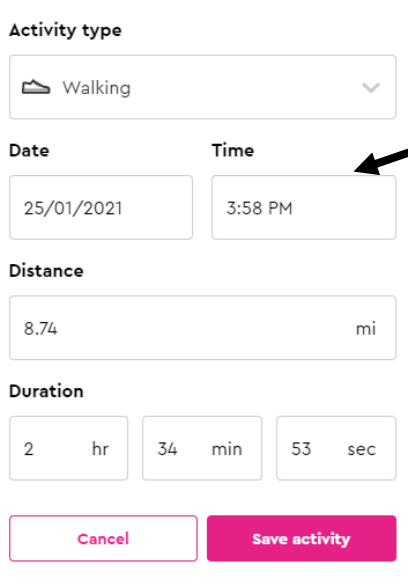


Uploading a Manual Activity and Photo to Strava - Computer

This process is to be followed if you choose not to link Strava to your page. You will need a screenshot or photograph of your alternative method of tracking your mileage such as another walking app or a treadmill that shows the mileage completed and the time taken.

1. Go to your Fundraising Page from the link in your Confirmation Email
2. On the right hand side, underneath the Donate Button, you will see an Option to "Add an Activity". Click here



Activity type
Walking

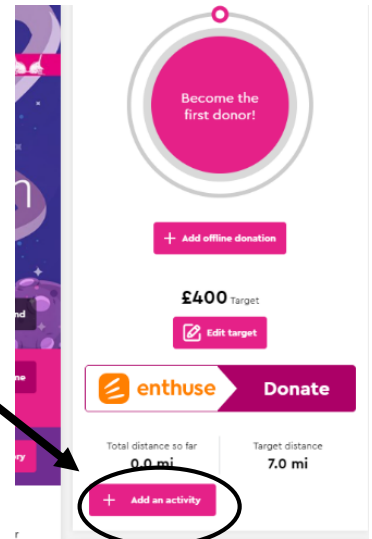
Date: 25/01/2021 Time: 3:58 PM

Distance: 8.74 mi

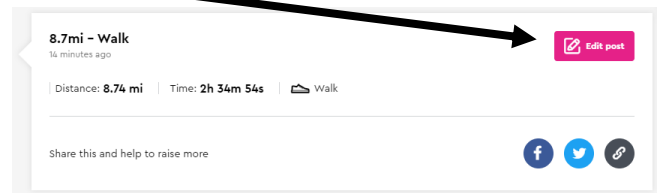
Duration: 2 hr 34 min 53 sec

Cancel Save activity

3. Fill out the Activity Type (walking), the date you undertook the activity and the time. Enter the distance that you walked, in miles and then the duration of the activity. Click Save Activity.

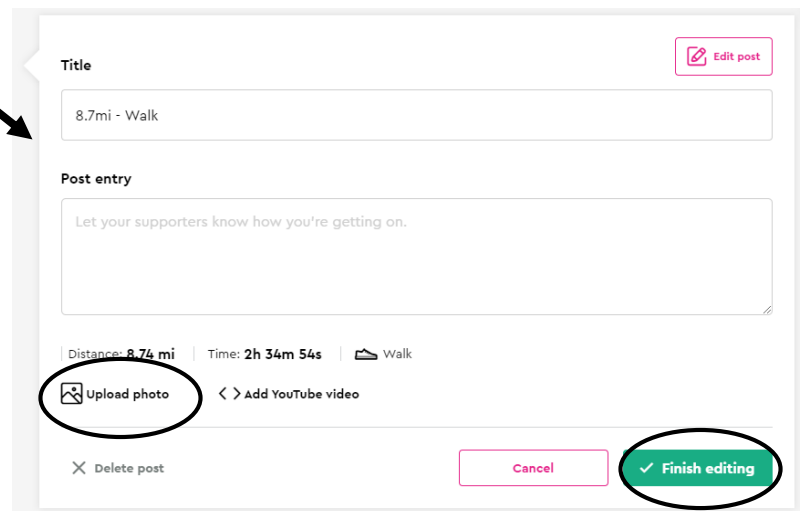


4. This Activity will now show on your Fundraising page. Click Edit Post



5. Then Select Upload Photo and find where you have saved your image. Click Open. The Image will then load and you can press Finish Editing.

6. You will see that the image and your manual activity has now successfully uploaded and your total distance on the right hand side of your page has changed.



Title: 8.7mi - Walk

Post entry: Let your supporters know how you're getting on.

Distance: 8.74 mi Time: 2h 34m 54s Walk

Upload photo Add YouTube video

Delete post Cancel Finish editing

7. If you enter the wrong mileage or upload the wrong image, then select Edit Post again and the Delete Post. You can then re-enter it as above.