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HOW TO TRACK YOUR TRAINING FOR MDC LOCAL

Your Mother's Day Classic portal includes your personal distance tally so you can track your progress towards your target. This is a great way to keep your friends and family up to date on your workouts!

If you track your workouts with Fitbit or Strava, you can have your sessions automatically added to your personal tally.

Follow these steps to link your fitness app:

1. Download the Fitbit or Strava app and set up your account
2. Login to your Mother's Day Classic account, and go to your Dashboard
3. Click on the 'My Fitness Activity' heading and then select the icon of your chosen fitness app
4. Follow the prompts to connect your account
5. When you next work out, select 'start your workout' in the app as you normally would, and make sure to save your workout at the end.
6. Success! Your training will be added to your personal Dashboard the following day.

If you don't use a fitness app, you can still include your training on your dashboard. This is a great option if you are using a pedometer or different method of tracking your training.

Follow these steps to add an activity manually:

1. Login to your Mother's Day Classic account and go to your Dashboard
2. Click of the 'My Fitness Activity' heading and then on 'Add Activity'
3. Enter the details of your training session including distance, duration, kilometres and date
4. Save your changes at the bottom of the page.
5. Success! Your training will be added to your personal Dashboard the following day.

Remember, it may take a day or so for your training sessions to show up on your Dashboard as your personal tally is updated once each day to add the previous day's training!

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FREQUENTLY ASKED QUESTIONS

I've linked my app, but my workout hasn't shown up on my dashboard.

Your personal tally will be updated each day with the previous day's training, so your workouts will not be visible on your dashboard until the following day.

How do I set my fitness goal?

Once you log into your dashboard, visit the **'My Fitness Activity'** tab. At the top of the page, there is an option to set your target distance.

I've waited a day and my workout still isn't showing up. What should I do?

Try logging out of both your fitness app and your Mother's Day Classic Account. Log back in to both, and re-connect the app to your account.

My Fitbit steps are not showing up on my dashboard.

Your daily steps will not automatically add to your personal tally. For a Fitbit activity to be included, you must 'start' and save it as a workout. If you would like to add your steps, you can do so by adding it manually.

My Fitbit is not connecting

Try syncing through both your Fitbit and the Fitbit app on your smartphone.