



## How to Connect & Track Your Activity With Apps

### Connect your preferred fitness app

STRAVA

MAPMYFITNESS

GARMIN

1. The Strava, MapMyFitness or Garmin apps are supported. Download your preferred app on your device and create an account.
2. Log into your fundraising profile at [emdistancechallenge.org](http://emdistancechallenge.org).
3. Navigate to the "My Fitness Activity" tab, then under the "Connect your preferred fitness app section" click your app.
4. Follow the prompts to connect your account.
5. When you next work out, select start your workout in the app on your phone. Once you end your workout, stop your workout, and save your workout and your distance will be published to the tally on your page the following day.

### Tips

- If you have synced your app, but it is not working, please log into your account and reconnect it.
- MapMyFitness, Strava and Garmin: You must start your workout, stop your workout & then SAVE your workout.
- Only log mileage for the activity you originally registered for.
- Tracking only counts from May 14-21, any data linked prior to those dates will be deleted from the system.

### Got Questions? We're Here to Help!

- Reach out to your Team Captain or assigned EMF Point Person
- Email [distancechallenge@expectmiraclesfoundation.org](mailto:distancechallenge@expectmiraclesfoundation.org)



## How to Track Your Activity Manually

You can manually add your exercise to the "My Fitness Activity" tab on your personal page at [emfdistancechallenge.org](http://emfdistancechallenge.org). This is a great option if you're using FitBit, pedometer, Peloton, Apple Watch (without Strava, Garmin, or Map My Fitness), or a different method of tracking distances.

### Follow these steps:

1. Log in to your personal account at [emfdistancechallenge.org](http://emfdistancechallenge.org) and select the "My Fitness Activity" tab.
2. Under "Add Activity," enter the required fields.
3. Scroll down and press "save changes."
4. The logged activity will now appear on your Distance Challenge page!
5. Only log mileage for the activity you originally registered for.

### 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 \*

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.

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