



**DETERMINATION.**  
IT'S IN MY GENES.



It's time to start getting ready for the ASF Walk Virtual Challenge!

### **STEP 1 - Connect to the app!**

From your phone, login to your ASF Walk fundraising page.  
You can [go to the search page](#) and click Login from the menu.

If you forgot, or don't know your password, click *Forgot username or password* to reset.

Once you are logged in, scroll down and **click Connect** on the *Join the virtual challenge* window.



If you are on your phone, you'll be prompted to download the free MoveSpring app. *If you are on your computer, you can create your account and simply download the app to your phone later and sign in with the account you created.*

### **STEP 2 - Create a MoveSpring account and configure your activity tracker**

Follow the prompts to create your MoveSpring account and configure your activity tracker. MoveSpring integrates with the leading providers.

If you don't use a wearable tracker, you can integrate with AppleHealth or Android users can download the GoogleFit app.



*This integration will make it easy to track your progress through the 10K challenge and displays your activity in your ASF Walk fundraising pages. Your friends and teammates will be able to see your progress in the app and on ASF Walk fundraising pages.*

### **STEP 3 - Gear up for the Challenge & Connect to Friends**

Click **View challenge details** to find other participants. Select the Participants tab and you can connect to friends and teammates so you can chat and encourage each other during the challenge.

**On Saturday, September 5, the 10K challenge will go live** and as you walk/run throughout the day, you will move through the virtual challenge map. During this time, check the Activity tracker on your team page to see everyone's progress.

**TIP:** During the challenge, send your fundraising page to potential sponsors, so they can see and be inspired by your DETERMINATION!

You will have until Saturday, September 12 to complete the challenge.

Get ready to show your DETERMINATION!