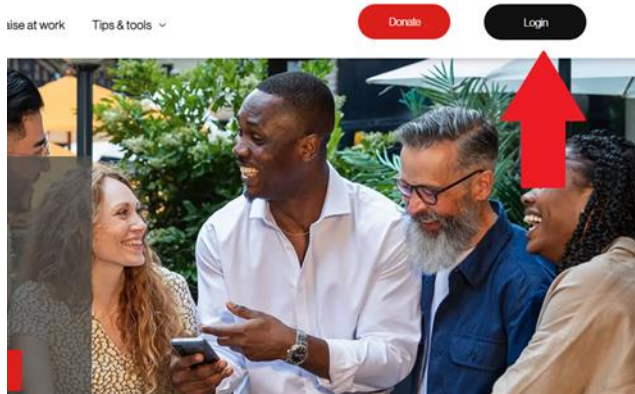


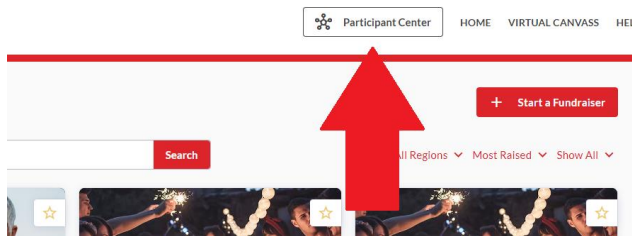
How to log kilometers towards your Activity Challenge:



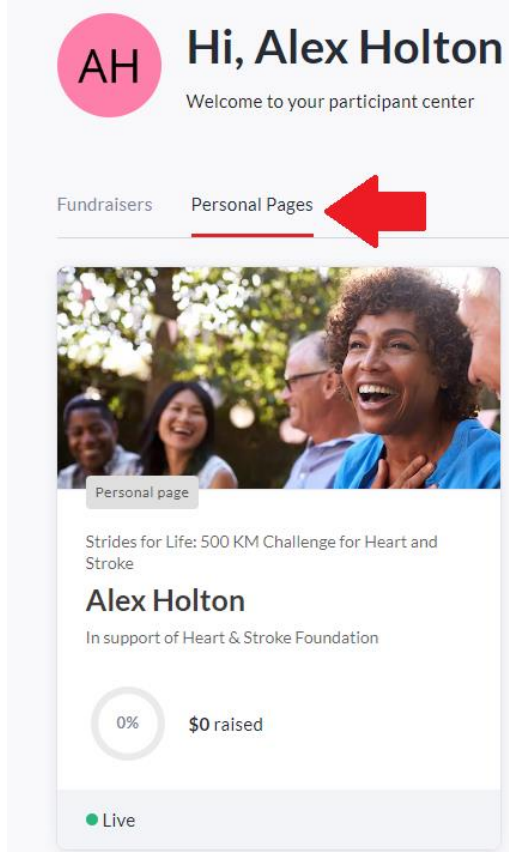
1. Go to www.fundraiseyourway.ca and click “Login” at the top right of the page.



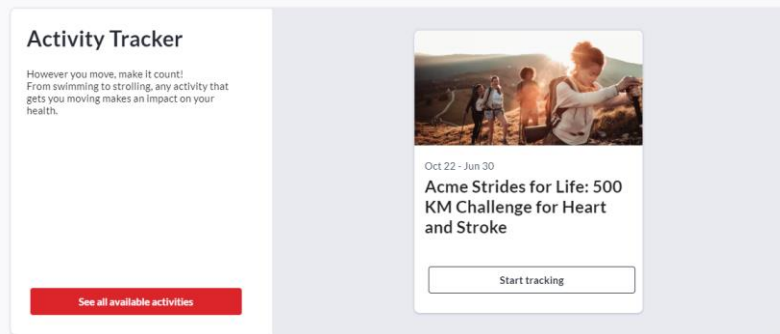
2. Click on “Participant Centre” at the top of your screen.



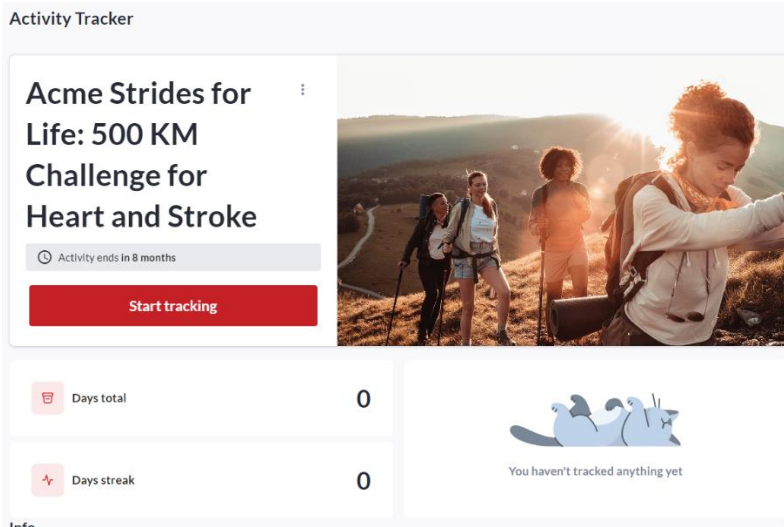
3. Click on “Personal Pages” and then select the page on which you wish to record activity.



4. This will take you to your fundraising page dashboard. Under “**Activity Tracker**” click “**Start tracking**” on the activity you wish to record activity for.



5. Under the “**Activity Tracker**” section click “**Start Tracking**” then “**Track activity**”



6. A pop-up window will appear where under each field you can enter:

What are you tracking?

- Select the type of activity you are logging

Distance (km)

- Enter the total distance from today's activity.

Comment (optional)

- This is an optional field where you can make personal notes about your activity.

You can also input your progress using Strava. To do so click the Strava icon to create or link and existing account.

