

Make-A-Wish® TRAILBLAZE FOR WISHES

HOW TO TRACK YOUR KMs

You have chosen your challenge distance — **50KM, 100KM or 200KM**. It is now time to start tracking!

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
- Google Fit

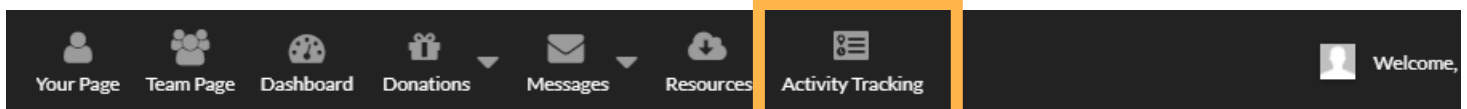


How to Set a Personal Activity Goal

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.

Did you know: Your personal activity goal will also be included in your team goal.

STEP 1: Visit Trailblaze for Wishes website: www.trailblazeformishes.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.**

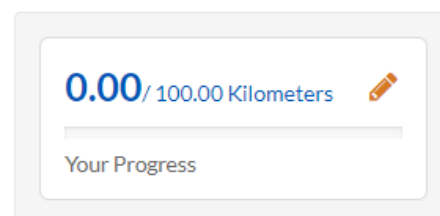
Activity Goal

My goal is to complete:*

100.00 Kilometers

My team's goal is to complete:*

500.00 Kilometers



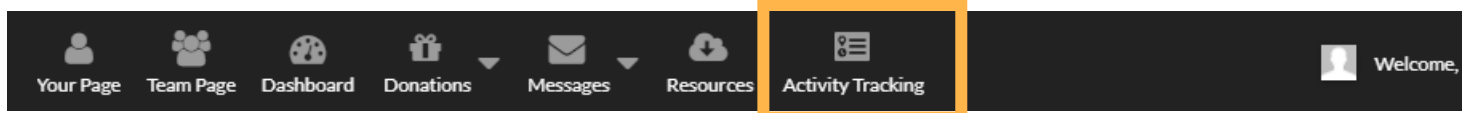
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How to Set a Team Activity Goal (for the team captain)

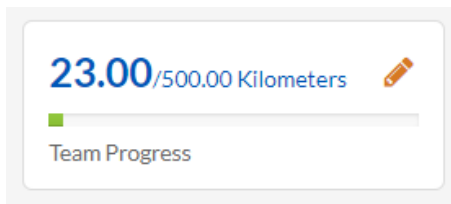
Activity Tracking has been enabled for this event, registered team captains can set a team KM goal. Your team activity goal will be shown on your page

STEP 1: Visit Trailblaze for Wishes website: www.trailblazeforwishes.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 **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: *

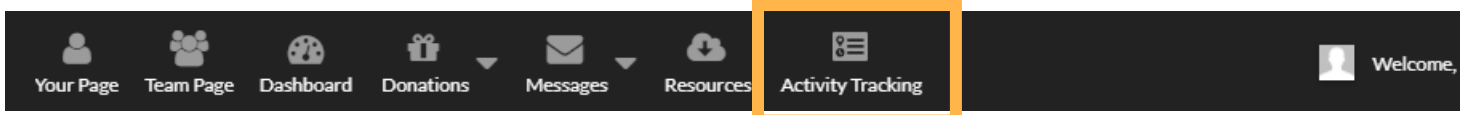
500.00

Kilometers

How to log activity

STEP 1: Visit Trailblaze for Wishes website: www.trailblazeforwishes.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 *

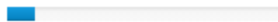
mm/dd/yyyy



Activity Description

10.00 / 100.00

Kilometers



Your Progress