

How to track your fitness activity



FAQs Contact us Stories

MEMORY WALK & JOG dementia australia

About Find an Event Resources Get Involved Donate Register

MEMORY WALK & JOG

At The Elephant Adelaide

My Page

https://www.memorywalk.com.au/fundraisers/attheelephant/adelaide

MY PAGE CREATE A TEAM MY ACCOUNT

Get Support My Donations Edit My Page My Fitness Activity

Connect your preferred fitness app

fitbit STRAVA

Set your target distance

Distance kms

Add Activity

You can manually add any activity you have completed using the options below. Important: If you logged your activity via an app, it will take 24 hours for your activity to appear on your page.

Date *

Activity Type *

Distance (kms) *

Steps (Optional)

Duration (mins) (optional)

Save Changes

Step 1: Go to www.memorywalk.com.au and login

Step 2: Click “My Fitness Activity” button

Step 3: Set your target distance

Step 4: Add your activity, the date and the approximate distance of duration
OR

Connect your Fitbit or Strava fitness app by clicking the fitness app logo above

Step 5: Click ‘save changes’