

LOGGING YOUR KMS FOR BASE TO BUSH

HOW TO CONNECT YOUR FITNESS APP

1. Sign in to your Everyday Hero account (everydayhero.com/au/sign-in)
2. Once you've signed in, open the menu in the top right and click 'Account'
3. Select 'Manage Connections'
4. Choose the fitness app you use and hit 'Connect'
5. Confirm and hit 'Log In' to complete the integration.

Now that your fitness app account is integrated with Everyday Hero, your workouts will be displayed on your Base to Bush fundraising page. The post will display a map of your route and information about your workout including distance, duration, speed and calories.

HOW TO MANUALLY ADD YOUR KMs

We recommend you update your fitness activity after each time you walk, run or cycle.

1. Sign in to your Base to Bush supporter page - basetobush.groundcrew.org.au
2. Click on 'View Page' in the top right hand corner
3. Scroll down the page to the 'Activity' section
4. Click 'Log Fitness'
5. Select your fitness activity from the options provided and enter the KMs, duration (optional), and date
6. Select 'Post'

Now that you've posted your fitness activity on Everyday Hero, your workouts will be displayed on your Base to Bush fundraising page. The post will display information about your workout including type of fitness, distance and the duration.