

## Logging your activity & tracking your KMs

Logging your activity for Walk for Him is easy, whether you track through your watch, phone or pedometer.

### Connect and sync your fitness app

1. Login to your Walk for Him account and select 'My Fitness Activity'
2. Select your preferred fitness app and follow the prompts.
3. When you next work out, select **start your workout** in the app on your phone. Once you end your workout, **save your workout** and your distance will be published to the tally on your page **the following day**.

### Manually adding activity

1. Login to your Walk for Him account and select 'My Fitness Activity'
2. Under 'Add Activity', enter the required fields and your steps/ distance then **save changes**.
3. The logged activity will now appear on your fundraising page!

If you have synced your preferred fitness app, but are experiencing difficulties with your workouts not syncing over, please try repeating the steps above to reconnect it.

Remember, the tally on your page updates the following day if you sync your fitness app.

Alternatively, you can manually add your activity.

### We're here to help

If you still need help tracking your KMs, simply reach out to our team at [walkforhim@pcfa.org.au](mailto:walkforhim@pcfa.org.au)

# WALK FOR HIM

Walk for zero deaths from prostate cancer.  
Make every step count for men impacted by this disease.

Men's Health Week  
9 - 15 June

[walkforhim.org.au](https://www.walkforhim.org.au)