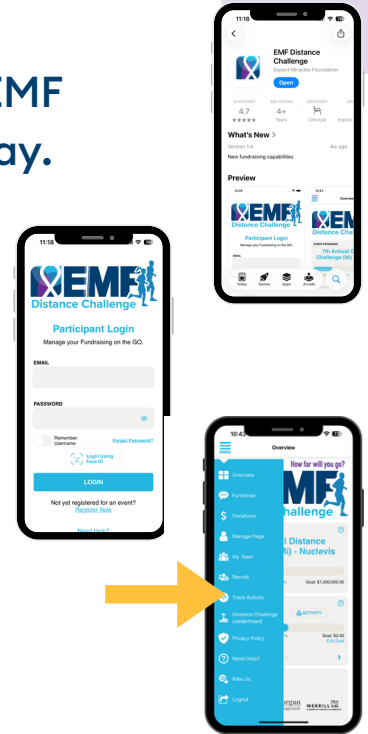


**1** Download EMF Distance Challenge App. Search “EMF Distance Challenge” in the App Store or Google Play.

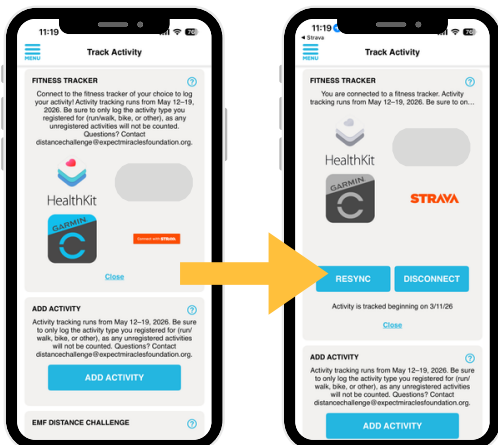
**2** Input your email address and password, you can easily reset password if needed.

**3** Toggle to “Track Activity” (only available starting 5.12).



### Option A: Sync with Apple Fitness, Garmin, or Strava.

- Click on the app you would like to connect.
- Authorize the app.
- Start and stop each activity in your fitness app for it to sync with the EMF app.
- Step counts or background tracking will not sync, only logged activities.
- Click “RESYNC” if completed activities have not shown.
- Important: Only the activity you registered for counts toward your goal and leaderboard.
- Example: If you registered for biking, tracked walks or runs will not count towards event even if they appear in the app.



### Option B: Manually Enter Workouts / Activities.

- Select your activity each time you log one.
- Only choose the activity you registered for (bike, walk, or run).
- Important: Only your registered activity counts toward your goal and leaderboard.
- Other activities may appear in the app, but won't be counted towards event.
- Time is required when logging, but it does not affect distance or rankings.

