



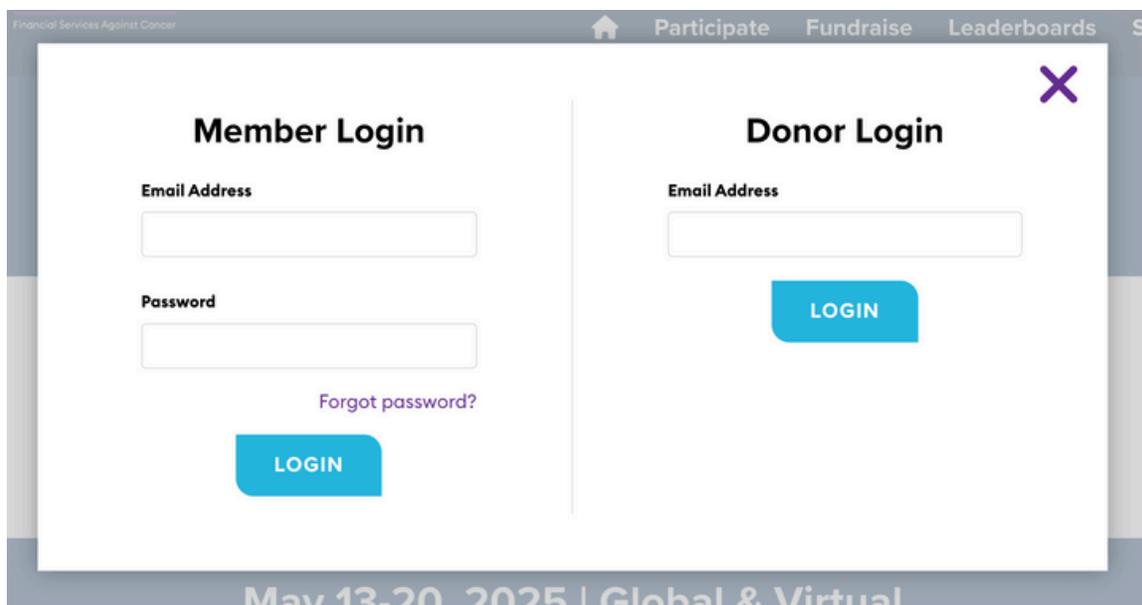
DISTANCE TRACKING INSTRUCTIONS

USING WEBSITE

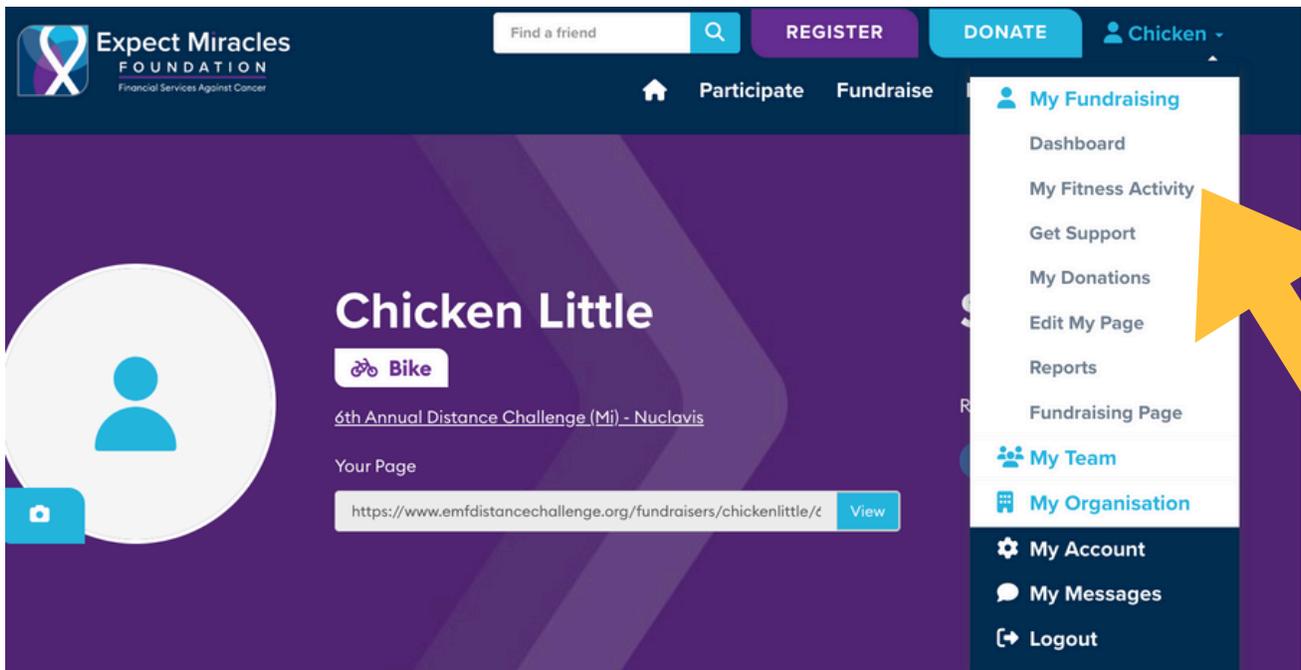
1. Visit emfdistancechallenge.org & click login.



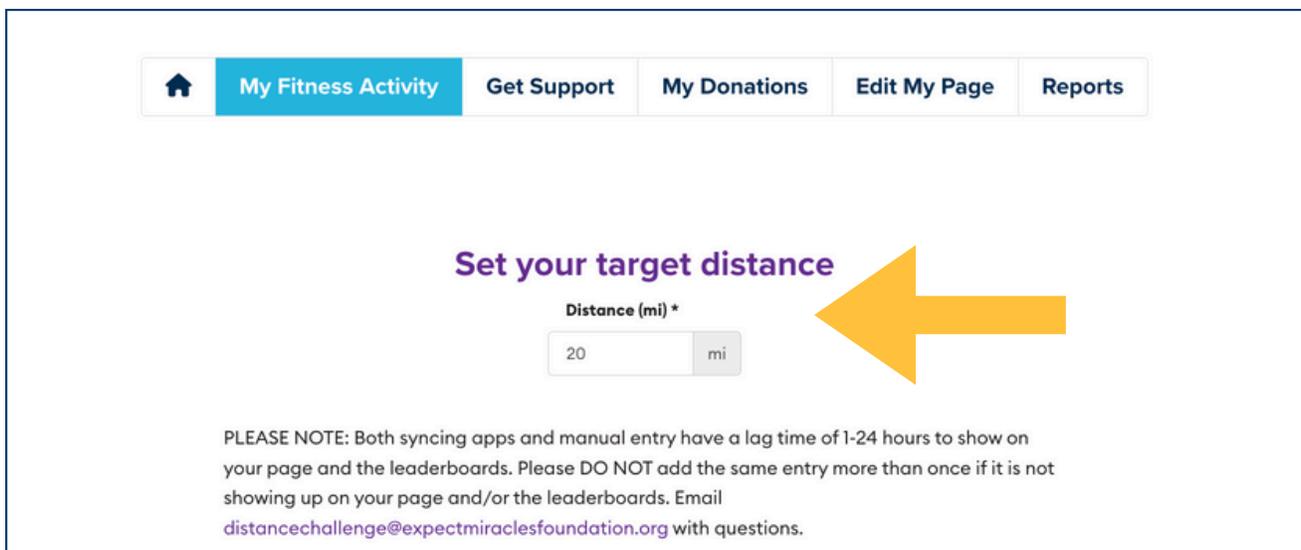
2. Using “Member Login” input your email address and password, you can easily reset password if needed.



3. Toggle to “My Fitness Activity” (only available starting May 13).



4. You can update your distance goal here.

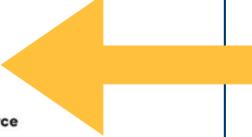


5. View a log of any distances you have entered.

Your Fitness Activity

The table below shows your recorded fitness activity.

Activity	Date	Distance (mi)	Source
Bike	02/05	4	manual
Bike	01/05	5	manual
VirtualRide	20/02	6	nuclavis
Cycling	19/02	5	nuclavis
Ride	19/02	5	nuclavis



Source Guide:

Manual = entered through website

Nuclavis = entered through app

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 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.

SAVE CHANGES

