



Everyday Hero have integrated with Map My Fitness

1. Go to [MapMyFitness.com](https://www.MapMyFitness.com) and log in/sign up.
2. Go to [EverydayHero.com.au](https://www.EverydayHero.com.au) and log in/sign up.

3. Click on 'Account'

The screenshot shows the 'Everyday Hero' user interface. At the top, there is a navigation bar with the logo 'Everyday Hero' and the tagline 'Spread the word, inspire support, raise money.' On the right of the navigation bar is the user's name 'Dave' and a menu icon. Below the navigation bar is a secondary menu with items: 'Dashboard', 'Supporter Pages', 'Receipts', and 'Account'. A red arrow points to the 'Account' link. The main content area is divided into two columns. The left column is titled 'Manage Connections' and contains three sections: 'Social' with 'Facebook' and 'Twitter' (each with a 'Connect' button), and 'Training' with 'MapMyFitness' (with a 'Connect' button). The right column is titled 'Account' and contains two links: 'Edit Account Details' and 'Manage Connections'. A red arrow points to the 'Manage Connections' link. Another red arrow points to the 'Connect' button for 'MapMyFitness'.

4. Click on 'Manage Connections'

5. Click on 'Connect'

Once connected, to allow your workouts to appear on your Supporter Page you need to set your MapMyFitness log to 'Public'.

Instructions for Browser

Click on 'My Workouts'

The screenshot shows the MapMyFitness user interface. At the top, there is a navigation bar with the logo and menu items: MY HOME, DISCOVER, IMPROVE, and Go MVP. A user profile for Jane is visible in the top right. Below the navigation bar, a central menu is open, listing various options: DASHBOARD, MY WORKOUTS (circled in red), MY ROUTES & COURSES, MY ACHIEVEMENTS, MY NUTRITION, MY FRIENDS, MY GROUPS, MY EVENTS, and MY CITY. To the left of this menu are buttons for CREATE ROUTE, LOG WORKOUT, and IMPORT WORKOUT. Below these buttons is a promotional banner for 'Discover the MVP in you.' with a Go MVP button. The main dashboard area features a 'MY DASHBOARD' section with a distance meter showing 0.0 kilometers, a 'LOG FOOD' button, and an 'ADD TO JOURNAL' button. A user profile card for Jane Joe shows 40 total kilometers and options to edit the profile or view friend requests. There is also a Facebook social media widget and sections for achievements, personal statements, and goals.

CREATE ROUTE

LOG WORKOUT

LOG FOOD

ADD TO JOURNAL

Home > My Workouts

MY WORKOUTS

LOG A WORKOUT

IMPORT WORKOUTS

Select a
workoutNOVEMBER
2013

< ▶ today GO TO

All Types

Calendar

A 0
Total km / Steps🕒 0
Total Hours📈 0
Total Calories🏃 0
Workouts

| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
|-----|-----|-----|-----|-----|-----|-----|---------|
| 27 | 28 | 29 | 30 | 31 | 1 | 2 | 0 total |
| | | | | | | | 0 km |
| | | | | | | | 0 cals |
| | | | | | | | 0 hrs |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 0 total |



CREATE ROUTE



LOG WORKOUT



LOG FOOD



ADD TO JOURNAL

Home > My Workouts > Details

RAN 6.25 KM ON 17/09/13

| | | | |
|----------|----------|----------|------|
| DISTANCE | DURATION | AVG PACE | KCAL |
| 6.25 km | 39:06 | 06:15 | 451 |

RUN / JOG

SEPT. 18, 2013
at 10:47 A.M.
by JANE JOE

CURRENT POINTS

CURRENT AWARDS

X

EDIT

COPY

DELETE

CREATE COURSE

SHARE:



Public

TIME

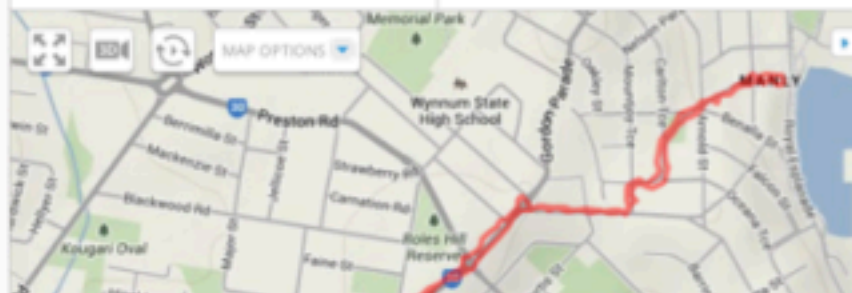
START 10:47 a.m.

PACE

AVG 06:15 min/km

CADENCE

0 rpm



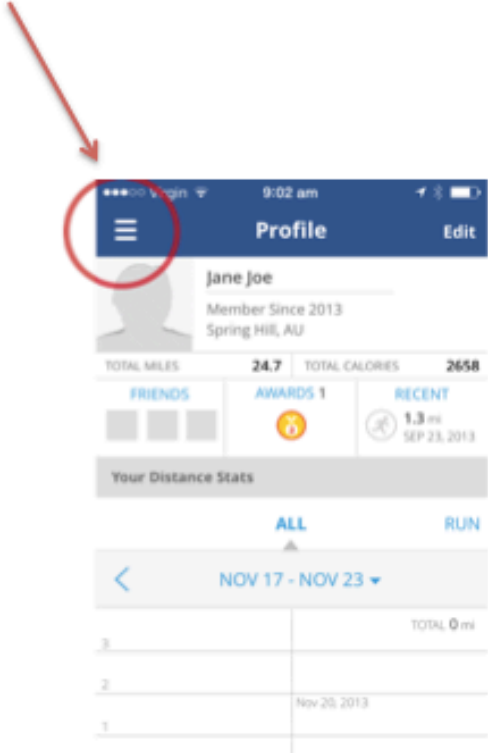
ANALYSIS TYPE: Splits

| | 0.1 km | 0.5 km | 1 km | 5 km | 10 km |
|--------------|--------|--------|--------------|------|-------|
| DISTANCE | | | | | |
| PACE | | | | | |
| ELAPSED TIME | | | | | |
| 1 km | | | 05:46 min/km | | 5:45 |
| 2 km | | | 05:54 min/km | | 5:52 |
| 3 km | | | 04:54 min/km | | 4:53 |

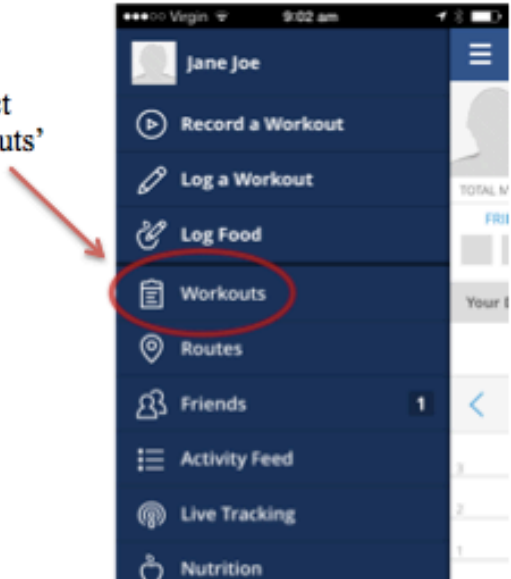
Click on the
'Public' icon

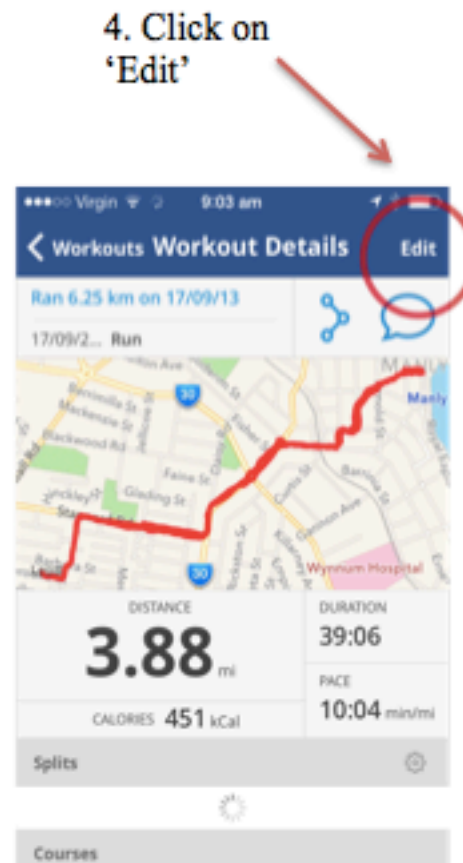
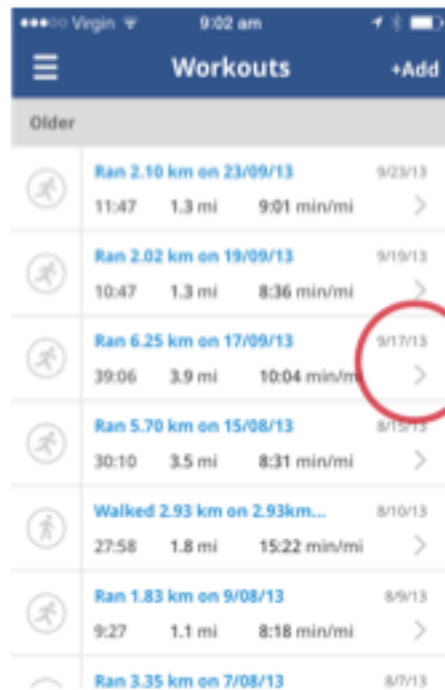
Instructions for Mobile APP

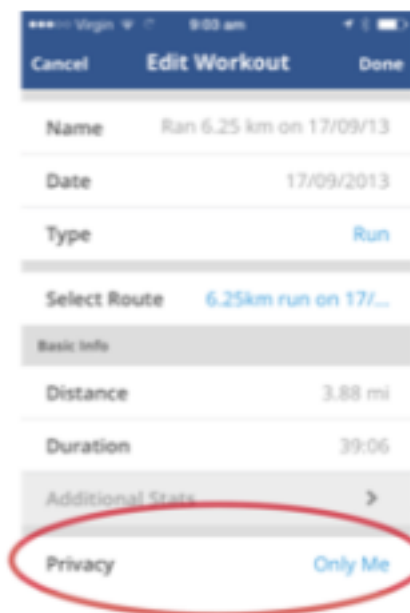
1. Click here



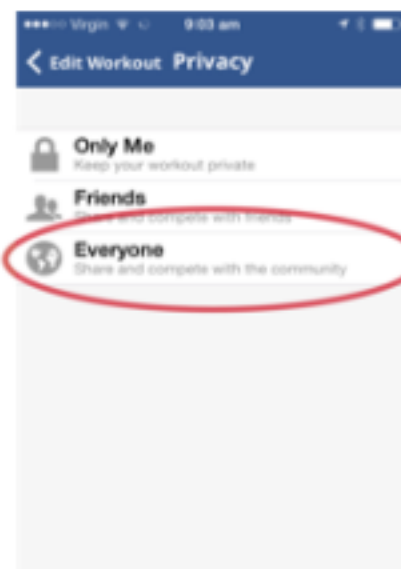
2. Select 'Workouts'







5. Select 'Privacy'



6. Choose 'Everyone'