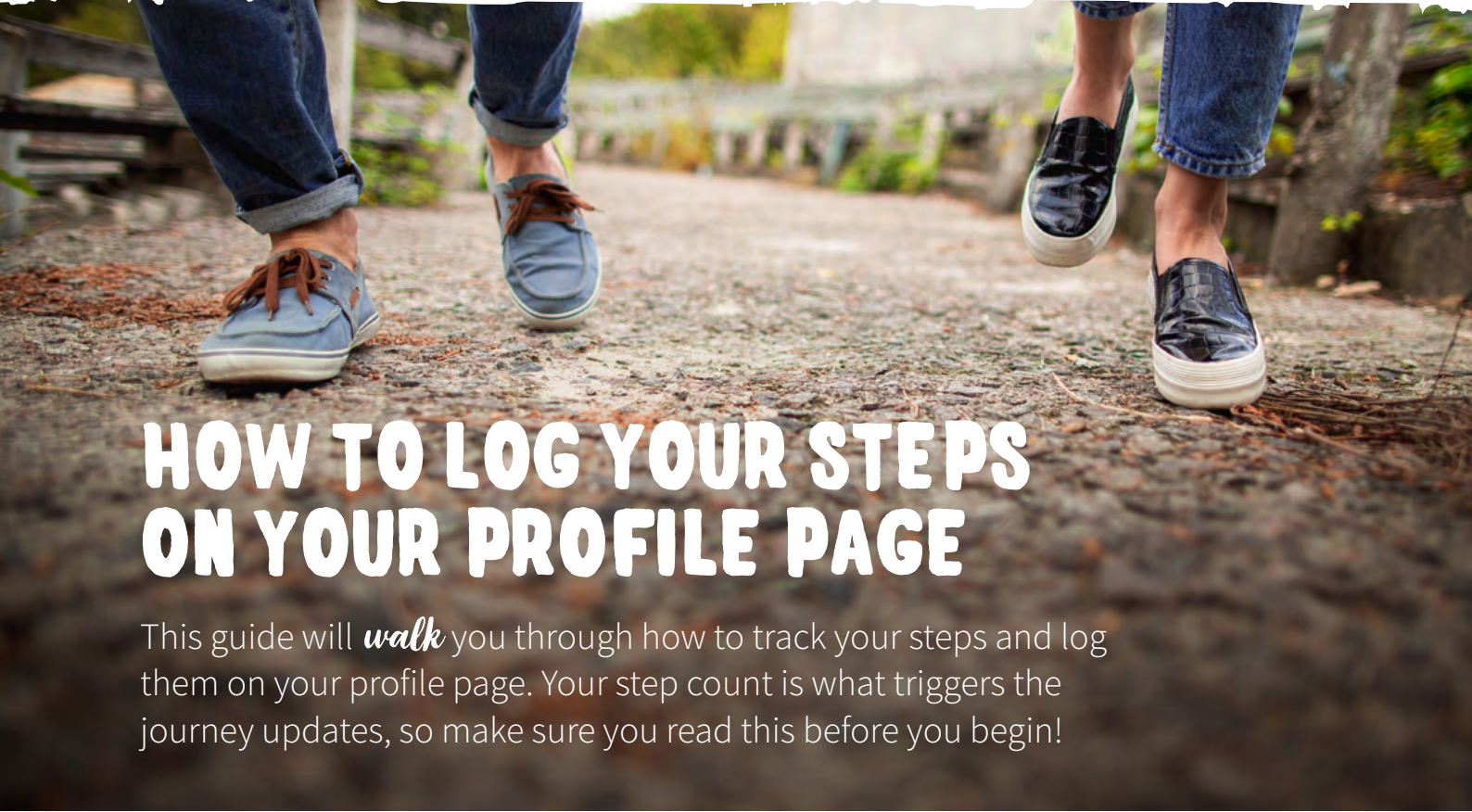




RED CROSS JOURNEY



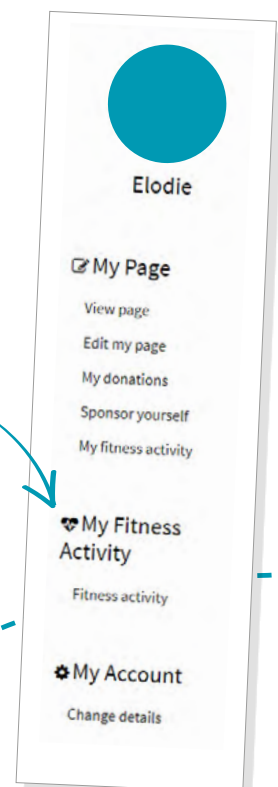
HOW TO LOG YOUR STEPS ON YOUR PROFILE PAGE

This guide will *walk* you through how to track your steps and log them on your profile page. Your step count is what triggers the journey updates, so make sure you read this before you begin!

OPTION 1 *Log your steps manually*

If you are counting your steps using a pedometer or your phone's health app, then you can log your steps manually.

- Step 1** Log in redcrossjourney.org.nz/login
- Step 2** Click on **'My fitness activity'** in the left-hand menu (hover your mouse over the left of the navigation bar on a computer and on a mobile, click on the three lines on the bottom right of the page)
- Step 3** Scroll down to **'Add activity box'**:
- Step 4** Enter the **date** and the **number of steps** you did that day, then scroll down and click the **'Save changes'** button.
- Step 5** Check out your **step count**. It should immediately appear on your profile page!



OPTION 2 *Connect an app to count your steps*

You can connect Fitbit, Map My Fitness or Strava to your Red Cross Journey profile page. Whichever your preferred app, you can sync it with your profile page and your steps will automatically update onto your page.

Step 1 Download the **Fitbit, Strava or MapMyFitness app**

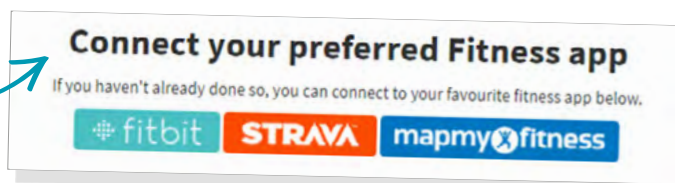
Step 2 Log in **redcrossjourney.org.nz/login**

Step 3 Click on **'My fitness activity'** in the left-hand menu

Step 4 Under the heading **'Connect your preferred fitness app'**, select your chosen app

Step 5 Follow the prompts to connect your account

Step 6 Don't forget to select **'Start your workout'** in your app of choice before you walk to make sure your steps are counted. Then, once you finish your workout, select **'Save your workout'**. Your steps may not appear on your profile page until the following day.

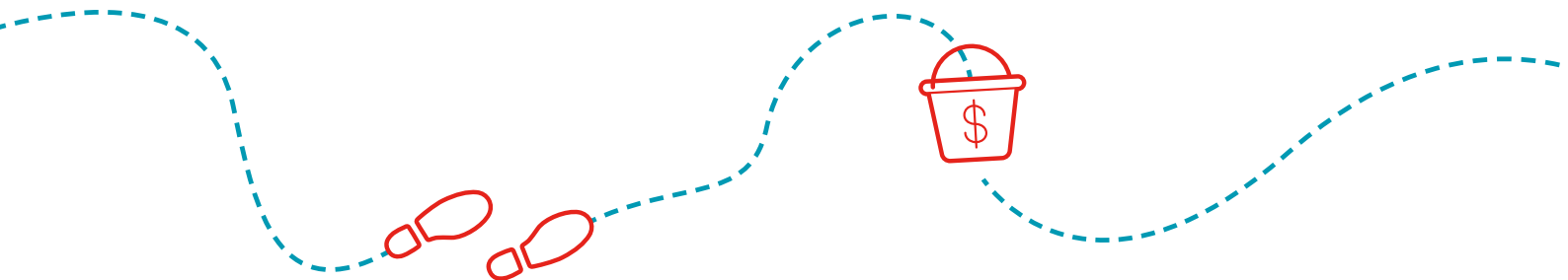


Points to note for connecting your Fitness app:

- Your steps can take up to 24 hours to load onto your page.
- If you have issues syncing your app, try logging in and reconnect.
- For Fitbit wearable users, make sure you 'start' an activity on your phone app (not your wearable device) and save it. Your daily steps on your wearable device will not automatically add to your page, unless you start the activity on the app first.

If you need any further support, contact our friendly team:

journey@redcross.org.nz



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