



Stride Through Summer

~ Step Challenge ~

From July 15th through August 16th, join Active Marion Project (AMP) for the Stride Through Summer Step Challenge!

Follow these steps to get started:

- Step 1:** Visit the Apple/Google Play store to download the Active Marion Project App. Android users may be prompted to download Google Fit before continuing the AMP download process. Be sure to "accept" notifications from the AMP app when prompted.
- Step 2:** Create your profile (name, email, DOB, etc.).
- Step 3:** Create your password.
- Step 4:** Choose your activity source. Android users can select either Fitbit (if applicable) or Google Fit to track their steps. iPhone users can select from either Fitbit (if applicable) or Apple Health to track their steps.
- Step 5:** Go to the "Groups" icon at the bottom of your screen. This looks like a silhouette of two people.
- Step 6:** Select "Join a Team."
- Step 7:** Enter your team name: *Peterson & Smith*
Enter name *exactly* as shown above.
- Step 8:** Press "Search or Enter" to search for your team.
- Step 9:** Select "Join Group" to send a request to your team Amplifier. Once accepted, your team name will show in the top left corner under the Groups icon.
- Step 10:** Get to steppin' and earn a Publix gift card between July 15th & August 16th!
Quarter Horse (Avg. 5,000 Steps/Day) - \$10 Gift Card
Thoroughbred (Avg. 7,500 Steps/Day) - \$15 Gift Card
Arabian (Avg. 10,000 Steps/Day) - \$20 Gift Card
(Each participant will only earn the prize associated with the highest tier averaged.)

For assistance and technical support, please email help@mchdt.org



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