



LEAVE YOUR  
LIMITS BEHIND.

THE MAY 50K

#KissGoodbyeToMS



## HOW TO CONNECT YOUR FUNDRAISING PAGE TO YOUR FITNESS APP

Your fundraising page includes your personal distance tally, so you can track your distance towards your target. This is a great way to keep your friends updated on your workouts!

You can track your workouts with Fitbit, MapMyFitness or Strava which will automatically add your distances to your tally.

### *Track your KMs automatically:*

1. Download the [Fitbit](#), [Strava](#) or [MapMyFitness app](#) and set up your account.
2. Log in to your The May 50K fundraiser account and select 'My Fitness Activity'
3. Under the heading 'Connect your preferred Fitness app', click your chosen 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, **save your workout** and your distance will be published to the tally on your page **the following day** (please allow 24 hours).

**When using Fitbit**, you must 'start' an activity and save it. Your daily steps will not automatically add to your page. If you are having issues, try syncing through BOTH your Fitbit and the Fitbit app on your smartphone.

**When using MapMyFitness**, you must 'start' your workout, 'stop' your workout and then 'SAVE' your workout.

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

### *Track your KMs manually:*

You can manually add your kilometres to the tally in your "My Fitness Activity" tab of your fundraiser dashboard. This is a great option if you're using a pedometer or a different method of tracking your distances.

1. Log in to your account and select 'My Fitness Activity'
2. Under 'Add activity', enter the date and distance
3. The number of KMs will now appear on your fundraising page!