



HOW TO LOG YOUR ACTIVITY

Your Step up for Parkinson's fundraising page allows you to record your daily progress, allowing you and your supporters to keep track of your activity during the month of May as you Step up for Parkinson's.

You can track your activity automatically with the Fitbit, MapMy Fineness or Strava app, or you can add your activity manually. Follow the instructions below on the best way for you to track your fitness activity.

Track your activity with a fitness app

- 1 Download the fitness app you wish to use and login or set up an account.
- 2 Login to your Step up for Parkinson's dashboard and select the 'My Fitness Activity' tab.
- 3 Select the fitness app you wish to connect to.
- 4 Follow the prompts to connect your accounts.
- 5 Next time you start your activity it's advised to select START in your chosen fitness app on your phone. Once you have finished make sure you hit STOP in your workout in the app and your activity will be published to your fundraising page automatically. Please be advised it can take up to 24 hours for the activity to appear on your page.

All training activity logged in the lead up to May will be reset on 1 May 2023.

Track your activity manually

You can manually add your activity to your fundraising page through the 'My Fitness Activity' tab of your Step up for Parkinson's dashboard. This option is great if you are using a pedometer or step tracker to record your activity.

- 1 Login to your Step up for Parkinson's dashboard and select the 'My Fitness Activity' tab.
- 2 Under 'Add Activity', enter the date and distance.
- 3 Your activity will appear on your fundraising page!

Scan to access your dashboard

