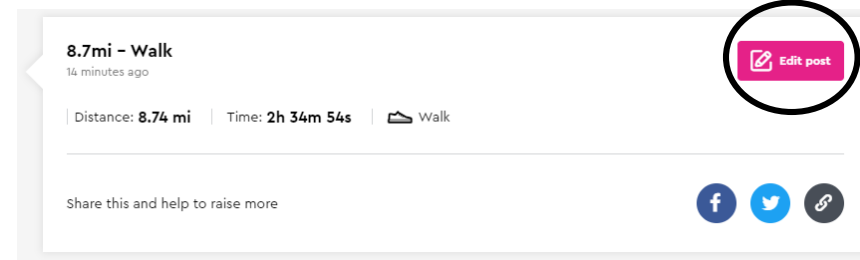


1. Click on Add an Activity. If you can't see this button, make sure you are logged in in the top right hand corner of your page with your order number and email address.

2. Fill in the details of the activity type, date, time, distance and duration and press Save Activity.



3. Scroll down on your page and you will see an update post, like the one above. Click on Edit.

4. Click Upload Photo, and find your image saved on your phone and press open. Then Press Finish. To check it has worked double check the total distance so far has been updated.