

# HOW TO LOG YOUR KMs



## CONNECT YOUR FUNDRAISING PAGE TO YOUR FAVOURITE FITNESS APP

Your personal fundraising page includes your KM progress, so you (and your supporters) can track your distance towards your activity goal. It's a great way to keep your friends and family updated and inspired to donate towards your achievements!

You can track your workouts with Fitbit, Strava, or MapMyFitness which will automatically add your distances to your tally. If you have a Garmin or Apple device, you'll need to connect it to one of the three fitness apps listed above. Each activity you start and stop from your Garmin or Apple device will then automatically sync through the listed apps onto your fundraising page.

Remember, any training activity logged in January or February will be reset on 1 March.

## TRACK YOUR KMS AUTOMATICALLY

- 1 Download the Fitbit, Strava, Garmin or MapMyFitness app and set up an account.
- 2 Login to your [March Charge Dashboard](#) and select the 'My Fitness Activity' tab.
- 3 Under the heading 'Connect your preferred fitness app', click your chosen app.
- 4 Follow prompts to connect your account.
- 5 When you next work out (run, walk, swim, cycle etc.), it's recommended to select 'start' in the fitness app you're using on your phone. And once you end your workout, hit 'stop' and 'save' your workout in the app and your KM distance will be published to the tally on your fundraising page. However, if your challenge is a daily step count, you can skip this step, and your daily KMs will automatically publish to your page the following day (please allow 24 hours).

## TRACK YOUR KMS MANUALLY:

You can manually add your kilometres to the tally on your 'My Fitness Activity' tab of your [March Charge 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 [March Charge dashboard](#) select the 'My Fitness Activity' tab.
- 2 Under 'Add activity', enter the date and distance.
- 3 The number of KMs will now appear on your fundraising page!

