



RED CROSS JOURNEY

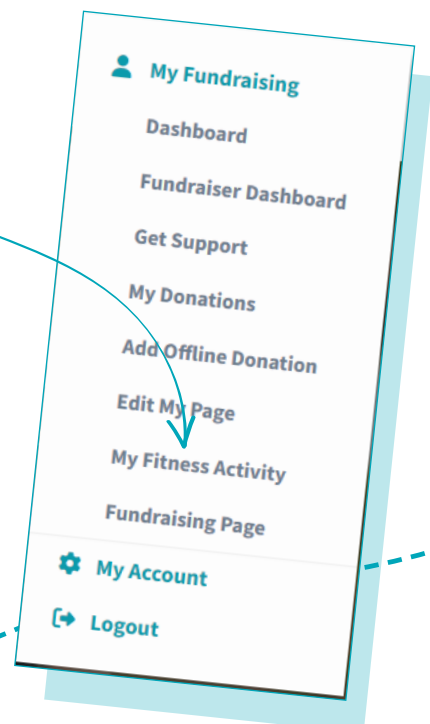
HOW TO LOG YOUR KM'S ON YOUR PROFILE PAGE

This guide will *walk* you through how to track your activities and log them on your profile page. You need to log your activity so that we can keep you updated with the incredible story you're following on your journey! Make sure you read this before you begin!

OPTION 1 *Log your distance manually*

If you're not using an app that connects to our site then you can log your activity manually.

- Step 1** Click on **'My fitness activity'** in the drop-down menu (hover the mouse over your name in the top right of the screen on a computer and on a mobile, click on your profile picture in the top right corner).
- Step 2** Scroll down to **'Add activity box'**:
- Step 3** Fill out the required fields (**Date, Activity Type, and Steps OR Distance**) and click **'Save Changes'**.
- Step 4** Head back to your **'Fundraiser Dashboard'** to check out your progress! Note: it may take up to 24 hours to appear on your dashboard, don't panic!



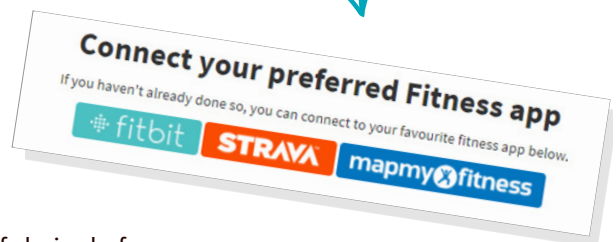
OPTION 2 *Connect an app to track your activity*

You can connect Fitbit, MapmyFitness or Strava to your Red Cross Journey profile page for automatic updates of your fitness activity.

Step 1 Click on **'My fitness activity'** in the drop-down menu

Step 2 Click on your preferred app and follow the prompts to connect your account

Step 3 Don't forget to select **'Start your workout'** in your app of choice before you exercise to make sure your activity is counted. Then once you finish your workout, select **'Save your workout'**

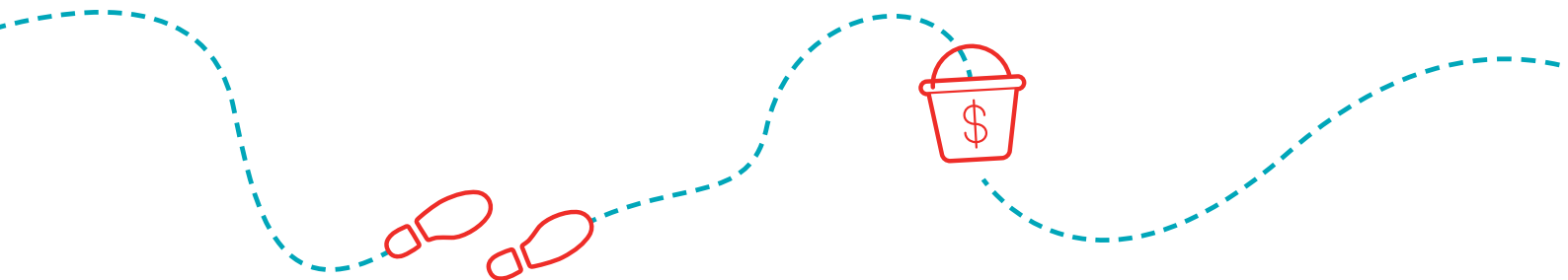


Points to note for connecting your Fitness app:

- Your activity can take up to 24 hours to load onto your page.
- If you have issues syncing your app, try logging in and reconnecting.
- For Fitbit wearable users, make sure you '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 further support, contact our friendly team:

journey@redcross.org.nz



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