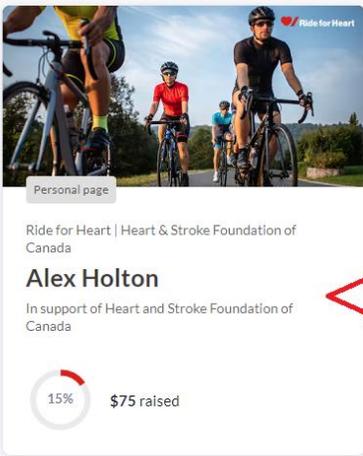


Ride for Heart

How to manually log kilometres towards your Ride for Heart Kilometre Challenge

1. Login and visit your participation centre. From here you can view all your personal or team pages. Select **Personal Pages** and then the Ride for Heart tile below on which you wish to log your kilometres.

Personal Pages  1.



Personal page

Ride for Heart | Heart & Stroke Foundation of Canada

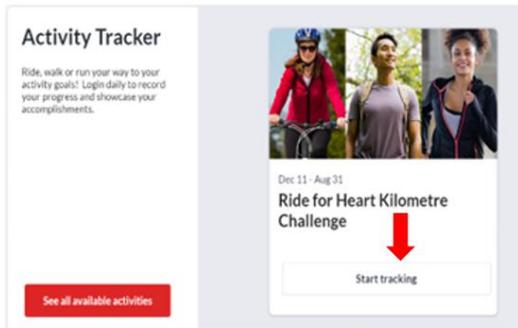
Alex Holton

In support of Heart and Stroke Foundation of Canada

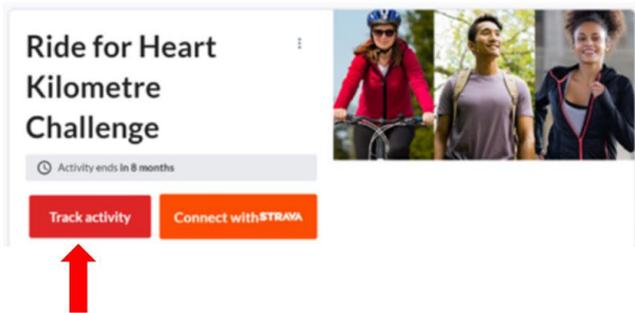
15% \$75 raised



- This will take you to your Ride for Heart dashboard. Scan down to the activity tracker section and click the **Start Tracking** button on the Ride for Heart Kilometre challenge.



- Once the Ride for Heart Kilometre Challenge is selected, click **Track Activity** to enter your Kilometres.



- A pop up window will appear where under each field you can enter:

What are you tracking?

- Select "Ride," "Walk," "Run," or "Other" depending on the type of activity you are logging.

Distance (km)

- Enter the total distance from today's activity.

Comment (optional)

-This is an optional field where you can make personal notes about your activity.

Once all your information is entered click **Track Activity** at the bottom right.

You are all set! Complete this process after every activity to keep your Ride for Heart Kilometre Challenge up to date with all your accomplishments.