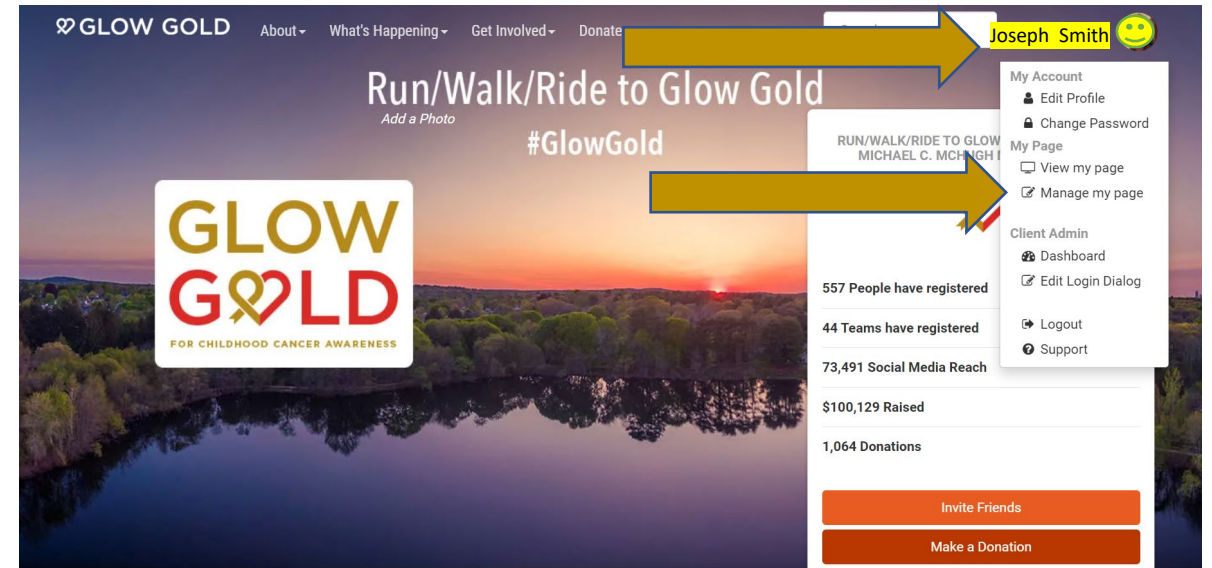# How do I log my miles?

- Log into your page
- Hover over your name in the top right
- Click 'Manage my page'

- On the left side, click 'Run/Walk/Ride' on the left side

GLOW GOLD
About▾   What's Happening▾   Get Involved▾   Donate▾

Search...   Joseph Smith 🙂

MY TEAM PAGE

☐ View my page

📊 Dashboard

☐ Manage your team

☑ Set up your page

☐ Host your own fundraising event for 100 points!

☐ Run/Walk/Ride

☐ 50 points - Wear Gold and Post a Picture to Instagram

EDIT YOUR TEAM PAGE   GROW YOUR TEAM   EMAIL YOUR TEAMMATES   NOTIFICATIONS   SETTINGS

We reco...   ...ding a team photo to make this page your own.

H...d your team name appear for this event? *

...ton

What is your team's fundraising goal? *

$ 2000

☐ Not Fundraising this time around

Add a personal message to your team page (Optional)

B   *I*   ☰   ☰   ↻   ↺   ⊘   ≡   ≡   ≡   ≡   ≡   </>   🔗
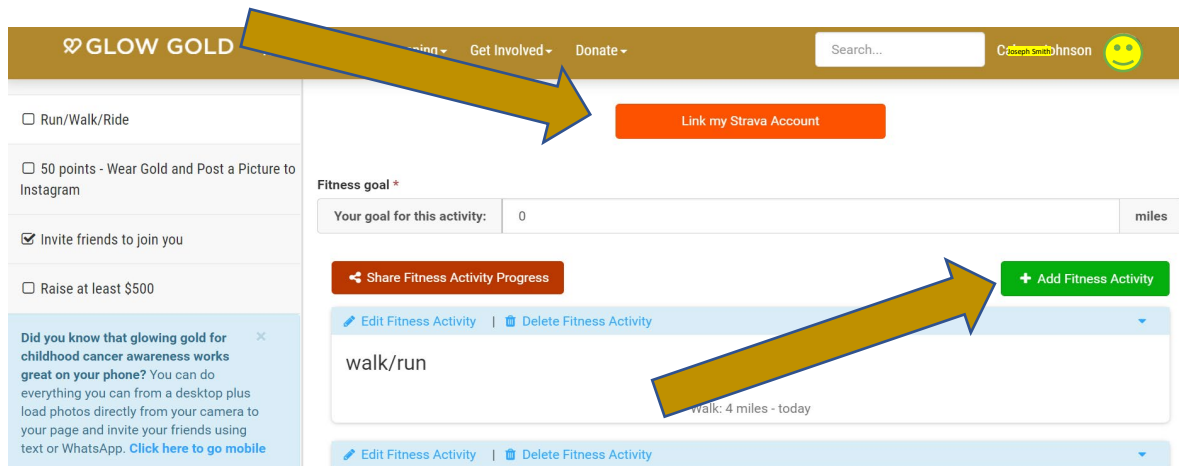
- If you have a Strava account (tracks workouts), click 'Link my Strava account' and follow the directions.
- To manually enter, click 'Add Fitness Activity'

Enter Miles Manually

- When you click 'Add Fitness Activity', this screen will pop up.

- Type in 'Activity Title'

- Type in 'type of activity'

- Type in 'Distance'

- Type in date

- Click 'Save'

- You're done! The program will save your title so it's easy to log each day.

- Pro tip: also can be entered on your phone through the site.