

DISTANCE TRACKING INSTRUCTIONS

USING MOBILE APP

1. Download EMF Distance Challenge App. Search "EMF Distance Challenge" in the App Store or Google Play. <u>https://urlgeni.us/EMFDistanceChallengeApp</u>





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







USING MOBILE APP



3. Toggle to "Track Activity" (only available starting 5.13).

Option A: Sync with Apple Fitness, Google Health, Garmin, or Strava

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- After connecting your fitness tracking device, you must start & stop each activity in the fitness tracking app for it to sync with the EMF Distance Challenge App.
- General step counts or background tracking will not transfer—only logged activities will sync.
- Important: Only the activity you registered for will count toward your Distance Challenge goal and leaderboard. For example, if you registered for "bike" but track a walk or run on Strava, it may appear in the app but will not count towards your distance goal or leaderboards.



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Option B: Manually Enter Workouts / Activities.





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May 6, 2025			
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- Select your activity each time you manually log one.
- Only choose the "type of workout" you registered for (e.g., bike, walk, run).
- Important: Only your registered activity will count toward your distance goal and the leaderboard.
- If you enter a different activity / workout, it may appear in the app but will not be counted toward your distance goal and the leaderboard.
- You must enter the time it took, but time does not impact distance goals or leaderboard standings.