

# RIDE FOR WISHES

## HOW TO TRACK YOUR KMs

Make-A-Wish® Ride for Wishes is a one-week virtual challenge which invites you to join one of our squads and cycle your chosen challenge distance – 50KM, 150KM or set your own KM challenge. You set the pace, time and destination. Ride indoors or outdoors, track your KMs and raise funds to help children with critical illnesses.

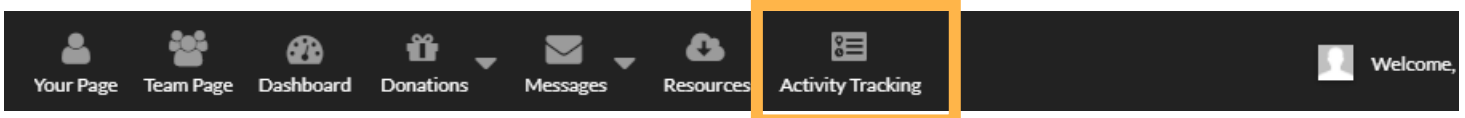
There are some great fitness applications available for you to use on your smartphone that will track your activities. Some of these include:

- Apple Watch
- FitBit
- Strava
- AllTrails



### How to Set a Personal Activity Goal

You can set your personal KM goal within your fundraising page which you can review, track and see visible on your public facing page for your friends, family and colleagues to see your collective KMS.



**STEP 1:** Visit Ride for Wishes website: [www.rideforwishes.ca](http://www.rideforwishes.ca) and login (top right hand corner)

**STEP 2:** Click **ACTIVITY TRACKING** on the top banner of the webpage.

**STEP 3:** Click the pencil icon for **YOUR PROGRESS**. Under **My goal to complete is:** enter your activity goal. Press SAVE when you are done. **Note:** if you are a team captain, you will also see **My team's goal to complete is.**

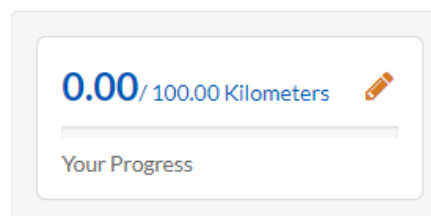
### Activity Goal

My goal is to complete: \*

100.00 Kilometers

My team's goal is to complete: \*

500.00 Kilometers



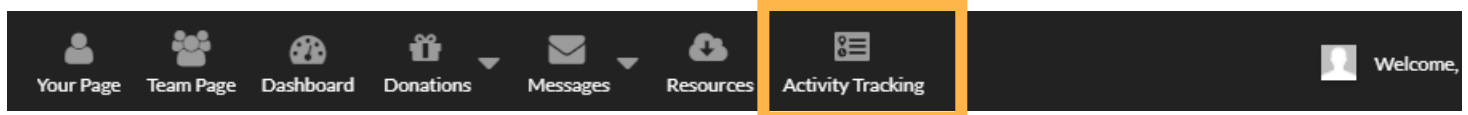
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## How to Set a Team Activity Goal (for the team captain)

Activity Tracking has been enabled for this event, registered team captains can set a team KM goal. Your team activity goal will be shown on your page

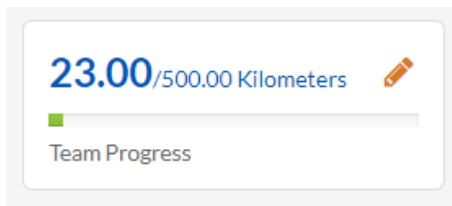
*\*Please note: Please adjust your team's goal every time you add a new member into the team. It does not automatically update. The default goal is set at 100 KM when you register your team, so please update it upon registration.*

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**STEP 2:** Click **ACTIVITY TRACKING** on the top banner of the webpage.

**STEP 3:** Click the pencil icon for **TEAM PROGRESS**. Under **My team's goal to complete is** enter your team's activity goal. Press SAVE when you are done.



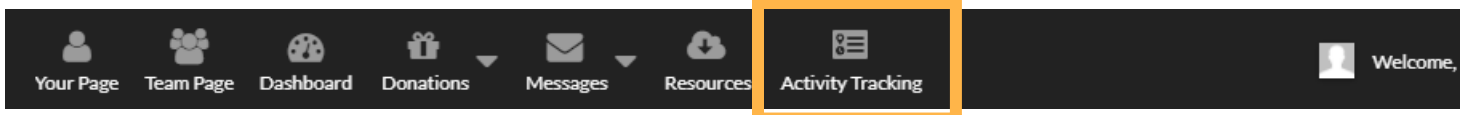
My team's goal is to complete:\*

 Kilometers

## How to log activity

**STEP 1:** Visit Ride for Wishes website: [www.rideforwishes.ca](http://www.rideforwishes.ca) and [login](#) (top right hand corner)

**STEP 2:** Click **ACTIVITY TRACKING** on the top banner of the webpage.



**STEP 3:** Click **LOG ACTIVITY**. Fill in **KMs completed, Activity Date and description (i.e. Run)**. Click Save. You will then see your activity KMs added to **YOUR PROGRESS** goal. It will also automatically be added to your team goal.

### Log Activity

Kilometers Completed\*

Activity Date\*

Activity Description

