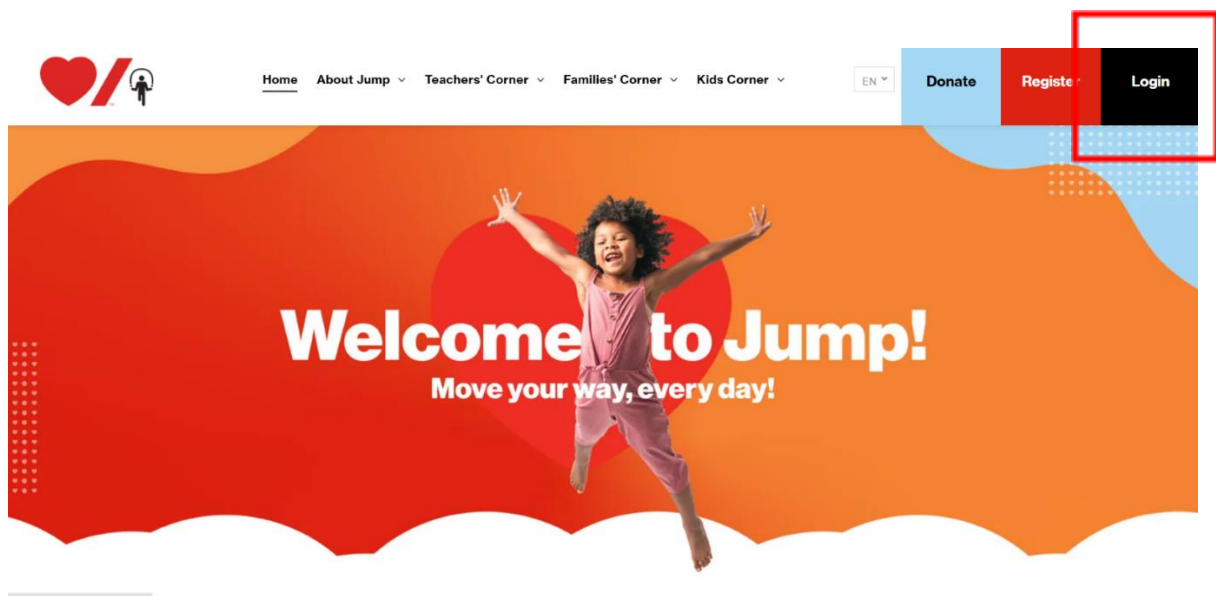


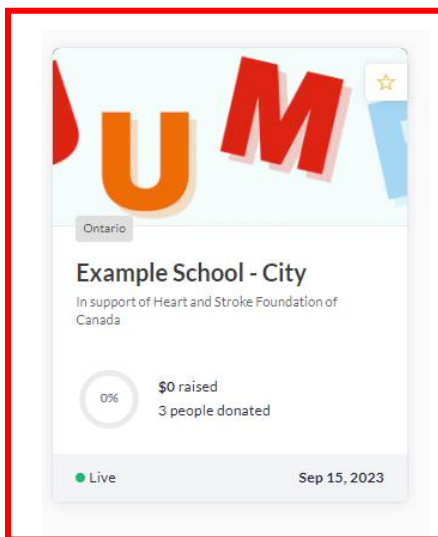
How to Track your EASY Healthy Habit Online

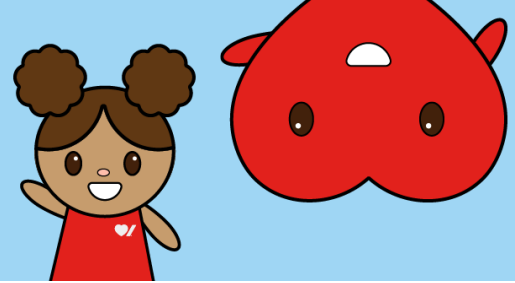
Choose an EASY Healthy Habit (or habits) and track how many days in a row you've practiced it. Your Healthy Habit "streak" will appear on your fundraising page so that family and friends can cheer you on! If you'd prefer not to track online, you can access our printable resource by [clicking here](#). Here's how to get started:

1. Go to www.jumpropeforheart.ca and click "Login".



2. Enter your email and password and click "Sign In" to be brought to your Participant Center. Once in your Participant Center, click your personal fundraising page tile.





- You are now on your Dashboard and one step closer to tracking your EASY Healthy Habit. Select the red **“Track Healthy Habit”** button under the **“Practice your EASY Healthy Habit”** section.

Dashboard

Page settings

Healthy Habit Tracker

Send Email

Report

Participant Center

HOME

TEACHERS' RESOURCES

FAMILIES' RESOURCES

HELP CENTER

PROFILE

EN

< Back to participant center

Welcome,

View Fundraising page

Share and get page link

My page

Live

Example Student Fundraising Page

In support of Heart and Stroke Foundation of Canada

Example School - City

Tips to improve your fundraising page

1 of 6 completed

Create your personal fundraising page

If you haven't already, make a self-donation to kick-start your fundraising.

WELL DONE!

Add a custom image

Change your display image to personalize your fundraising page.

Add now

Add a personal message

Edit your fundraising page story to tell your supporters why you are participating in Jump.

Add now

Practice your EASY Healthy Habits!

Practice your Easy Healthy Habit in 2 years

Days streak

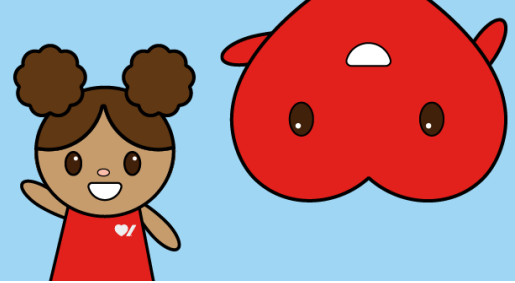
0

Total Days

0

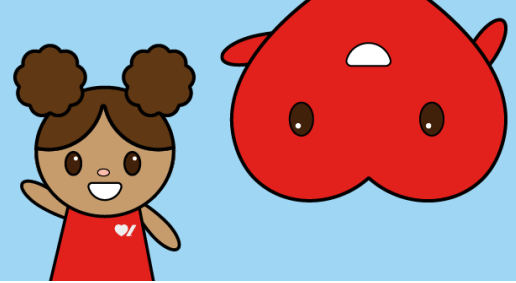
Track Healthy Habit

Badges



4. Once you click the “**Track Healthy Habit**” button, a pop-up will appear where you can select what habit you are tracking from the drop-down menu, add the date and add an optional comment such as “I played soccer for two hours at school today”. Save your streak and comment by clicking the red “**Track Healthy Habit**” button. **Note:** You can track multiple healthy habits you completed in the past all at once! Simply enter the habit and date one at a time. For example, if you ate fruits and vegetables on September 17 but forgot to track it, you can enter the habit and date and click “Track Healthy Habit”.

5. Your “**Days streak**” and “**Total days**” should now be counting your streak. This number will continue to increase as you track your EASY Healthy Habits! You will also start to earn badges depending on how many days you practice and track.



- Once you start tracking your Healthy Habit, your streak and badges will appear on your Fundraising Page for friends and family to see!

Fundraiser details

Example Student Fundraising Page

In support of Heart and Stroke Foundation of Canada

Register to participate

Donate

Raised

\$0

Goal \$500

Donors

0

Activity tracker

Practice your EASY Healthy Habits!

Practice your Easy Healthy Habit in 2 years

Days streak

1

Total Days

1

Track Healthy Habit

Manage Healthy Habit →

Badges

Healthy Habit Badges

You've tracked your first Healthy Habit!

Sep 19, 2023

You've tracked 3 days of your Healthy Habit!

of 3

Track 7 days of your Healthy Habit!

of 7

You've tracked 10 days of your Healthy Habit!

of 10

Fundraising Badges