



HOW TO LOG YOUR KMs ON YOUR FUNDRAISING PAGE

Log your kilometers on your fundraising page where it says 'My Fitness Activity'. This is a great way to keep your supporters updated on how you're going!

How to track your KMs automatically:

Only Fitness Apps, Fitbit and Strava, are able to connect with your fundraising page to automatically add your kilometres to your goal.

1. Download the Fitbit or Strava app and set up your account.
2. Login into your Big Walk for Little Kids page and select 'My Fitness Activity'
3. Under the heading 'Connect your preferred Fitness app', click your chosen app.
4. Follow the prompts to connect your account.
5. On your next walk, select 'start your workout' in the app on your phone. Once you finish, save your workout and your distance will be published to the tally on your page the following day (**please allow 24 hours**).
6. When using Fitbit, you must 'start' an activity and save it. Your daily steps will not automatically add to your page. If you are having issues, try syncing through BOTH your Fitbit and the Fitbit app on your smartphone.

How to track your KMs manually:

You can manually add your kilometres to the tally in your "My Fitness Activity" tab of your dashboard. This is a great option if you're using a pedometer or a different method of tracking your distances.

1. Log in to your account and select 'My Fitness Activity'
2. Under 'Add activity', enter the date and distance
3. The number of KMs will now appear on your fundraising page!