How to log your All Trails Challenge miles:
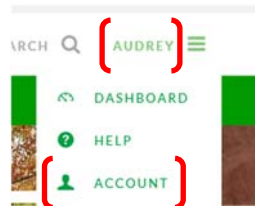
1) Tracking App

You can use Strava, MapMyFitness, or your FitBit!
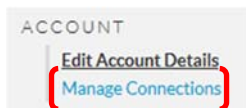Just make sure your workouts are set to public!

i. When logged into your Everyday Hero supporter page (www.fow-atc2019.everydayhero.do), click on your name in the upper right-hand corner next to your name to open the drop-down menu and click "Account."
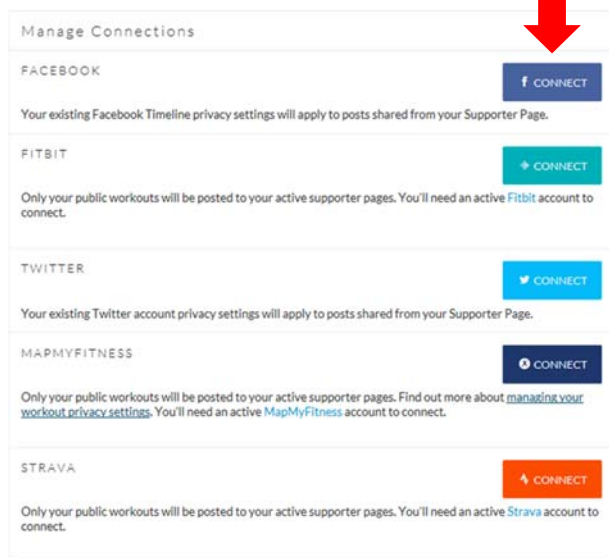

ii. Click "Manage Connections."

iii. Choose which social media platforms and fitness apps you would like to sync and click "Connect"—you can sync as many apps as you would like to contribute to your total page mileage!
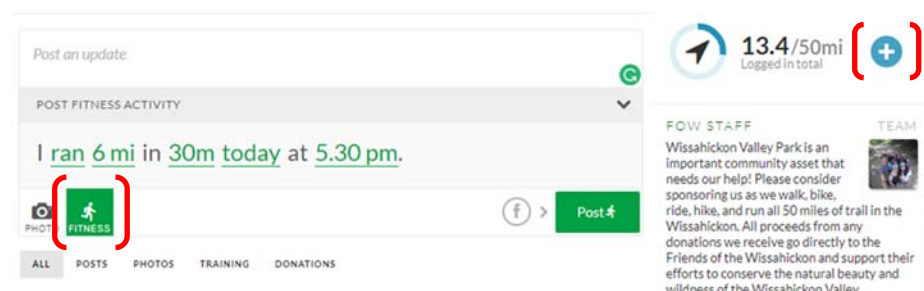
iv. Follow the on-screen instructions to log into your existing accounts.


2) Manual Entry

On your supporter page, you can:

I. Click the plus sign next to your total mileage or the Fitness icon to post a Fitness activity, and

II. Click on the underlined words to update your time and activity to post.

Accidentally upload a workout? Just delete it!

Click the gear icon in the upper right-hand corner of your fitness post to delete your workout and remove it from your total mileage.
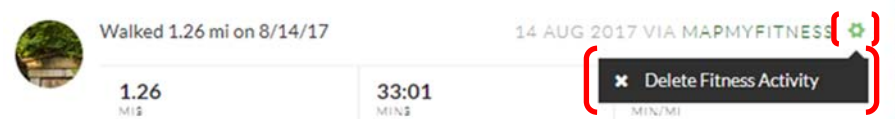
Check out where you stand amongst your fellow competitors at: https://www.fow.org/trails-challenge-leaderboard/

PRO TIP!

Use a fitness app and compare the maps in your fitness posts so you can remember which trails you've covered.

#FOWAllTrails