



NEW ZEALAND
RED CROSS
RIPEKA WHERO AOTEAROA

RED CROSS
JOURNEY

GUIDE TO ENTERING YOUR STEPS

How to enter your steps

This guide will walk you through how to track your steps on your online page.

This is a great way to keep your friends updated on how your step challenge is going, but, more importantly, as you enter your distance you'll unlock more of the inspirational stories about people who persevere no matter the obstacles.

You can start tracking your distance now in the lead up to the challenge, but we will reset your page on 8 May so everyone can start their challenge together!

Option 1 – Enter your distance manually

This is a great option if you know how far you've walked, or if you're counting your steps using a pedometer, smartphone or gym equipment that tracks your kms.

Step 1 – Log in to your Red Cross Journey page at redcrossjourney.org.nz/login

Step 2 – Click on 'My Fitness Activity' in the left hand menu (hover your mouse over the left of the navigation bar on a computer and on a mobile, click on the three lines on the bottom right of the page)



Elodie

My Page

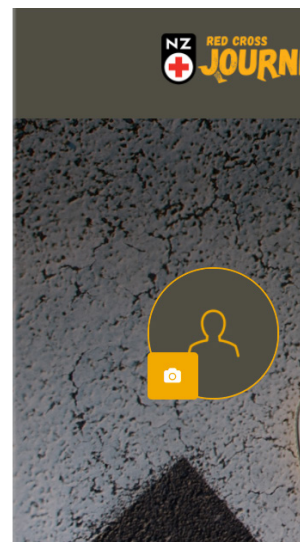
- View page
- Edit my page
- My donations
- Sponsor yourself
- My fitness activity

My Fitness Activity

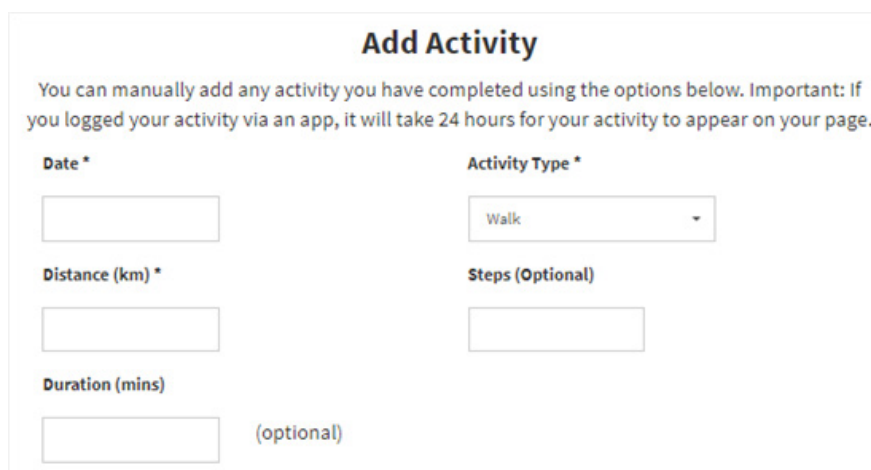
- Fitness activity

My Account

- Change details



Step 3 – Scroll down to ‘Add activity box’:



Step 4 – Enter date, activity type and distance and then scroll down to click ‘Save Changes’ button

Step 5 – Check your online page, as the distance added will immediately appear on your page!

Option 2 – Connect an app and track your distance manually

If you use Fitbit, MapMyFitness or Strava, you can follow the steps below to sync your preferred app with your online page so that the total kms automatically update.

Step 1 – Download the [Fitbit](#), [Strava](#) or [MapMyFitness](#) app and set up your account

Step 2 – Log in to your Red Cross Journey page at redcrossjourney.org.nz/login

Step 3 – Click on ‘My Fitness Activity’ in the left hand menu

Step 3 – Under the heading ‘Connect your preferred Fitness app’, select your chosen app

Connect your preferred Fitness app

If you haven't already done so, you can connect to your favourite fitness app below.



Step 5 – Follow the prompts to connect your account

Step 6 – To ensure that your movement is tracked, please make sure you select ‘start your workout’ within your chosen app on your phone before you begin any workout. Then, once you finish your workout, select ‘save your workout’. This will ensure that your distance is added to your online page the following day.

Points to note for connecting your Fitness app:

- Distance can take up to 24 hours to load onto your page
- If you have synced your app already, but it's not working, please try to log in and re-connect it.
- When using Fitbit wearable, you must ‘start’ an activity on your phone app (not your wearable device) and save it. Your daily steps on your wearable device will not automatically add to your page, unless you start the activity on the app first.

If you need any more help or friendly advice, contact our friendly team on journey@redcross.org.nz.