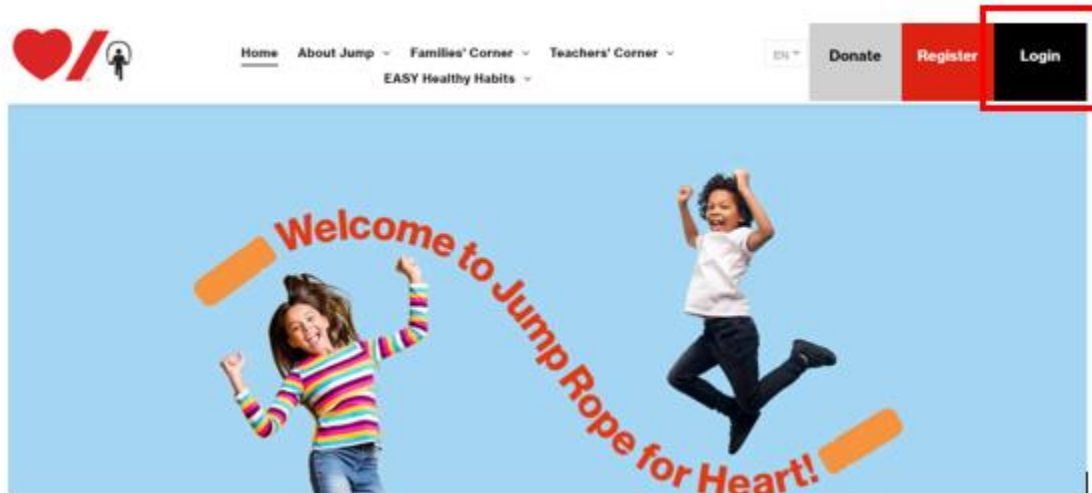


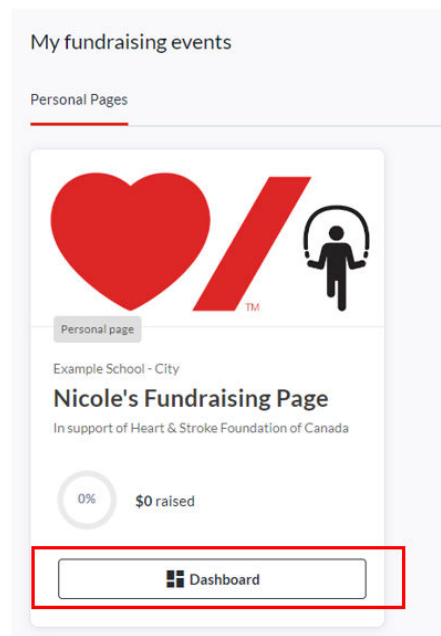
How to Track your EASY Healthy Habit

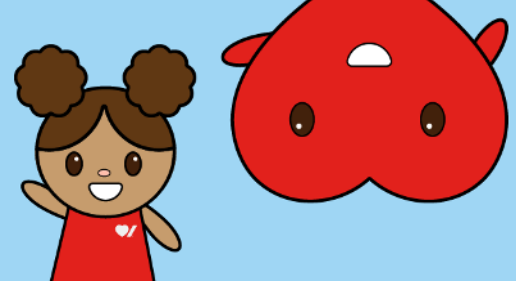
Choose an EASY Healthy Habit and track how many days in a row you've practiced it. Your Healthy Habit "streak" will appear on your fundraising page so that family and friends can cheer you on! Here's how to get started:

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, select the "Dashboard" button on your personal fundraising page.






3. You are now on your Dashboard and one step closer to tracking your EASY Healthy Habit. Select the red **“Start Tracking”** button under the **“Healthy Habit Tracker”** section.

< Back to participant center

Welcome, Nicole

[View page](#) [Share](#)

My page



Nicole's Fundraising Page
In support of Heart & Stroke Foundation of Canada
Example School - City

Tips to optimize your fundraising page

1 of 6 completed

- Add a custom image**
Customize the image displayed on your personal fundraising page
[Add now](#)
- Add a personal message**
Customize the description of your page that will appear to your supporters
[Add now](#)
- Earn a badge**
Donate to your own page and receive a badge that will display publicly to your supporters
[Donate to School](#)

Healthy Habit Tracker

Choose an EASY Healthy Habit and track how many days you've practiced it. Your Healthy Habit "streak" will appear on your fundraising page, so friends and family can cheer you on.

[Start tracking](#) ←

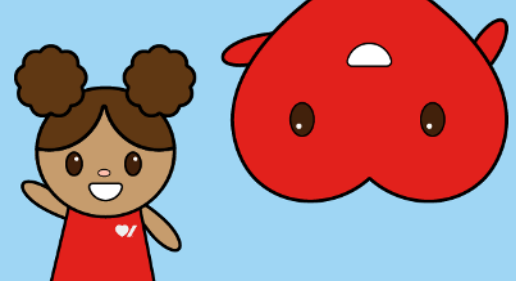
Metrics

Total Raised: \$0 | Total donors: 0

1st donor: Nicole | \$0 [See All](#)

2nd donor: [Share your page on social media to start raising more money](#) [See All](#)

3rd donor: [Share your page on social media to start raising more money](#) [See All](#)



- You are now on your Healthy Habit Tracker page! Select the black **“Track Healthy Habit”** button to start your streak by tracking your healthy habit daily. Once you begin, your streak will appear in red and you will earn your first badge below!

< Back to Dashboard

Healthy Habit Tracker

Current activity

Make Jump yours with the EASY 4!

214 day(s) left

Track Healthy Habit 0 Times today

0 Days streak 0 Days total 0 Times total

Info

Eat fruits and vegetables: Kids need at least five servings of fruit and vegetables daily, but the older kids get, the more they need to stay healthy and keep growing in. Active for one hour or more: The kids move their bodies, the more their hearts pump to cover up their brains and muscles with blood and oxygen. Screens for less than two hours: Fundraising online is fun, but most of a child's free time should be spent away from televisions and technology. Kids should get active to keep their heart and brain healthy. Yes to drinking water: Half of our bodies (including the heart and brain) is made of water, so kids need to make sure they drink enough to fuel it.

My badges

0/7 badges achieved

You've tracked your first Healthy Habit!	You've tracked three days of your healthy habit!	You've tracked 7 days of your healthy habit!
You've tracked 10 days of your healthy habit!	You've tracked 15 days of your healthy habit!	You've tracked 20 days of your healthy habit!

< Back to Dashboard

Healthy Habit Tracker

Current activity

Make Jump yours with the EASY 4!

217 day(s) left

2141 1 Times today

1 Days streak 1 Days total 1 Times total

Info

Eat fruits and vegetables: Kids need at least five servings of fruit and vegetables daily, but the older kids get, the more they need to stay healthy and keep growing in. Active for one hour or more: The kids move their bodies, the more their hearts pump to cover up their brains and muscles with blood and oxygen. Screens for less than two hours: Fundraising online is fun, but most of a child's free time should be spent away from televisions and technology. Kids should get active to keep their heart and brain healthy. Yes to drinking water: Half of our bodies (including the heart and brain) is made of water, so kids need to make sure they drink enough to fuel it.

My badges

0/7 badges achieved

You've tracked your first Healthy abt! ...tracked

You've tracked your first Healthy abt! ...tracked	You've tracked three days of your healthy habit!	You've tracked 7 days of your healthy habit!
You've tracked 10 days of your healthy habit!	You've tracked 15 days of your healthy habit!	You've tracked 20 days of your healthy habit!



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

ParticipantCenter HOME HELP CENTER

ESSEX/PE SCHOOL - CITY KIDZ4U FUNDRAISING PAGE

Nicole's Fundraising Page

Profile: Ontario
In support of Heart & Stroke Foundation of Canada

Meeting list Bill Report

\$0 RAISED
\$4,000 GOAL

YOUR PAGE STRENGTH (1/6)

Welcome to my Jump Rope for Heart fundraising page!

I'm learning fun ways to protect my heart and brain, and that makes me feel good about my healthy future!

My fundraising can help kids like Seth, a 10-year-old boy who had a cardiac arrest at school, but was saved through the publication of his principle performing CPR and using an AED.

Please support me - and kids like Seth - so we can all live longer, healthier lives. Your donation helps Heart & Stroke fund life-saving research to help beat heart disease and stroke.

Jump give back!

Did you know my school gets back 5% of the funds we raise? The Jump Give-back Program is a fun way of saying thank you to schools for putting students' hearts and brains first!

If we and my school fundraise at least \$500, with the funds we get back we can help our school get new equipment or supplies, or donate back to Heart and Stroke to support life-saving research.

Click the link below to donate and cheer me on!

Thank you so much.

When:
Thursday, September 1, 2022 -
Saturday, July 29, 2023

Optional?
Contact us

Recent Donations

Nicole Kerr

Healthy Habit Tracker

Eat fruits and vegetables. Kids need at least five servings of fruits and vegetables daily, but the older kids get, the more they need to stay healthy and keep growing.

Active for one hour or more. The kids move their bodies, the more their hearts pump to power up their brains and muscles with blood and oxygen.

Screen for less than two hours. Fundraising online is fun, but most of a child's free time should be spent away from television and technology. Kids should get active to keep their hearts and brains healthy.

Yes to drinking water! Half of our bodies (including the heart and brain) is made of water, so kids need to make sure they drink enough to fuel it.

Make Jump yours with the EASY 4!

Received badge

Manage Healthy Habit

Activity tracker badges