



## HOW TO JOIN THE EVENT, EXERCISE & RAISE FUNDS

You will need to complete the following which is explained in the steps on this page:

1. Download the MapMyfitness App & join
2. Create an Everydayhero supporter page
3. Connect Everydayhero supporter page to MapMyFitness App

### 1. MapMyFitness Application

MapMyFitness is a training app that allows you to map, record & share your exercise routes & workouts online. It connects with everydayhero so your workout can count towards our cause.

Go to the app store on your phone & search MapMyFitness GPS Workout Training application.

1. Download the app
2. Click on 'join now'

for more information on how to use this app to go:

<https://support.mapmyfitness.com/hc/en-us/articles/200118014-Getting-Started-with-MapMyFitness-iOS->

### 2. Create an Everydayhero Supporter Page

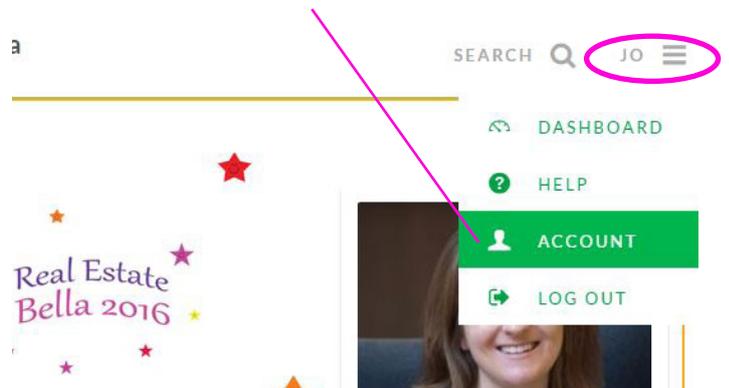
Go to:

<https://everydayhero.com.au/event/PBREStepsforStellaBella16>

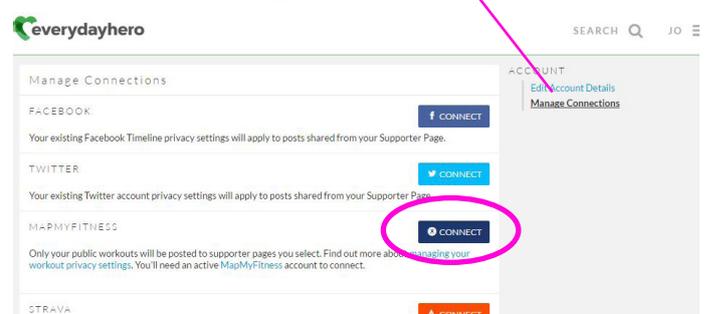
1. Click on 'Start Fundraising'
2. Sign up using email or click on 'log in' if you already have an everydayhero account.
3. This will ask you to create a supporter page
4. Upload your Image
5. Write a few words about why you are fundraising or use the default story
6. Share your page on Facebook
7. On your supporter page, click on 'join an existing team' & join your office team
8. Edit your personal fundraising goal by clicking on the 'my goal' \$ amount

### 3. Connect your Supporter Page to the MapMyFitness App

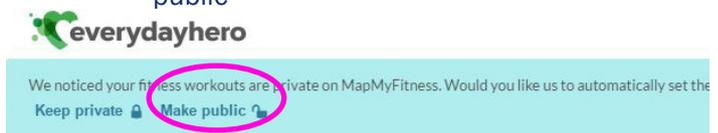
1. At the top of your supporter page, click on the 3 dashes next to your name
2. Click on 'Account'



3. Click on 'Manage Connections'



4. Click on 'Connect' next to MAPMYFITNESS
5. You will be prompted to sign into your MapMyFitness account
6. Now that you are logged into both accounts, you'll just need to set your MapMyFitness log to "Public" to allow your workouts to appear on your supporter page. To do this:
  - Go back to your dashboard by clicking the 3 dashes next to your name.
  - You will be prompted to make your workouts public



Now you are ready to exercise & raise funds. Share your page's link with friends & family.