

# MoveFTT - Frequently Asked Questions (FAQs)

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## **About MoveFTT**

This is a fundraiser, don't you WANT us to miss miles so you can earn more proceeds?

**Answer:** **Healthy heart supports a healthy brain.** Our 2022 goal is to get everyone moving and actively thinking about their brain health and their loved ones for 35 days.

**Every day you move at least one mile, you are contributing to that goal and to your own brain health.**

We hope you have fun, tell friends, repeat the challenge and keep moving!!! Check out our [ABOUT](#) page to find out more.

Where do the proceeds go?

**Answer:** Getting the word out about dementia and our *Care for the Caregivers Relief Program* to provide resources, respite and financial support for families today. Check out our [Caregivers Support](#) page for more information.

## **How MoveFTT Works**

Can I do more than a mile?

**Answer:** **Absolutely!!!** One mile is the minimum, however we encourage you to push yourself (within what is **safe** and **comfortable**).

What kind of activity count?

**Answer:** Walk, run, bike, swim, stand up paddleboard, treadmill run, etc. While outdoor activities are encouraged, we understand that is not always possible. Movement is the goal so as long as YOU are the motor for that mile, it counts.

Can I stack up multiple miles and have them count toward days I don't move?

**Answer:** **No.** The intent is to get us all moving *every day*.

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## **STRAVA/Recording Miles:**

### How do you know if I do the mile?

**Answer:** Strava - During registration, everyone in the competition will join the **Strava Club: MoveFTT** and name their activity with MFTT or MoveFTT in the title. The goal of the club is to track, add accountability and a bit of a community feel.

### How do I sign up for Strava:

Download the free version of the strava app to your phone and go to [www.strava.com/clubs/moveFTT](http://www.strava.com/clubs/moveFTT) to request to join or follow the instructions below to navigate through the app to the club.

**1. Download & Sign Up**

**2. Skip/Later the promo stuff\***

**3. Join MoveFTT Club!**

- (1) Click "Groups" at the bottom
- (2) Click "Clubs" at the top
- (3) Explore Clubs: MoveFTT Club

### Can I manually enter into strava if it messes up, doesn't record or I dont have my phone?

**Answer:** YES. Follow these directions to [manually enter your mile](#) or email us at [moveFTT@fortheirthoughts.org](mailto:moveFTT@fortheirthoughts.org) with your name, date of activity, and distance.

### Can I sync Strava to my watch/device:

**Answer:** YES. Follow the link to directions below based on your watch type

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## ➤ [Apple watch](#)

- Note: You can sync your watch but one has to open the watch app to record on the Strava app. So, the Apple Watch app won't auto record, only the Strava app on the watch.

## ➤ [Garmin](#) Directions

## ➤ [Other Devices](#)

### Strava doesn't show my distance for treadmills or stationary bikes:

**Answer:** Take a photo - we know showing the miles isn't always possible. Take a photo of the display on your machine if you can. Also - it's all about being active and this is supposed to be fun - If the workout was long enough to clearly be a mile, we're gonna count it!!

### I walked with a friend today, his Strava said 1.3 miles, mine said 0.90 miles. What do I do?

**Answer:** GPS apps are not perfect. There will be days that mileage will not be exactly what you did. Don't worry. If you did a mile, let us know and we'll make sure it counts.

Solutions:

1. You can have your [friend add you to their Strava activity](#)
2. Email us at [moveftt@fortheirthoughts.org](mailto:moveftt@fortheirthoughts.org) with your name, date of activity, distance and any other details needed.
3. Move til it hits a mile - you got extra exercise!

## **Sign Up Questions:**

### How much does it cost?

**Answer:** \$5 entry fee + \$1, \$2 or \$5 per day you do NOT complete one mile. (Whichever you choose to pledge)

For example, in the 35 days, if you miss 5 days, then the competition will cost you the \$5 entry fee + \$5 for missed miles\* = \$10 total.

### Does the Strava App cost anything?

**Answer: No.** While there is a paid version of the app, you only need the FREE version for MoveFTT.

### Where does the money go?

\*\$5 entry fee covers event costs. Missed miles or any additional donations go toward For Their Thoughts Foundation *Care For the Caregivers Relief Program* - bringing direct financial relief and resources for respite to families caring for loved ones with dementia.