

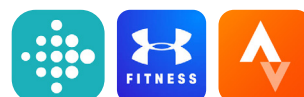
# HOW DO I LOG MY KMS?

WALK FOR  
WOMEN'S CANCER  
Perkins

Your profile page includes your personal distance tally so you can track your distance towards your target. This is a great way to keep your friends updated on your workouts! If you track your workouts with Fitbit, MapMyFitness or Strava your distances will automatically add to your tally.

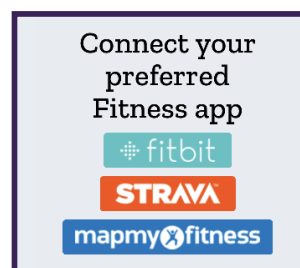
Follow these steps to track your KMs automatically:

**1** DOWNLOAD THE FITBIT, STRAVA OR MAPMYFITNESS APP AND SET UP YOUR ACCOUNT



**2** LOG IN TO YOUR WOMENS WALK FOR CANCER ACCOUNT

Under the heading 'Connect your preferred Fitness app', click your chosen app. Follow the prompts and connect your account.



**3** TRACKING YOUR KMS

### Automatically

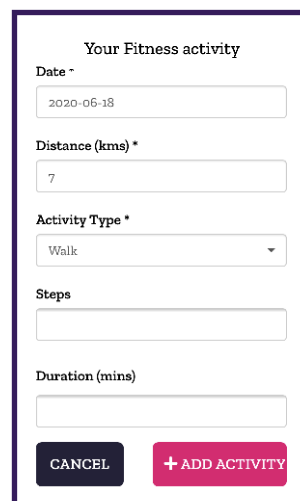
When you next work out, select 'start your workout' in the app on your phone. Once you end your workout, save your workout and your distance will be published to the tally on your page the following day.



### Manually

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

**GOT A QUESTION? FOR MORE DETAILS AND OTHER FREQUENTLY ASKED QUESTIONS HEAD TO OUR WEBSITE**



Your Fitness activity

Date \*

2020-06-18

Distance (kms) \*

7

Activity Type \*

Walk

Steps

Duration (mins)

CANCEL + ADD ACTIVITY

GET IN  
TOUCH

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