

How to Track Your Activity With Apps

For Fitbit, Strava, MapMyFitness or Garmin

1. Download the **Fitbit, Strava, MapMyFitness** or **Garmin** app on your device and create an account.
2. Log in to your fundraising profile at www.emdistancechallenge.org.
3. Navigate to the "My Fitness Activity" tab then under the "**Connect your preferred Fitness app section**" click your app.
4. Follow the prompts to connect your account.
5. When you next work out, select **start your workout** in the app on your phone. Once you end your workout, **stop your workout**, and **save your workout** and your distance will be published to the tally on your page the following day.

If you have synced your app already but it is not working, please log in and re-connect it.

Connect your preferred fitness app



- **Fitbit:** Recommended Best Practice: Start a "walk" at the beginning of the day, let it run all day, stop the "walk" before bed. Then your entire day's activity will be synced.
 - If you use Fitbit and you log an activity, e.g. start, stop and save a run. This run will sync to the platform.
 - If you use Fitbit and you do not log an activity, then at the end of the day this total step count/distance will sync to the platform.
 - Fitbit will not sync a logged activity AND cumulative activity.
- **MapMyFitness, Strava and Garmin:** You must start your workout, stop your workout & then SAVE your workout.
- **Please only log mileage for the activity you originally registered for.**

How to Manually Track Your Activity

At any time, you can manually add your exercise to the tally in the "My Fitness Activity" tab on your personal page at www.emfdistancechallenge.org. This is a great option if you're using a pedometer, Peloton, Apple Watch (without Fitbit, Strava, Garmin, or Map My Fitness), or a different method of tracking distances.

Follow these steps to manually add your activity:

1. Log in to your personal account at www.emfdistancechallenge.org and select the "My Fitness Activity" tab.
2. Under "Add Activity," enter the required fields.
3. Scroll down and press "save changes."
4. The logged activity will now appear on your Distance Challenge page!
5. **Please only log mileage for the activity you originally registered for.**

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 *

Distance (mi)

Manual Tracking is based on the honors 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 1+ 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.

Questions?

distancechallenge@expectmiraclesfoundation.org