



CONNECT YOUR FITNESS APP. AIM HIGH. GO HARD.

There's one foolproof way to stay fired up in hot pursuit of your target: connect your fitness app to your Mo Space. Whether you're taking on Movember's Move challenge or Mo Your Own Way, linking your fitness app allows you to track your progress and easily share updates to inspire donations.

3 SIMPLE STEPS

01

Log into your Mo Space at movember.com (heads up: you can't connect your fitness app via the Movember app, it needs to be done through our website).

02

Set your challenge:

- If you're taking on Move, select run or walk.
- If you're doing Mo Your Own Way, select one of the following: run, walk, cycle, swim, row or generic workout.

03

Follow the prompts to connect your fitness app – Mo Space supports Strava, Fitbit and Garmin Connect.

KEEP IN MIND

Movember won't track your total daily distance, only the sessions that you start and stop tracking using the prompts in the app.

It can take a while for your tracked activity to appear on your Mo Space. Don't worry if you can't see it immediately – it's coming.

You can track only one activity type (i.e run or walk or swim). Only that activity will show up on your Mo Space. For example, if your Mo Your Own Way challenge involves cycling, but then you go for a run, only the ride will sync to your Mo Space.

If you're doing Mo Your Own Way and select 'generic workout' (for example, if your challenge is a gnarly number of burpees or something similar) it's important to note that your app won't track or log individual movements, just the fact that you've clocked a session.

Your Mo Space will only display your completed sessions after you've connected your fitness app.

YOUR PRIVACY MATTERS

To read about the information that your fitness app shares with Movember, visit movember.com/privacy.

HAVING TROUBLE?

If you can't sync your Strava, Fitbit or Garmin Connect to Mo Space, you can get in touch with your local Mo Team.

info.ca@movember.com

1-855-4GROWMO