

How to



Track your efforts

Strava | Map My Fitness | Fitbit

To connect your fundraising page with Strava, Map My Fitness or Fitbit, simply follow the below instructions.

1. Sign into your Stride4stroke page via <https://stride4stroke17.everydayhero.com/au/sign-in> using your everydayhero log in details.
2. Select your name and select the 'Account' option on the drop down menu.
3. Once you are inside your account, select 'Manage Connections'.
4. Select the fitness account that you would like to connect. You are able to connect Strava, Map My Fitness or Fitbit to your fundraising page.
5. Follow the prompts to approve the connection between your everydayhero account and your fitness account.

Manually Log Kms

To log your kilometres or steps manually, simply follow the below instructions.

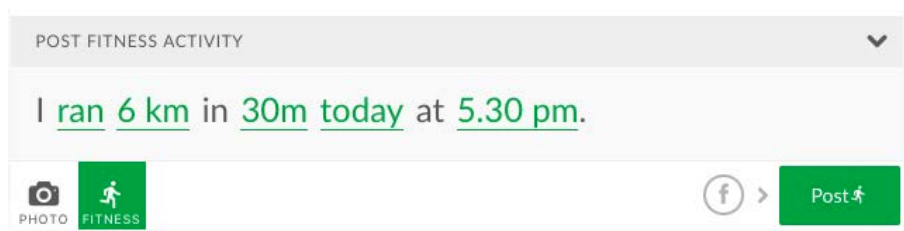
1. Sign into your Stride4stroke page via <https://stride4stroke17.everydayhero.com/au/sign-in> using your everydayhero log in details.

2. Press the "+" symbol below your profile image.

Please note, if you cannot see this, you are not logged in.



2. Replace the default numbers with your own. If you don't know the time or distance please fill in just the fields relevant to your activity, it all still counts!



3. Press Post

Don't forget to share it on Facebook too by clicking the Share button underneath!