Who is the Power Up kit designed for?

Power Up is specifically designed for girls of all abilities, ages 8-11.

How soon can I expect my Power Up Activity Kit?

Activity Kits are expected to ship within 5 -10 days of purchase. You will be notified by CGP, our fulfillment partner, via email when your kit has shipped. Please allow 10 business days from your email confirmation to receive your kit.

How long will it take my girl to complete all of the activities and lessons?

Each lesson will take over an hour to complete. You and your girl can go at your own pace to complete the activities.

Can I send a Power Up Activity Kit as a gift?

Absolutely! This is the perfect gift for any girl! Simply enter the girl’s name and shipping address in the purchase form and the kit will ship directly to her. At this time, we are unable to include a note within the kit indicating that it is a gift from you, so please reach out to the girl directly letting her know that you have gifted her Power Up!

I have two (or more) girls. Can I purchase more than one kit?

Absolutely! Simply select the size shirt for one girl and click “add to cart”. Then select the next size you need and click “add to cart”. If the girls are the same size, you will select the shirt size and change the quantity, then click “add to cart”.

What accreditation does the program have?

Power Up is created by Girls on the Run, a leader in developing and delivering life-changing programs for girls. For the past 25 years, our evidence-based programming has reached girls at a critical stage, strengthening their confidence at a time when society begins to tell them they can’t. Underscoring the important connection between physical and emotional health, this at-home program addresses the whole girl when she needs it the most. An independent study found that 97% of girls in Girls on the Run learn critical life skills including resolving conflict, helping others or making intentional decisions; 85% of girls improve in confidence, caring, competence, character development or connection to others; and girls who were least active at the start of the season increase their physical activity level by 40%. Learn more here.
Do I need to participate with my girl? What should be my role as the caregiver?

Great question! Together, you and your girl can enjoy each of the 16 interactive Power Up lessons at a pace that works for you. You can complete the entire lesson at once or break it up for continued fun! While the lessons in the Power Up Activity Book were developed for you and your girl to complete together, your girl can complete the activities independently using the Power Up videos for each lesson.

Can the other children in our home participate?

Absolutely! While the lessons were created with 8-11-year-old girls in mind, everyone can participate in the fun activities and the physical activity plan.

Am I able to return my Power Up Activity Kit?

Power Up Activity Kits purchases are nonrefundable. Any returns made to us will not be eligible for a refund.

Oh no! My Power Up Activity Kit arrived damaged or is missing items! What now?

So sorry! If you receive a damaged product in your box, or if your box arrived damaged or missing a product, please email us at customerservice@gotrshop.com ASAP, and we will take care of it!

My Power Up Activity Kit never arrived. What should I do?

If your Power Up Activity Kit is missing, please notify us at customerservice@gotrshop.com. If the kit did not arrive due to an incorrect address entered by the customer or an address change there will be a $30 service fee to send a replacement box.

I have a company that creates awesome products for tween girls! How do I get my product in your kit?

We would love to hear about your product and company! Email partnerships@girlsontherun.org and tell us about you and what your company has to offer our Power Up girls.

How do I find out more about Girls on the Run in my area?

Visit https://www.girlsontherun.org/connect-locally/ to learn more about your local Girls on the Run and all of the available opportunities for you and your girl!