



How to Update Your Personal Page

You can share why you are participating in Jump Rope for Heart with your family and friends. Perhaps someone you know has been affected by heart disease or stroke. Customize your Personal Page and share your story to inspire your supporters by following these easy steps:

1. Log in to your Participant Centre.
2. In the “Next Steps...” section click on “Update your fundraiser with a picture and tell us why you jump”.

The screenshot displays a fundraising dashboard with the following elements:

- Welcome, Steptest!** and **My Healthy Habit is Active for 1 hour or more**
- Share with family and friends** section with social media icons (Facebook, Twitter, Email) and a **Copy URL** button. The URL is: http://support.heartandstroke.ca/site/TR/Jump2020/Jump2020?px=2495104&pg=personal&fr_id=7?
- My Fundraising** section with a progress ring showing **96.00%**. Below the ring, it states **Raised: \$290.00** and **Goal: \$300.00**. There is an **Update Goal** button and a [View your page](#) link.
- Next Steps...** section with a list of actions:
 - Update your fundraiser with a picture and tell us why you jump** (highlighted with a red box)
 - Send emails to your friends and family
 - Jump-start your fundraising
 - Share your page on social
- Navigation sidebar** on the left with icons for Home, Email, My Reports, Tools, and My Rewards.



- Under the “Content” tab locate the sections “Title” and “Body”. There will already be default content provided. Make your updates in the text boxes. Once done, click “Save”.

The screenshot shows a web interface for editing a personal fundraising page. On the left is a navigation sidebar with icons for Home, Email, My Reports, Tools, and My Rewards. The main content area has two tabs: 'Content' (selected) and 'Photo/Video'. Below the tabs is the title 'Edit Your Personal Fundraising Page' with a 'View Personal Page' link. A 'Personal Page URL' field shows 'http://support.heartandstroke.ca/goto/stephtests' and a note 'This page is Private'. The 'Title' section has a text box containing 'Welcome to my personal page'. The 'Body' section has a rich text editor with a toolbar and a text box containing 'I'm jumping to improve my heart and brain health! Please donate to support me today!'. A green 'Save' button is located at the bottom right of the main content area.

- A message will appear confirming that your changes have been saved. To view your changes click on “View Personal Page”. Your page will open in a new window. Return to the previous window if you would like to edit further.

This screenshot shows the same interface as the previous one, but with a green success message at the top: 'The Personal Page content was successfully saved.' The 'View Personal Page' link is now highlighted with a red box, indicating it is the next step to take.




5. Navigate to the “Photo/Video” tab and click “Choose File” to upload a new photo to your Personal Page.

Content **Photo/Video**

Photos/Video

You may add either photos or a video to your page.

Photos

 Please note the supported file type is only .JPEG, the file size must be under 10MB.
Choose File No file chosen

Caption

or [remove photo](#)

Video


6. Once you have selected a photo it will show the file name. Once done click “Save/Upload”. Note that you can also add a caption to your photo.

Content **Photo/Video**

Photos/Video

You may add either photos or a video to your page.

Photos

 Please note the supported file type is only .JPEG, the file size must be under 10MB.
Choose File colorful-fla...03395130.jpg

Caption

or [remove photo](#)

Video


7. A message will appear letting you know that your changes were successful.

Content **Photo/Video**

Photos/Video

You may add either photos or a video to your page.

Photos

 **The photo information was updated.**

Please note the supported file type is only .JPEG, the file size must be under 10MB.
Choose File No file chosen

Caption

or [remove photo](#)

Video



8. Click “View Personal Page” to preview the changes. It will open in a new window. Return to this page to make further changes or click “remove photo” if you do not want a photo on your page.
9. Select “Video” and copy and paste the URL to a Youtube video in the text box. Click “Save”.

Content Photo/Video

Photos/Video

You may add either photos or a video to your page.

Photos
 Video

YouTube Video URL (e.g. <http://www.youtube.com/watch?v=3e2Th94Fagg>)

Save