

Walk to School

Walk, ride or scoot and build healthy habits for life.



WORKSHEET

Family Strava Challenges

Strava is a free app that uses your phone's GPS to map your activity. The adults in the family will have to sign up for the account, but kids can enjoy tracking their activity and watching the kilometres mount up as the days go by. Friends and families can also follow each other on the app to share information, give each other encouragement, and even throw out a challenge!

If you aren't keen to download an app but want to try some fun activities, jump ahead to our challenges section and look at our technology free versions!

Getting started

1. Download the app from your preferred app provider and install it on your phone. (Strava also offers a premium service by paid subscription, but you won't need that for walking, riding, scooting or skating to school.)
2. Check your privacy settings. You may want to set your Profile and your Activity to 'private' so that only your approved followers can see your information. You can also check the Privacy Controls each time you save an Activity.
3. Find friends to follow. You'll be prompted to connect with Facebook and phone contacts who are already on Strava when you first download the app. Otherwise, you can go into your Profile and select the Find Friends option.

Recording an Activity

4. Tap on Record and then tap on the Start icon near the bottom of the screen to start recording an Activity. As you move, the app keeps track of how far you go and how long it takes. Take some photos as you go!
5. When you're done, tap Stop and then Finish. From there the app will take you to a screen where you can give your Activity a name, upload your photos, select your activity type (walking, riding – even surfing!), and add your own notes about how easy or hard it was, who you were with, or what you enjoyed.
6. By mapping your walk, you can get inspired to try new routes in your neighbourhood, set your family goals for how far you walk each week and connect with your friends and family who you can't see in real life.
7. Before you tap on Save Activity, just check the Privacy Controls. You can decide whether to share the information from your Activity with Everyone, Followers, or Only You.

Sharing your activity with friends

8. If you decide to share your Activity with your Followers, then they'll be able to see the route you've travelled, your statistics and even the images you've uploaded. They'll also be able to leave a comment or give you a thumbs up!
9. To see what your friends have been doing, go to your Feed and click on their Profile. You can see and comment on any Activities they've saved, as well as checking out their total kilometres for the week or the year to date.
10. You can also share any Activity you've recorded to your favourite social platforms including Facebook and Instagram Stories.



Challenges

When you follow other families on Strava, you can see and share each other's information. That drives a little healthy competition! Here are some ideas for how you and your kids can use Strava to set challenges for your family, and your friends!

If you want to get involved but are not interested in downloading an app there are heaps of ways you can get your whole family involved. Print a map and follow your trail – print a screenshot of your neighbourhood in google maps and get your family to follow your trail as you go and jot your progress on the following activities! For the options below try tracking your walks on paper to compare your speed.

- **Go faster.**

Send an Activity to the families you follow and challenge them to walk, ride, skate or scoot the same route in less time!

- **Go further.**

Agree on a starting point and then record the first hour of a long walk, ride, skate or scoot. Note where you finished on the trail and challenge other families to get further in the same amount of time.

- **Beat that!**

Set kids the task of photographing something special along the way and then upload all your images when you save your Activity. It could be that you're searching for frogs or stick insects, or maybe you just want to keep track of how many black cats you see. Share your tally with your friends and challenge them to outdo you!

- **Family firsts.**

Get kids involved in a competition to get the first photo of a certain local milestone and upload it to their Activity. It could be the first appearance of the Tawny Frogmouth, the first spring blossoms on a flowering tree, or the first street decorations for Christmas! Choose something that you can only see if you're up and about.

- **Say it with pictures.**

If you have a paid subscription to Strava, you can use the Draw feature. Just draw a route onto the map in freehand, and Strava will automatically adjust it so that it follows popular roads and trails. The kids in your family can draw anything: a heart, a star, a guitar – anything!

A note about privacy

The information you provide to Strava and the data it collects are public by default, but you can change that by going into Settings and adjusting the [Privacy Controls](#).