Zaidee's Run for Life—How to manually log your Km's to your page

Go to the Zaidee's Run For Life home page:

https://www.zaidee.org/event/run-for-life/home

Click on the top right hand corner and log in.



Once you have logged into your page, click on the user profile drop down box in the top right hand corner and click on ' My fitness Activity' Tab

Scroll to the bottom of the page and use the 'Add activity' box to complete the details of your physical activity. Then click 'save changes' at the bottom of the page.

	Add Activity
You can manually add any activi logged your activity via an ap	ity you have completed using the options below. Important: If you op, it will take 24 hours for your activity to appear on your page.
Date *	Activity Type *
	Walk -
Distance (kms) *	Steps
Duration (mins)	
(optio	nal)
	Save Changes

Zaidee's Run for Life—Using an activity tracking app

If you are using an app to track your progress such as strava or fitbit. You can link this so that your Km's upload to your page automatically.

Whilst you are on the 'My fitness Activity' page, click on your preferred app out of fitbit or strava. Connect your preferred fitness app

STRAV/

You will then be requested to enter your login details for that app.

Log in using your preferred method.

You will then be asked to give authorisation for linking your fitness app with your Zaidee's fundraising page.

Click 'Authorize' and the link will be complete.

	Log In	<u>گ</u>
		Authorize Zaidee to connect to
		Strava
f	Log in using Facebook	fundraising and fitness
	Log in using Google	https://www.zaidee.org/
Ŭ.		Zaidee will be able to:
Ú	Sign in with Apple	View data about your public profile (required)
		View data about your private activities
	Or log in with email	Your activities will not contain heart rate data
	sur Empil	It looks like you still need to allow Strava to process
		your heart rate data. Please do this in the Data Permissions section in Strava's settings before you
Pa	assword	upload your next activity.
		Authorize
		Cancel
	Log In	
		To revoke access to an application, please visit your settings at any time.
1.1.1	Forget your password?	Pu sutherizing an application you continue to