# Guide to your Research Relay page
How can I track my miles?

1. **First, log in to your page** by clicking the Login button in the top right-hand corner

2. **Go to 'My Fitness Activity'**

Once logged in, click on your name in the top right-hand corner to open the menu. The menu shows the different pages within your participant area which can support you with your challenge, including My Fitness Activity. Click on My Fitness Activity.
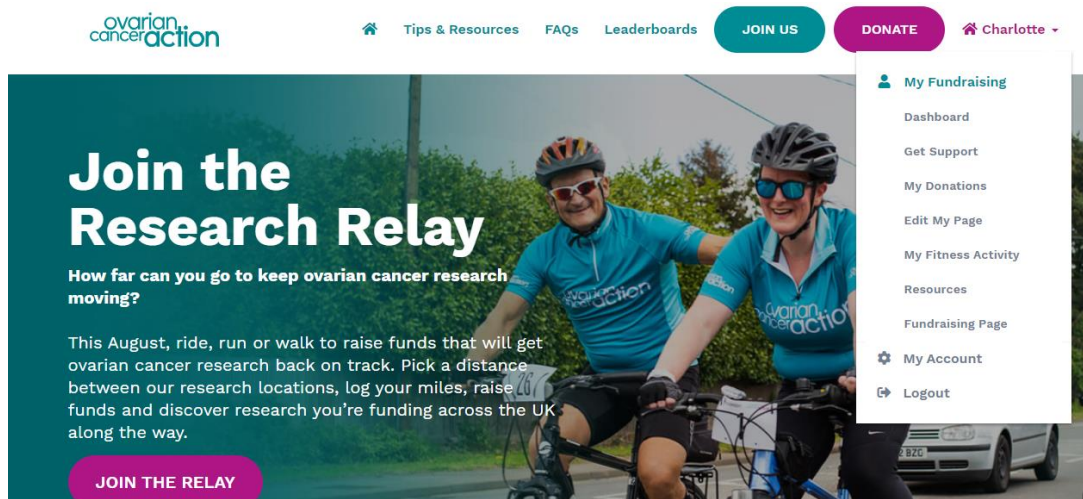
3. Connect your fitness tracker

If you would like to use fitbit or Strava to track your miles, click the relevant button in the 'My Fitness Activity' area to sync it with your fundraising page. Each time you save an activity on your fitbit or Strava, it will automatically update on your fundraising page.

connect your preferred fitness app

fitbit STRAVA

If you already have a fitbit or Strava account, follow the prompts to log in. If you don't have an account yet, you can set one up by clicking 'sign up' at the bottom (see image below). If you haven't used Strava before you may need to download the app on your smartphone so that you can take it with you on runs, walks or rides.

fitbit

Log In

Continue with Facebook

Continue with Google

EMAIL

Your email address

PASSWORD

Enter your password

☐ Keep me logged in   Forgot password?

Login

Want to try out Fitbit? Sign up

4. OR use an alternative fitness tracker app and manually input your miles

If you don't wish to use fitbit or Strava, you can track your miles using an alternative fitness tracker app such as the Health app on iPhones, Samsung Health, MapMyRun or Google Health.

Go to 'My Fitness Activity' and scroll down to 'Add Activity'. Input your miles, remembering to select your activity type.

Once you've entered your activity details, click 'Save changes' below

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 *

Activity Type *
Run

Distance (mi) *

Steps

Duration (mins)

(optional)

SAVE CHANGES