

# Step Up 4 Life FAQ

## 1. HOW TO FIND THE REGISTRATION PAGE (2 Options)

**OPTION 1:** go directly to <https://www.charityfootprints.com/StepUp4Life/>

**OPTION 2:**

- Go to Lutherans For Life home page [www.lutheransforlife.org](http://www.lutheransforlife.org)
- On the home page, click on the purple box under the video to go to the Step Up 4 Life webpage.

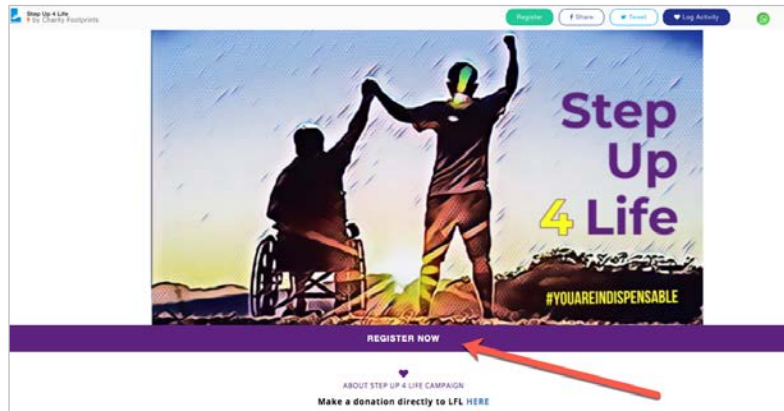
STEP UP 4 LIFE REGISTRATION

- On the webpage, click the red line to go to the Charity Footprints registration page.

**CLICK HERE TO REGISTER BEGINNING MAY 8 OR TO DONATE NOW!**

## 2. HOW TO REGISTER

- Click on the Purple Registration Bar under the picture that says, **“REGISTER NOW”**.



- Complete the User Sign-up.

### User Sign-up

Or click here to login, if you have participated previously

First name

Last name

Email

Confirm Email

Password

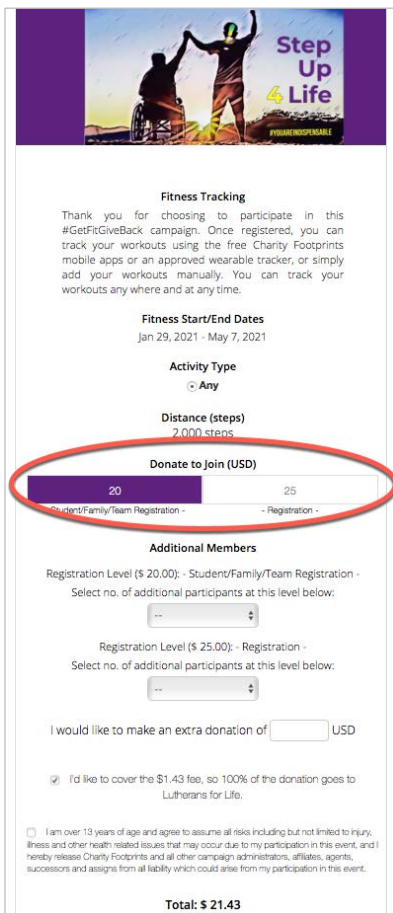
Confirm Password

By signing up, you are agreeing to our [terms](#) & [privacy policy](#)

SIGN-UP

Already have an account? [log in here](#)

3. **REGISTRATION TYPE & DONATIONS.** You may register as a Student/Family/Team for \$20 or as an individual for \$25. Click your option shown in the red circle below.



**Step Up 4 Life**

**Fitness Tracking**  
Thank you for choosing to participate in this #GetFitGiveBack campaign. Once registered, you can track your workouts using the free Charity Footprints mobile apps or an approved wearable tracker, or simply add your workouts manually. You can track your workouts any where and at any time.

**Fitness Start/End Dates**  
Jan 29, 2021 - May 7, 2021

**Activity Type**  
☒ Any

**Distance (steps)**  
2,000 steps

**Donate to join (USD)**  
☒ 20 ☐ 25  
Student/Family/Team Registration - Registration -

**Additional Members**  
Registration Level (\$ 20.00): - Student/Family/Team Registration -  
Select no. of additional participants at this level below:  
--  
Registration Level (\$ 25.00): - Registration -  
Select no. of additional participants at this level below:  
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I would like to make an extra donation of  USD

☒ I'd like to cover the \$1.43 fee, so 100% of the donation goes to Lutherans for Life.

☐ I am over 13 years of age and agree to assume all risks including but not limited to injury, illness and other health related issues that may occur due to my participation in this event, and I hereby release Charity Footprints and all other campaign administrators, affiliates, agents, successors and assigns from all liability which could arise from my participation in this event.

**Total: \$ 21.43**

- a. **Family and Team Registration.** (Additional Members). You may sign up additional family members or team members by listing how many you will be adding; however, only do this if you are paying for them. Otherwise, they should register themselves and **JOIN** your team after you create your team.
- b. **Add a Profile Picture.** You can add a profile picture during the registration process or later in the Settings drop down. Please add your **Mailing Address** and **Phone Number**.




**Profile Picture**  
The profile picture uploaded below will be posted on your individual fundraising page as well as other campaign pages such as leaderboards, virtual maps etc. Adding a profile picture helps people easily find you on the campaign.

**Upload Picture**  
  
Upload Profile Picture

**Mailing Address**  
Address  
Suite/Apt  
City  
Zip Code  
State: Select a State  
Country: UNITED STATES

**Contact Details**  
US: +1

- c. **How to Pay.** Complete the credit card information. If you checked the box to pay the additional credit card processing fee, it will be included in this completed form.



« BACK


Pay to Lutherans For Life  
Total Amount - \$21.43 USD

Amount: \$20.00 + Service Fee

Pay with credit card


Name  United States

Card number  Zip

MM / YY   CVV

Next

4. **CREATE A TEAM.** You can Create or Join a Team during the registration process on the page shown here. Indicate if you are an Individual or if you are joining or creating a team. If you are creating a team, enter a Team Name that will be listed on the Team Leaderboard. You can also join or create a team later at any time.



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Team up

Joining a team is a great way to stay motivated, inspire others, connect with old friends and make some new ones. Team goal and progress will be accumulation of all individual team members.


Create or Join a Team

+ Create Team

Enter Team Name

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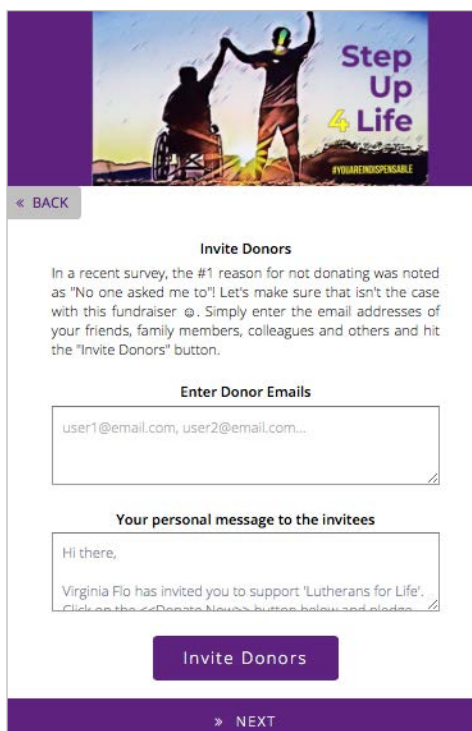
Upload Team Image



Upload Team Picture

» NEXT

5. **INVITE DONORS & PARTICIPANTS.** This page will allow you to enter potential donors you would like to help you in this campaign to raise funds. You can list multiple emails by placing a comma between email addresses. There is also a sample message that you can customize. Their contributions will then come to your account when they donate. You can add donors and participants at any time using the pulldown menu in the upper right corner.



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### Invite Donors

In a recent survey, the #1 reason for not donating was noted as "No one asked me to"! Let's make sure that isn't the case with this fundraiser @. Simply enter the email addresses of your friends, family members, colleagues and others and hit the "Invite Donors" button.

Enter Donor Emails

user1@email.com, user2@email.com...

Your personal message to the invitees

Hi there,

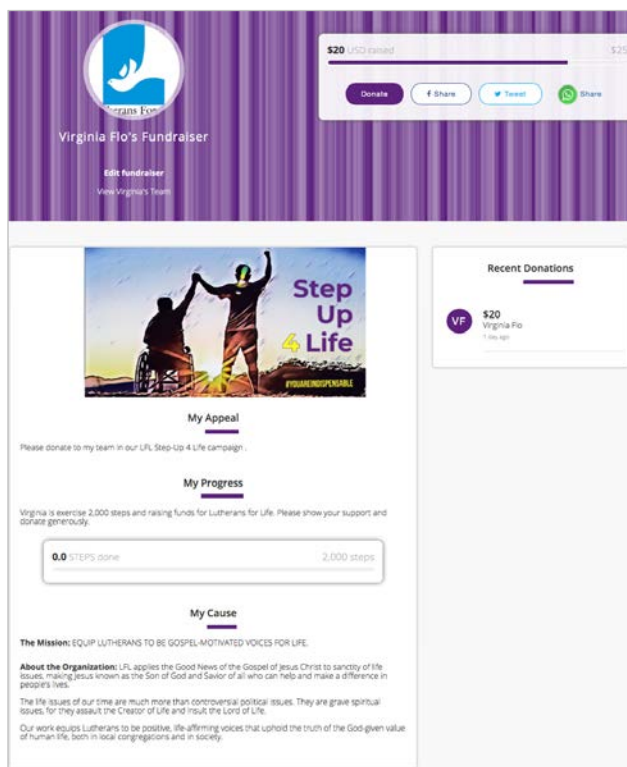
Virginia Flo has invited you to support 'Lutherans for Life'.  
*Click on the "Donate Now" button below to get started.*


Invite Donors

» NEXT

## 6. TRACK YOUR PROGRESS

- a. **Track your personal progress** at any time on your personal fundraising page.



 Virginia Flo's Fundraiser

Edit Fundraiser  
View Virginia's Team

\$20 USD raised \$25

Donate Share Tweet Share

### My Appeal

Please donate to my team in our LFL Step-Up 4 Life campaign!

### My Progress

Virginia is exercise 2,000 steps and raising funds for Lutherans for Life. Please show your support and donate generously.

0.0 STEPS done 2,000 steps

### My Cause

**The Mission:** EQUIP LUTHERANS TO BE GOSPEL-MOTIVATED VOICES FOR LIFE.

**About the Organization:** LFL applies the Good News of the Gospel of Jesus Christ to sanctity of life issues, making Jesus known as the Son of God and Savior of all who can help and make a difference in people's lives.

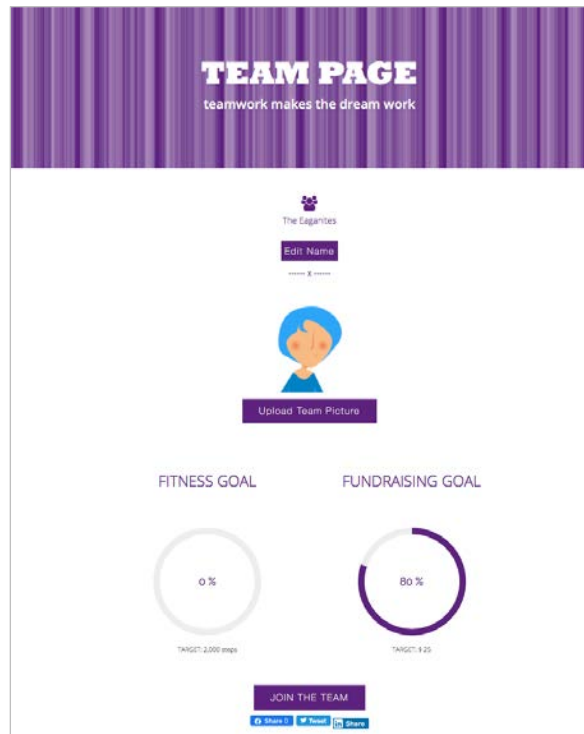
The life issues of our time are much more than controversial political issues. They are grave spiritual issues, for they assault the Creator of Life and insult the Lord of Life.

Our work equips Lutherans to be positive, life-affirming voices that uphold the truth of the God-given value of human life, both in local congregations and in society.

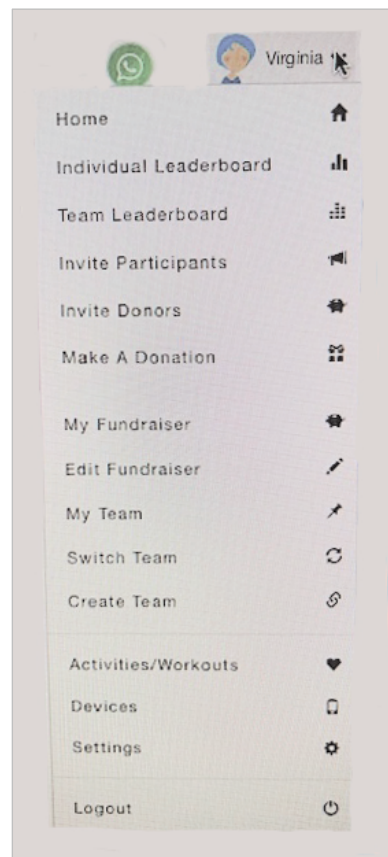
### Recent Donations

VF \$20 Virginia Flo 1 day ago

- b. **Track** your team's **progress** on your team page.




7. **MENU.** Move to various pages, make edits and change your settings by hovering over your name in the upper right corner of each page. This will pull down a menu bar where you can click to access any page listed.





8. **CONNECT YOUR FITNESS DEVICES/LOG YOUR ACTIVITY.** You have the option of connecting your fitness device or manually entering your steps.
- a. **Connect your fitness device** by using the pulldown menu and click on Devices. You can then select one of the available devices to your personal page.


**Select Device Type**


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- b. **Log your activity manually** by using the pulldown menu and click on Activities/Workouts. On this page click “Add New Activity”.

**My Activities**

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Log your fitness or wellness activity below. And don't forget that you can also connect devices to automatically track physical activity.

[Add New Activity](#)

- c. **Upload An Activity** by completing the form and clicking Submit Activity. All activity will be converted to steps on the leaderboard to provide consistency with all participants.

**Upload An Activity**

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**Activity Type**

Fitness (steps)⌵

**Enter workout (steps)**

**Start Date & Time**

📅

**End Date & Time**

📅

[Submit Activity](#)

9. **QUESTIONS/TECHNICAL SUPPORT** – click the icon of an envelope in the lower right-hand corner of each page to submit a question. A technical specialist will respond to your inquiry and handle your concern in the order it was received.

**THANK YOU FOR HELPING LUTHERANS FOR LIFE REACH THEIR \$30,000 GOAL!**