



'Move for Movember' Parent/Carer sign up guide



This short guide will walk you through how you can get directly involved in our fundraising efforts this year by setting yourself a running, walking, cycling or swimming target to reach by the end of the month, and log your progress as you go along.

Your total distance covered will then be added to everyone else for our school's page and contribute towards our overall total. You can share your fundraising page with friends and family to try and contribute even more to the Movember charity this month

In order to sign up to the 'Move for Movember' challenge this month follow these steps ;

1. Download the app from the google/apple play store on your phone, or go on the website that is attached at the bottom of the email sent.
2. Then, use your email address to make an account.
3. ***Your 'first name' should be your initials (LP) followed by 'Parent' or 'Carer'. Your 'surname' should be the type of movement you will be trying to do this month (Walking, running, cycling, swimming etc.)***
4. We'd recommend **keeping the stock image** on the profile to maintain anonymity. We can message directly through the app if needed.
5. Once you have set up an account, you can **join our schools team page** by searching for '**Ravens Wood does Movember**' on the '**Join a team**' button. You will then be accepted onto our team once your name and details have been checked by one of the Movember captains

Now that you are all set up and accepted onto our team, all you have to do is to log the physical movement and it will contribute towards our total! You can also link a number of fitness apps to automatically record your distances covered.

Feel free to share your accounts QR code to your friends/family/neighbours in order to try and raise some money and awareness for the charity, and why you are motivated in the details part of your page.

Thank you for your support, and good luck!