



# CYCLE2ZERO TRACK YOUR ACTIVITY



[Sign up to Strava and join the mothers2mothers' club](#) so that you can take part in our training challenges and build up to the big weekend. Plus, we'll be keeping an eye on the club's leader board to see who has pedalled the furthest! It's also a great way to create some competition if you're taking part as a team and help boost your fundraising.

Click [here](#) to set up a JustGiving page, and [here](#) if you are based in the U.S. You can link your [Strava](#) to your fundraising page. Follow these simple steps:

1. [Sign up to Strava here](#) & join the mothers2mothers Strava club
2. Go to your JustGiving page and click on 'Connect Strava'
3. Give permission for mothers2mothers to access your Strava account
4. Select the type of activity you would like to track
5. Save your settings and your miles will automatically begin appearing on your JustGiving page

## How to set up Stava

1. If you are using a PC or Laptop go to <https://www.strava.com/register/> and if you're on your phone go to your App Store and download Strava. You'll be prompted to either sign up with Facebook or Google or manually with your email address.
2. After filling out the form and clicking "Sign Up", you may be prompted at some point to check your email and verify your account. Look for the email from Strava to confirm your account. Make sure to check your Spam folder. Click "Confirm Email Address", this will confirm your email and send you back to Strava to continue your setup process.
3. You can then start creating your profile.
4. You will be asked if you want to connect with contacts from your Facebook. If you do not want to connect then you can simply skip this step.
5. Next, you will be asked a series of questions about using your health data and if you're happy for Strava to send you emails with updates on how to tailor your Strava account. You can decline these prompts if you wish.
6. Next, you'll be asked if you would like to upgrade your account to a paid subscription. For the purpose of joining the mothers2mothers club, you do not need to pay for a subscription, so that is up to you.
7. You're now signed up! Select get started.
8. As you are new to Strava you'll be taken to the Dashboard which will list some steps for you to further tailor and utilise your Strava account to best suit you.

9. To add a photo and personalise your profile click on the person icon in the top right hand corner and select settings from the drop down menu. This will take you to the admin side of your profile where you can edit details and preferences.

### To join our club:

1. Hover over the **Explore** tab at the top of the page and select **Clubs** from the drop-down menu that appears.
2. On the next page, you can search for clubs by name, location, sport, and type of club. Our club is called **mothers2mothers-Cycle2Zero@home**, you need to select 'all' and then search.
3. Our club is a community of m2m supporters. Here you'll be able to track your training and see how you compare to other club members by checking out our leader board. You can invite your team members to join the club by sharing this link with them

<https://www.strava.com/clubs/mothers2mothers-cycle2zero-home-712042>

### Useful videos on how to use Strava

Click below to be taken to the video on youtube

