



# FOR THEIR THOUGHTS

## FAQ's

### Sign Up Questions:

Who can join?

**Answer:** Anyone 18 or older. We plan to extend this to under 18 in the future.

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.

How much does it cost?

**Answer:** \$5 entry fee

+ \$1 per day you do NOT complete one mile. 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.

\*\$5 entry fee covers event costs. Missed miles or any additional donations go toward For Their Thoughts Foundation. See "About MoveFTT" below for more details.

### How MoveFTT works questions:

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**).

Do I have to *run*?

**Answer: No.** 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.

What if I want to pledge more than \$1 per day?

**Answer: For now, the limit is \$1/day.** We are looking into the logistics and support to allow Movers to increase their pledge. Other ways to increase your donation is to donate during registration or email FTTF and request for the \$35 deposit to be donated to FTTF. You can email us at [move@fortheirthoughts.org](mailto:move@fortheirthoughts.org).

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*. You earn a \$1 back for *every day* you move *at least* one mile.



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How do you know if I do the mile?

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

What if I forget to turn on Strava or Strava messes up?

**Answer:** Email us at [moveFTT@fortheirthoughts.org](mailto:moveFTT@fortheirthoughts.org) with your name, date of activity, and distance. This is a charity event, if you say you did your mile, we trust you did. Just contact us and we'll manually note it. If you want it to be shown on Strava, check out the Strava instructions on how to manually add workouts.

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 tag you in their run (see instructions at the bottom of the [moveFTT EVENT](#) page).
2. Email us at [moveftt@fortheirthoughts.org](mailto:moveftt@fortheirthoughts.org) with your name, date of activity, distance and any other details needed.

## **About MoveFTT Questions**

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 2020 goal is to figure out how to make this event a great experience for the participants. That way, in 2021 we can "*Move around the world (24,921 miles)* together to raise brain health and dementia awareness while providing direct relief and support to the husbands/wives/families providing 24/7 care to their loved ones TODAY with dementia.

**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:** 2020 and early 2021 – Getting For Their Thoughts Foundation stood up and full operating, getting the word out about dementia and standing up our relief program *Care for the Caregivers* to provide relief for families today so that next year we can focus our proceeds on the Care for the Caregivers Relief Program. Check out our [Caregivers Support](#) page for more information.