

OTHER

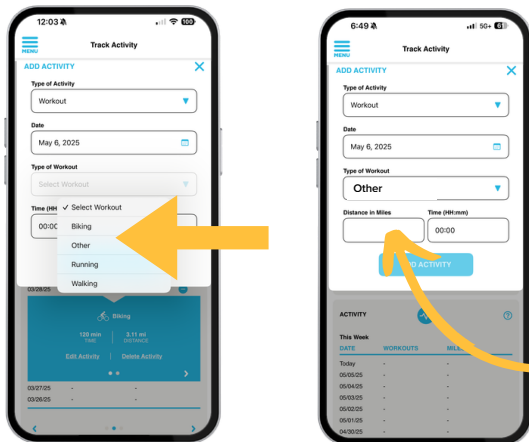
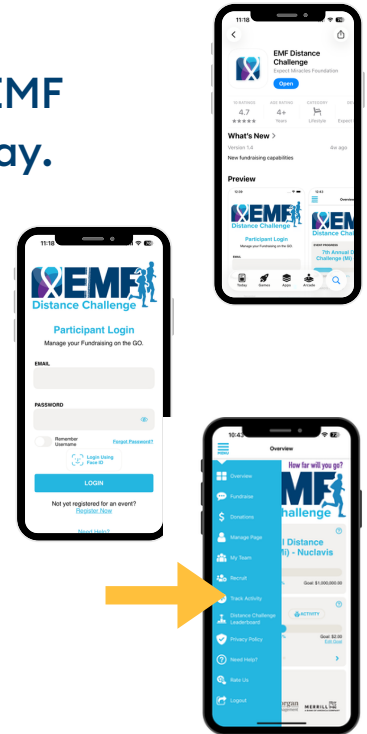
Extremely important, please read below:

- You selected “Other” as your activity, which means you’re doing something outside of our standard categories (Run/Walk or Bike) or a mix of both.
- “Other” activities count toward your personal distance goal and team’s total distance but do not appear on the individual leaderboard.
- Use the [Activity Conversion](#) guide to figure out your mileage (included on the last pages of this document).
- You must manually enter your “Other” distances in the app or on the website, always selecting “Other.”
- Synced tracking apps like Garmin, Strava, Apple Fitness, or Google Health will not work with the “Other” category.
- You can track your distance using those apps and then manually enter it as “Other”.
- To change your activity category to “Run/Walk” or “Bike” before the event begins, email:
distancechallenge@expectmiraclesfoundation.org.

DISTANCE TRACKING INSTRUCTIONS

OTHER THROUGH MOBILE APP

- 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).
- 4 You Must Manually Enter “Other” Activities.



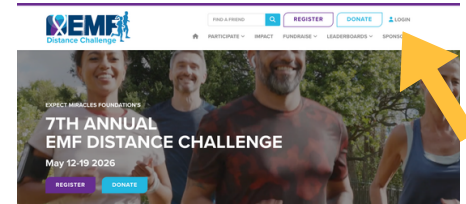
- Type of workout = “Other” always, even if you biked or ran or walked for your exercise.
- Enter the appropriate distance and time.
- You must enter the time it took, but time does not impact distance goals or leaderboard standings.

Use conversion sheet at end of this document.

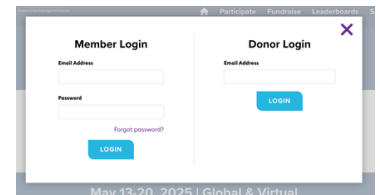
DISTANCE TRACKING INSTRUCTIONS

OTHER THROUGH WEBSITE

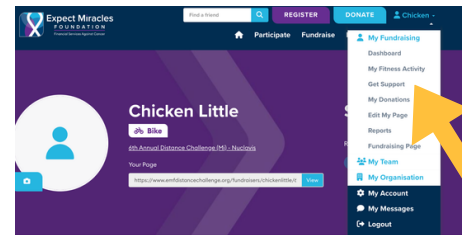
1 Visit emfdistancechallenge.org & click login.



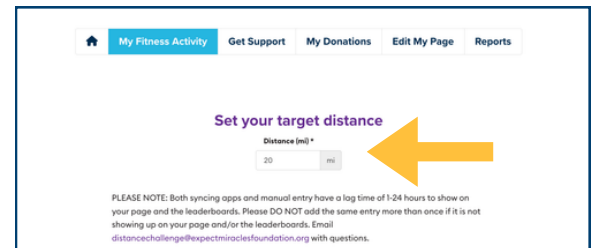
2 Input your email address and password, you can easily reset password if needed.



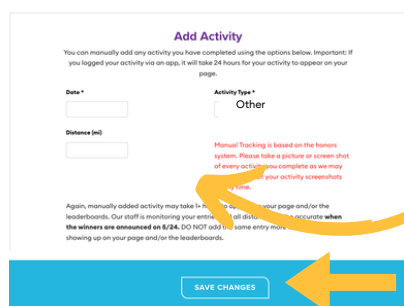
3 Toggle to “My Fitness Activity” (tracking available starting 5.12).



4 You can update your distance goal here.



5 Manually enter distances here (scroll down and click “save changes”).



Use conversion sheet at end of this document.

Activity

Time spent to equal to 1 Mile



Boxing

7 minutes



**Pickleball, Tennis,
Badminton**

10 minutes



Hiking

12 minutes



Swimming

12 minutes



Rowing

8 minutes



Basketball, Volleyball

20 minutes



Horse Back Riding

20 minutes



Pilates

20 minutes



Rock Climbing

27 minutes

Activity

Time spent to equal to 1 Mile



**Orange Theory Fitness
 HYDROX**

8 minutes



HIIT Class

9 minutes



Kickboxing

9 minutes



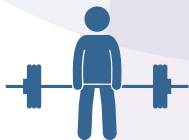
Yoga

20 minutes



Dancing

25 minutes



Working Out / Weightlifting

27 minutes



Squats

80 Squats



Hockey, Lacrosse

9 minutes