

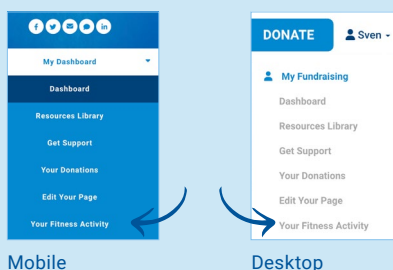
LOGGING YOUR ACTIVITY & TRACKING YOUR KMS

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. Logging using your email and password
2. Click or tap 'Your Fitness Activity'



Mobile

Desktop

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



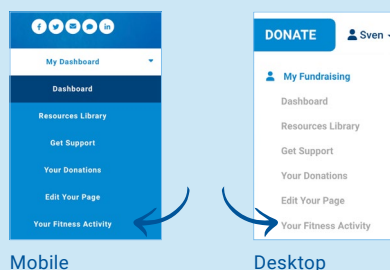
4. Your tally will be updated each day with the previous day's distances.

TIP: Don't forget to start and finish an activity on your watch/ tracker for it to sync.



Manually add your activity and add your KMs

1. Logging using your email and password
2. Click or tap 'Your Fitness Activity'



Mobile

Desktop

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 have synced your preferred fitness app, but are experiencing difficulties, please try repeating the steps above to reconnect it.

During peak times, there can be a delay with your activity syncing. If you notice this is the case please wait and try again at a later time of day. 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.