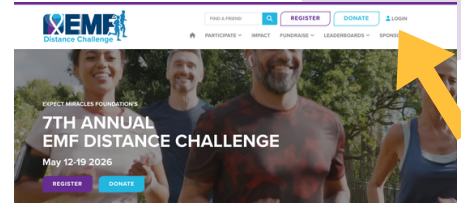


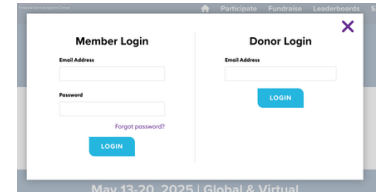
DISTANCE TRACKING INSTRUCTIONS

RUN, WALK, OR BIKE USING WEBSITE

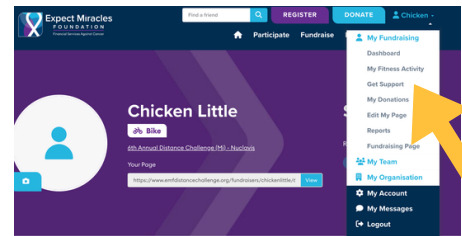
1 Visit emfdistancechallenge.org & click login.



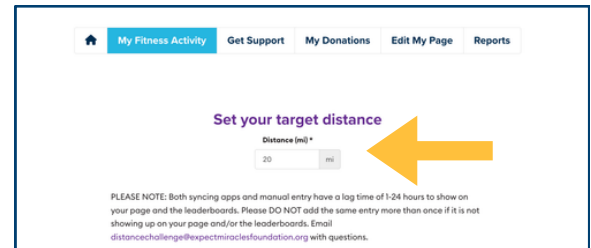
2 Input your email address and password, you can easily reset password if needed.



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



4 You can update your distance goal here.



5 View a log of any distances you have entered.

Activity	Date	Distance (mi)	
running	04/30	2	
walking	04/30	0.5	
running	04/30	3	
Run/Walk	04/30	8	
running	04/22	5	
running	04/15	2	
running	03/31	1	
running	03/25	2	

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

Add Activity

You can manually add any activity you have completed using the options below. Important: If you logged your activity via an app, it will take 24 hours for your activity to appear on your page.

Date * Activity Type *

Distance (mi)

Manual Tracking is based on the honor system. Please take a picture or screen shot of every activity you complete as we may request to audit your activity screenshots at any time.

Again, manually added activity may take 24 hours to appear on your page and/or the leaderboards. Our staff is monitoring your entries and all distances will be accurate when the winners are announced on 5/24. DO NOT add the same entry more than once if it is not showing up on your page and/or the leaderboards.

