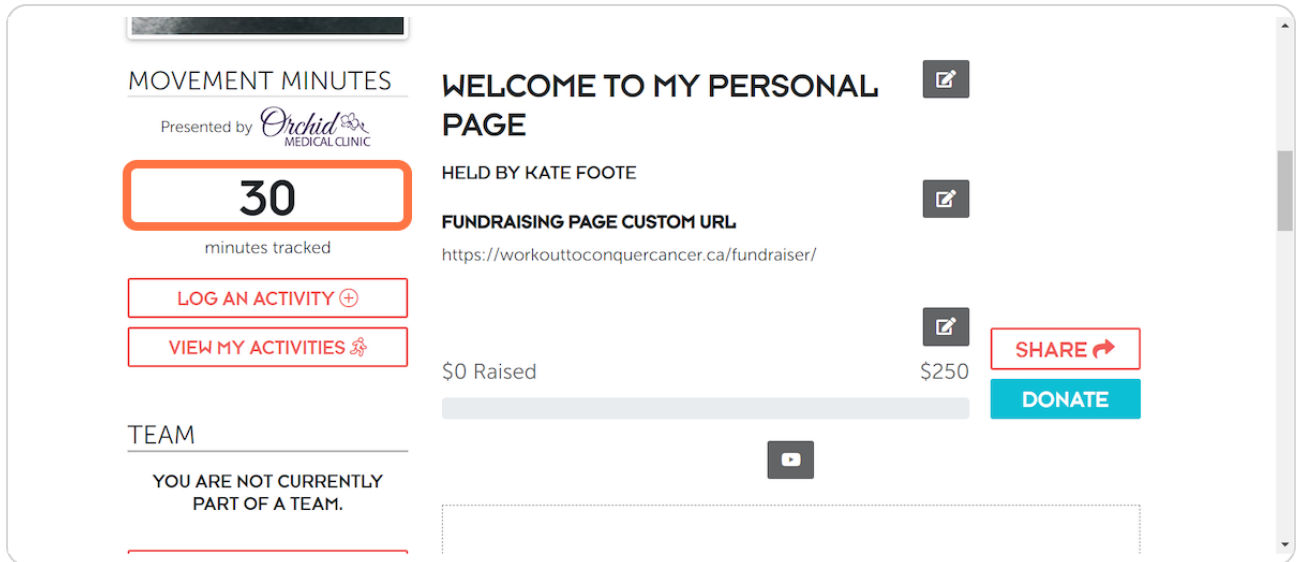
Click on ADD ACTIVITY



This screenshot is identical to the previous one, showing the activity form with the description 'Walked around Trout Lake with Fido', the date '05/01/2023 7:30 PM', and the duration slider set to 30 minutes. In this step, an orange rectangular box highlights the teal 'ADD ACTIVITY' button at the bottom center of the form.

STEP 14

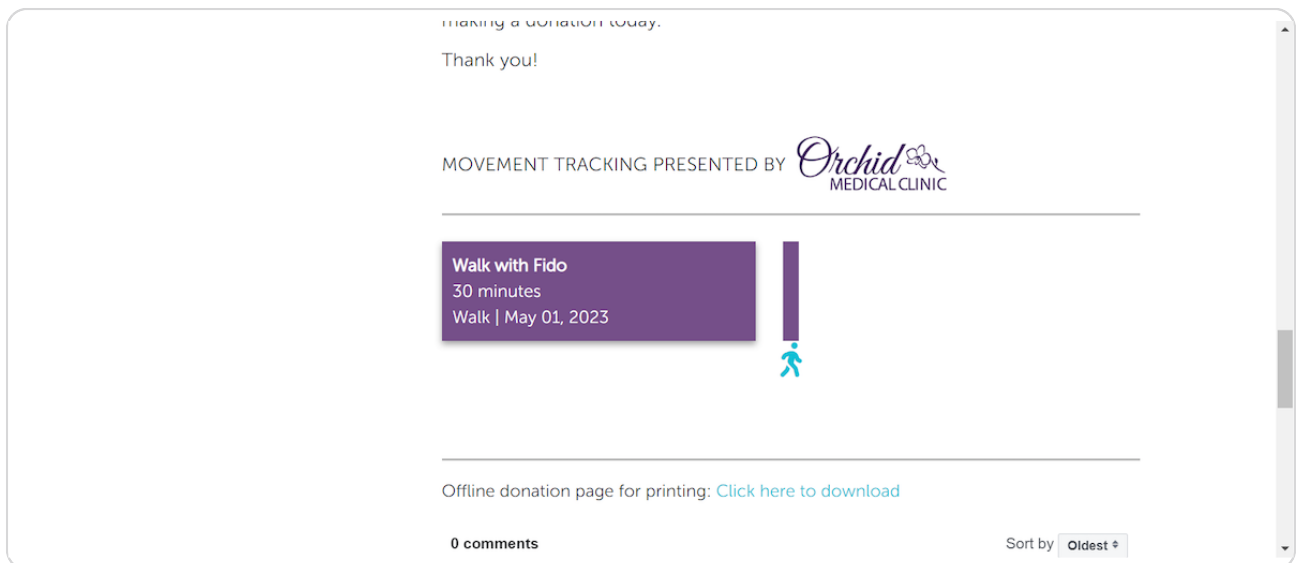
The minutes you've logged will now appear in your Movement Minutes



The screenshot displays a fundraising page interface. On the left, under the heading "MOVEMENT MINUTES" (presented by Orchid Medical Clinic), a large orange-bordered box shows "30 minutes tracked". Below this are two buttons: "LOG AN ACTIVITY +" and "VIEW MY ACTIVITIES". Under the "TEAM" section, it states "YOU ARE NOT CURRENTLY PART OF A TEAM.". The main content area is titled "WELCOME TO MY PERSONAL PAGE" and includes "HELD BY KATE FOOTE" and a "FUNDRAISING PAGE CUSTOM URL" (https://workouttoconquercancer.ca/fundraiser/). A progress bar shows "\$0 Raised" of a "\$250" goal, with a "DONATE" button. A "SHARE" button is also present. A video player is visible below the progress bar.

STEP 15

Your activity will also appear in the timeline feature at the bottom of the page



The screenshot shows a timeline section on a fundraising page. At the top, it says "making a donation today. Thank you!". Below this is the heading "MOVEMENT TRACKING PRESENTED BY Orchid Medical Clinic". A purple activity card is displayed with the text "Walk with Fido", "30 minutes", and "Walk | May 01, 2023", accompanied by a walking person icon. Below the card, it says "Offline donation page for printing: [Click here to download](#)". At the bottom, it shows "0 comments" and a "Sort by Oldest" dropdown menu.

STEP 16

To edit an activity, click on **VIEW MY ACTIVITIES**

The screenshot shows a fundraising profile interface. At the top left, there is a logo consisting of two curved lines. Below it, the text "minutes tracked" is visible. To the right, the heading "FUNDRAISING PAGE CUSTOM URL" is followed by the URL "https://workouttoconquercancer.ca/f". Two buttons are prominently displayed: a white button with a red border labeled "LOG AN ACTIVITY +" and a dark red button with a white border labeled "VIEW MY ACTIVITIES" with a person walking icon. Below these buttons, the text "TEAM" is underlined, and underneath that, it says "YOU ARE NOT CURRENTLY PART". On the right side, there is a section for "\$0 Raised" with a grey progress bar below it.

STEP 17

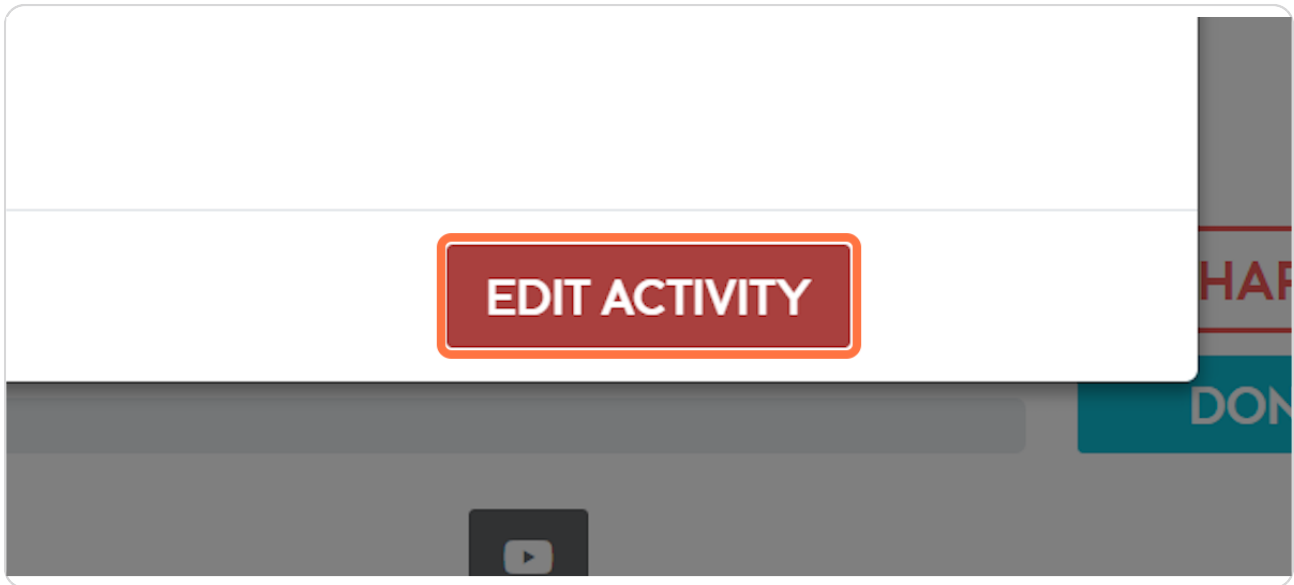
Select the activity you would like to edit from your Activity List

The screenshot shows a modal window titled "MY ACTIVITY LIST" with a close button (X) in the top right corner. The modal contains a table with one row of activity data. The table has four columns: an icon of a person walking, the activity name "Walk", the description "Walk with Fido", and the date "5/2/2023". The entire row is highlighted in light blue. In the background, parts of the fundraising profile page are visible, including the "LOG AN ACTIVITY" and "VIEW MY ACTIVITIES" buttons, and the "TEAM" section. On the right side of the background page, there are buttons for "SHARE" and "DONATE".

Icon	Activity Name	Description	Date
	Walk	Walk with Fido	5/2/2023

STEP 18

To edit, click on EDIT ACTIVITY



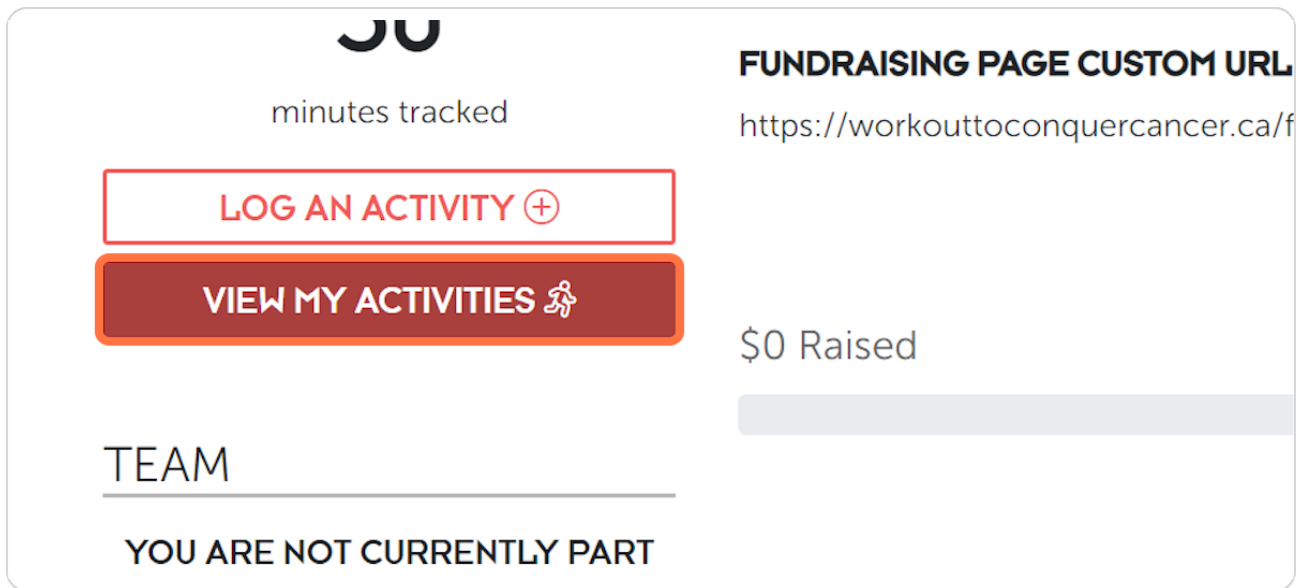
STEP 19

Make any changes needed to the activity, and then click on UPDATE ACTIVITY to save your updates

A screenshot of an activity editing form. The form has a white background and is set against a dark grey sidebar on the left and a teal sidebar on the right. The sidebar on the left contains the text "MOVEME", "Presente", "mi", "LOG", "VIEW", "TEAM", and "YOU ARE N". The sidebar on the right contains "SHARE" with a red arrow icon and "DONATE" in teal. The form fields are: "Activity Title" with the text "Walk with Fido"; "Activity" with a dropdown menu showing "Walk" and a blue checkmark; "Activity Description" with the text "Walked around Trout Lake"; "Activity Date" with the text "05/02/2023 07:30 AM"; and "Activity Duration (Minutes)" with a slider set to "30". At the bottom, a purple button with the text "UPDATE ACTIVITY" in white is highlighted with a red border.

STEP 20

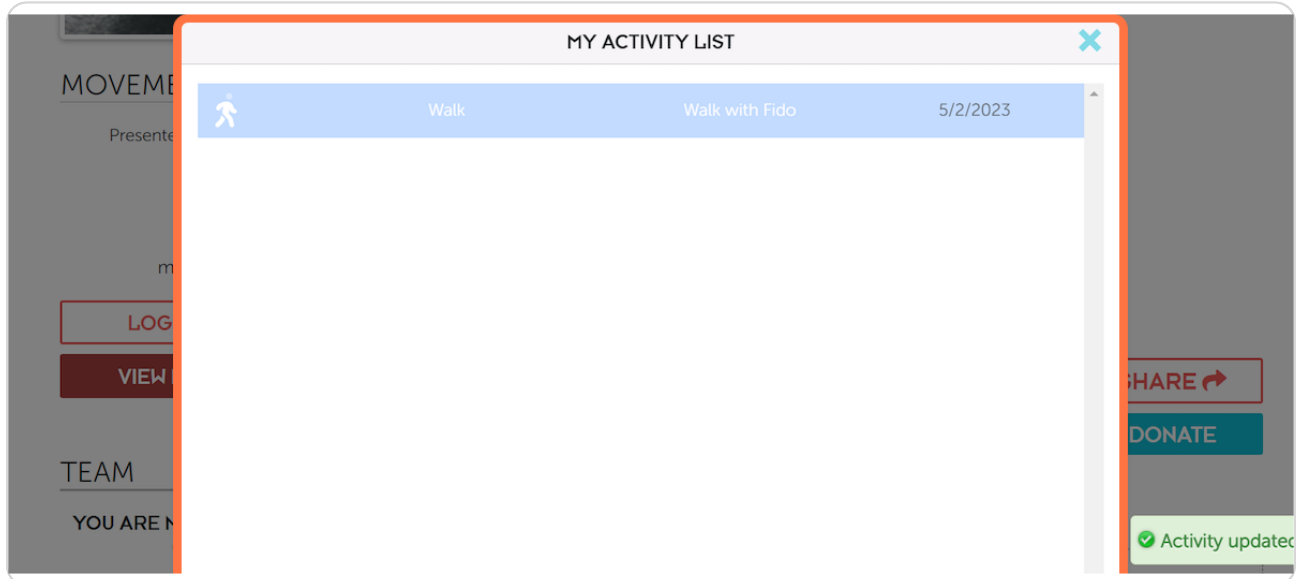
To delete an activity, click on **VIEW MY ACTIVITIES**



The screenshot shows a fundraising page interface. At the top left, there is a logo consisting of two curved lines. Below it, the text "minutes tracked" is visible. To the right, the heading "FUNDRAISING PAGE CUSTOM URL" is followed by the URL "https://workouttoconquercancer.ca/f". Two buttons are prominently displayed: a white button with a red border labeled "LOG AN ACTIVITY +" and a dark red button with a white border labeled "VIEW MY ACTIVITIES" with a person walking icon. Below these buttons, the text "TEAM" is underlined, and "YOU ARE NOT CURRENTLY PART" is written below it. On the right side, "\$0 Raised" is displayed above a grey progress bar.

STEP 21

Select the activity you would like to delete from your Activity List



The screenshot shows a modal window titled "MY ACTIVITY LIST" with a close button (X) in the top right corner. The modal contains a table with one row of activity data:

Activity Type	Activity Name	Date
Walk	Walk with Fido	5/2/2023

The first row is highlighted in light blue. In the background, parts of the fundraising page are visible, including "MOVEMENT", "Presente", "LOG", "VIEW", "TEAM", and "YOU ARE N". On the right side of the background, there are buttons for "SHARE" and "DONATE", and a green notification at the bottom right that says "Activity updated".

STEP 22

Click on **DELETE ACTIVITY**

