

The ParticipACTION Community Challenge

Guide for Individuals and families to Register and Track Activity

Canada 

Saputo



Sun Life


PARTICIPACTION

Challenge Fundamentals



What is the challenge?

The ParticipACTION Community Challenge is a national physical activity and sport initiative that encourages everyone in Canada to get active throughout June.

The Community Challenge is open to all **individuals and organizations**. All minutes tracked on the free ParticipACTION app and website from June 1 – 30 count toward a community's total score. After June 30, **finalist communities** will be invited to submit an application explaining why they deserve to be Canada's Most Active Community.



How it Works

- Individuals track activity on the ParticipACTION App
- Organizations track group activity on the ParticipACTION website
- All minutes are connected to municipalities based on their postal code
- 50 finalists are eligible to be Canada's Most Active Community



Step-by-Step Tracking Instructions



Community Challenge

Together we move

June 1- 30, 2023

Join the challenge and help your community get crowned Canada's Most Active. Track your minutes as an:

Individual

Organization

Proudly supported by:

Canada  

Step 1: Go to the Community Challenge Webpage

The link is:

<https://www.participaction.com/programs/community-challenge/>

If you would like to track your personal activity in the app, click on the **INDIVIDUAL** button which will direct you to download the app.

If you would like to track your activity or the activity of your family members on the website, please click on the **ORGANIZATION** button

This will take you to the web sign-up page

Sign up today



SIGN UP WITH EMAIL

FIRST NAME *

James

EMAIL *

james@aol.com

PASSWORD *

.....

CONFIRM PASSWORD *

.....

PASSWORD MUST CONSIST OF:

- One lowercase character
- One uppercase character
- One number
- One special character
- 8 characters minimum

Submit

Already have an account? [Login](#)

Step 2: Create an Account

Fill out the first name, email, password and confirm password fields

****Note****

The password must include: a lowercase letter, uppercase letter, number, special character and be 8 characters minimum

You may be prompted that your email is already registered – if so, click 'Login' at the bottom of the screen

**You're
almost
done!**



A verification email has been sent to kzolotar+1@participaction.com. Follow the instructions in the email to finish creating your account.

Continue

Step 3: Verify your email

**Go to your email and
verify your account**

****Note****

**The email will come from
No-
reply@participaction.co
m**

Log in now



EMAIL *

james@aol.com



PASSWORD *



[Forgot password](#)

Log In

Sign Up

Step 4: Log in

Log-in using your email and password you created.

****Note****

If you use the ParticipACTION App with the same email, you will need to use the same password

You can also use the forgot password feature



Track Organization Minutes

Track for an organization, workplace, school, sport team or other community group.

Get Started



Track Personal Minutes

Track for you and your family.

Get Started

Step 5: Select who you are tracking for

Click 'Get Started' under the 'Track Personal Minutes' title on the right

Welcome!

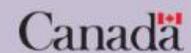
Complete your personal profile to start tracking your activity.

[Complete Profile](#)



**Step 6:
Complete
your
Profile**

**Click
complete
profile**



Personal Profile

* All fields are required

FIRST NAME *

Ken

EMAIL ADDRESS

kzolotar+1@participaction.com

POSTAL CODE *

X1X1X1

WHAT IS YOUR GENDER? *

Select

AGE *

Enter your age here

ACTIVITY LEVEL *

0

Minutes per week

WILL YOU BE TRACKING FOR ANY FAMILY MEMBERS? *

Yes

No

Family Members

NICKNAME *

GENDER

Select

AGE

Next Family Member

DO YOU CONSENT TO PARTICIPACTION SENDING YOU ADDITIONAL INFORMATION ABOUT OTHER PARTICIPATION INITIATIVES? *

Yes

No

Save

Step 7: Fill out your Personal Profile

You can add multiple family members

Click Save

**You haven't tracked minutes yet.
Let's get started!**

Track Activity

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Step 8: Track Activity

Click Track Activity

My Minute Tracking

* All fields are required

WHAT ACTIVITY DID YOU DO? *

 Running

WHEN DID YOU COMPLETE THIS ACTIVITY? * 

MM/DD/YYYY 

HOW MANY MINUTES OF MOVEMENT DID YOU DO? * 

Report minutes for family members

 MZ

NUMBER OF MINUTES TRACKED

Cancel

Save

Step 9: Track your activity

You will be asked to provide:

- Type of activity
- Date
- Minutes
- Family Member Activity

****NOTE**** If you are tracking for just your family member(s) you must still enter 1 minute for yourself

Click Save

Thank you! Your minutes have been tracked. ✓

Hi Ken 

LOG OUT

PERSONAL PROFILE

My Activity

Total Community Challenge Active Minutes **50**

ACTIVITY TYPE	DATE	PARTICIPANTS	MINUTES	TOTAL MINUTES	
Active Work	May 15, 2023	Ken MZ	0 10	10	
----	May 16, 2023	Ken MZ	20 20	40	

Track Activity

Don't forget to come back when you have additional activities to track! Remember, all activity must be tracked by June 30 at 11:59 p.m. PST

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



Step 10: See your Dashboard

****NOTE****

You can:

- Track more activity
- Log out or go to your personal profile
- Toggle to your organization profile

Tracking Deadline

July 1

12:00 AM PST