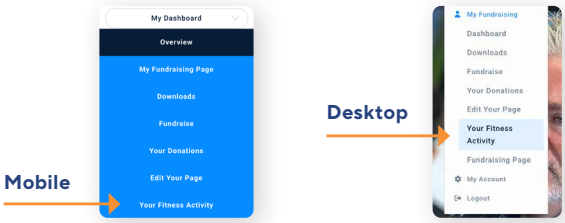
LOGGING YOUR ACTIVITY & TRACKING YOUR KMS

Logging your activity for The Long Run is easy, whether you track through your watch, phone or pedometer. Simply log into your dashboard and click **'Your Fitness Activity'**, from there you can either:

Sync and connect your preferred fitness app

1. Log in using your email and password
2. Click or tap **'Your Fitness Activity'**



3. Click or tap your preferred fitness app and follow the prompts

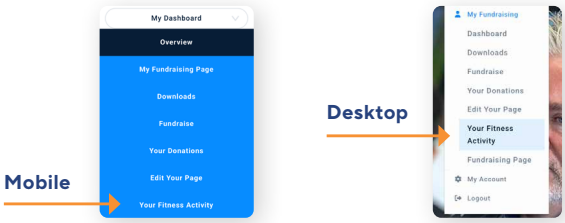
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4. Your tally will be updated each day with the previous day's distances

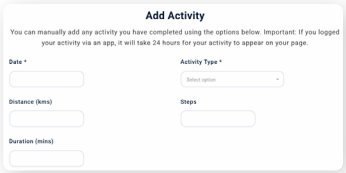
TIP: Don't forget to start and finish an activty on your watch/tracker

Manually add your activity and add your KMs

1. Log in using your email and password
2. Click or tap **'Your Fitness Activity'**



3. Scroll down and add your activity in the fields below **'Add Activity'**



4. Your tally will be updated and display on your page within an hour

If you've synced your preferred fitness app but are having issues, repeat the steps above to reconnect it. Activity syncing may be delayed during peak times, so please try again later. Alternatively, you can manually add your activity.

We're here to help

If you still need help tracking your KMs reach out to Jo at **thelongrun@pcfa.org.au.**