

Activity Tracking



Tracking Your Steps

Choose Your Tracking Tool

Smartphones: Download the MapMyFitness app to track your steps



Smartwatches: Such as Fitbit, AppleWatch and Garmin

Pedometers: Traditional, clip-on pedometers are a good low-cost option that attach to the waist/belt.

Connecting to StepUp4ICU

1. Download the [MapMyFitness](#) or [Garmin](#) app and set up your account
2. Log in to your StepUp4ICU account.
3. Under the heading **Connect your preferred Fitness app**, click your chosen app.
4. Follow the prompts to connect your account
5. When you next work out, select start your workout in the app on your phone or your Smartwatch. Once you end your workout, save your workout and your steps will be published to the tally on your page the following day. If you have synced your app already but it is not working, please log in and re-connect it.

Automatically recording steps

Record activity with Garmin or MapMyFitness

- You must start your workout, stop your workout and then SAVE your workout
- Funraisin syncs it
- Your tally will be updated each day

Manually recording steps

Use your phone/watch's normal daily step counter → enter your daily steps manually in Log My Steps.

1. Log in to your account and select Log My Steps.
2. Under Add activity, enter your daily steps.
3. The logged activity will now appear on your fundraising page!