

# How to track your kms

Your profile page includes your personal distance tally so you can track your distance towards your target. This is a great way to keep your friends updated on your workouts!

If you track your workouts with **Fitbit**, **MapMyFitness** or **Strava** your distances will automatically add to your tally.

**Follow these steps to track your kms automatically:**

## 1 Download the Fitbit, Strava or MapMyFitness app and set up your account



## 2 Login to your Walk for Women's Cancer account

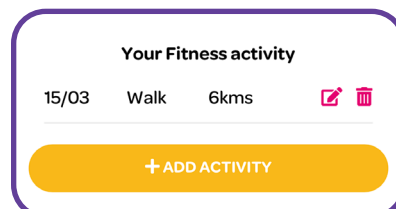
Under the heading 'Connect your preferred Fitness app', click your chosen app. Follow the prompts and connect your account.



## 3 Tracking your kms

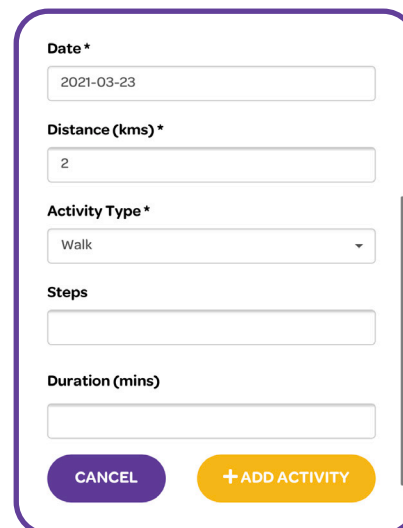
### Automatically

When you next work out, select 'start your workout' in the app on your phone. Once you end your workout, save your workout and your distance will be published to the tally on your page the following day.



### Manually

- Log in to your account and select 'My Fitness Activity'
- Under 'Add activity', enter the date and distance
- The number of kms will now appear on your fundraising page!



### Got a question?

For more details and other frequently asked questions head to our website [walkforwomenscancer.org.au](https://walkforwomenscancer.org.au)

Get in touch [walk@perkins.org.au](mailto:walk@perkins.org.au)