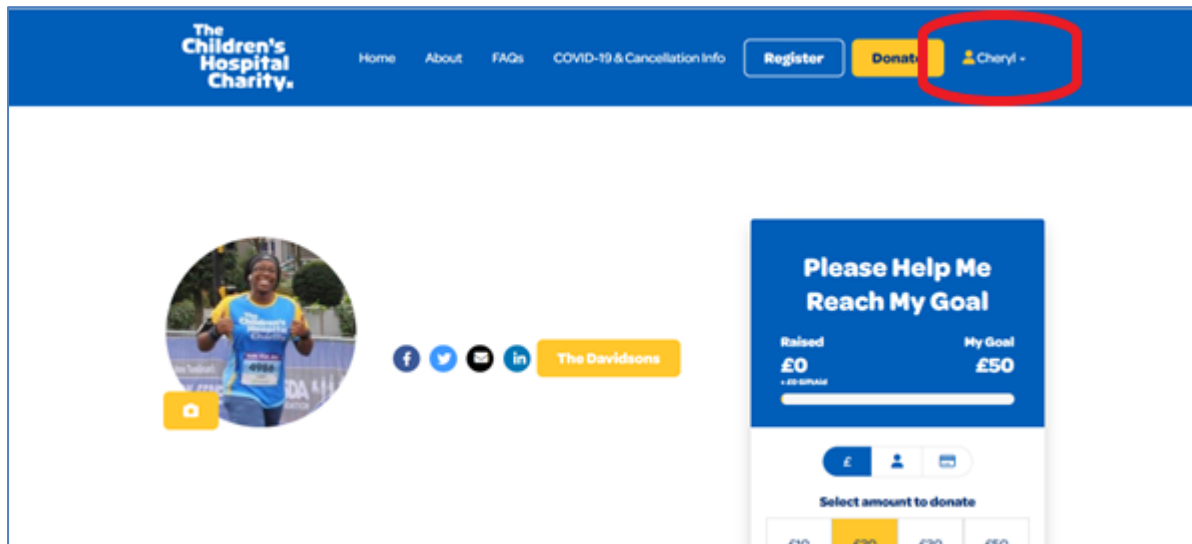
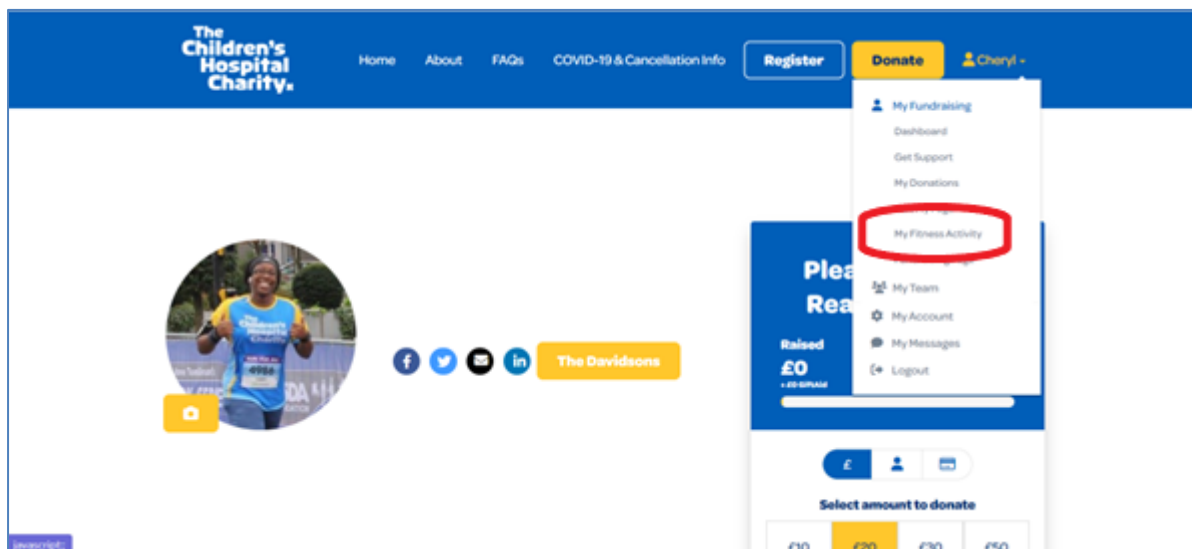


## How to link your fitness app to your Fundraising page or add miles manually

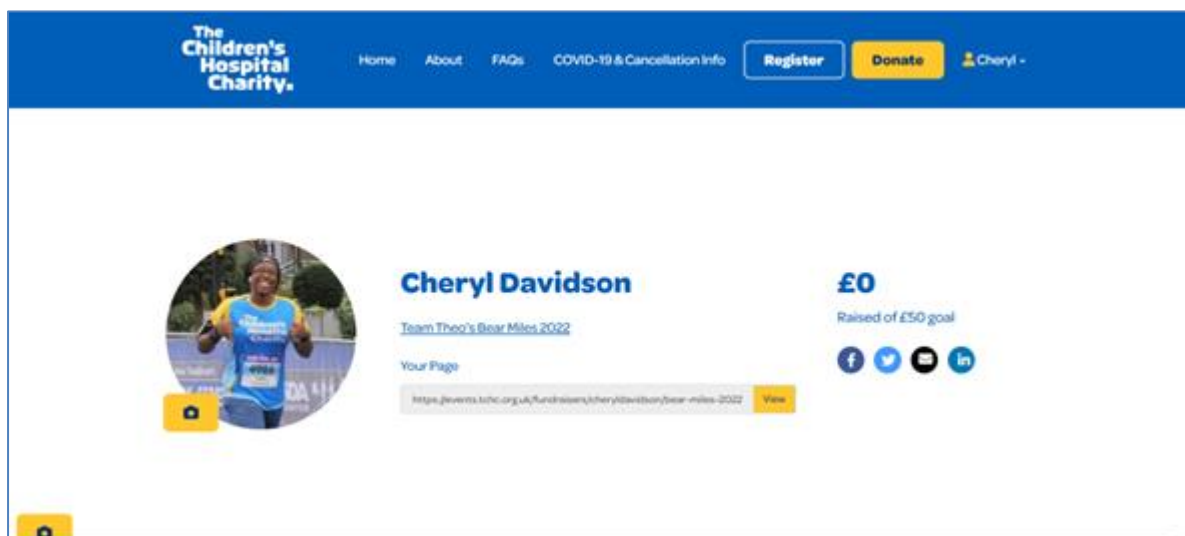
**Step 1** – Click on your name in the top right-hand corner of your fundraising page



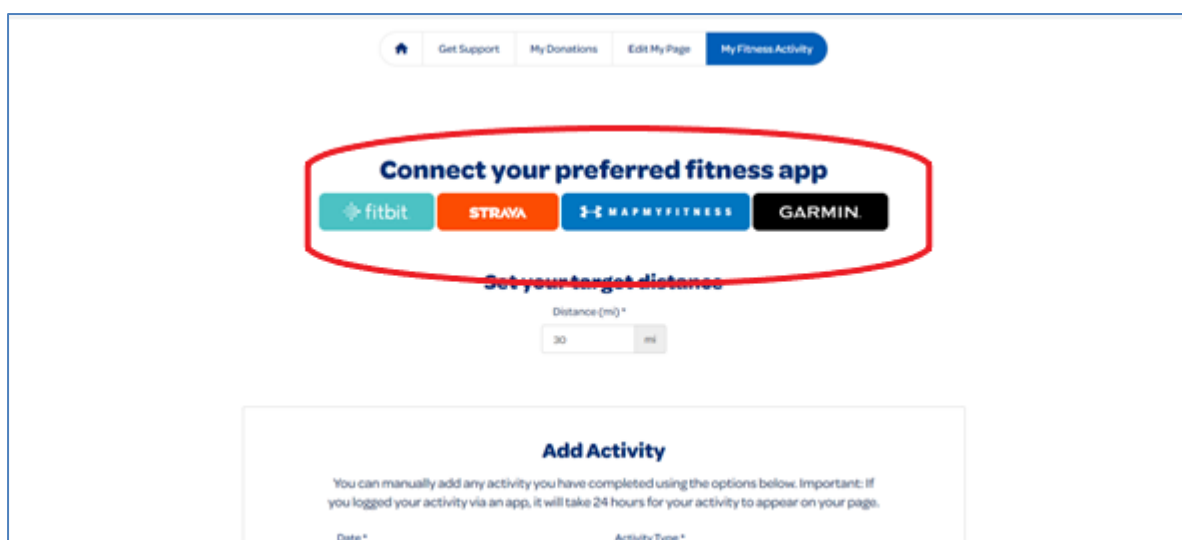
**Step 2** – Select 'My Fitness Activity' from the drop-down list



**Step 3** – You should then see the screen below. If so, scroll down the online page



**Step 4** – You should now see the logos for the fitness apps you can connect to. Select the fitness app you would like to use and follow the instructions (once done, you can go straight to step 6)



If your required fitness app isn't available and you want to add your miles manually, please scroll further down the online page and go to step 5.

**Step 5** – To add your miles manually, just fill in the required information in the boxes shown below and click save.

**Step 6** – Once you've linked your fitness app or added your miles manually, you can go back to your fundraising page and your miles will be added to your activity tracker.

**Important:** If you log your activity via an app, it could take up to 24 hours for your activity to appear on your page. Also, please allow a few minutes for your miles to appear if logging manually.

If you have any problems with the above or have further questions, please contact us at [fundraising@tchc.org.uk](mailto:fundraising@tchc.org.uk) or 0114 321 2470. Our fundraising team are on hand to help you as quickly as possible!