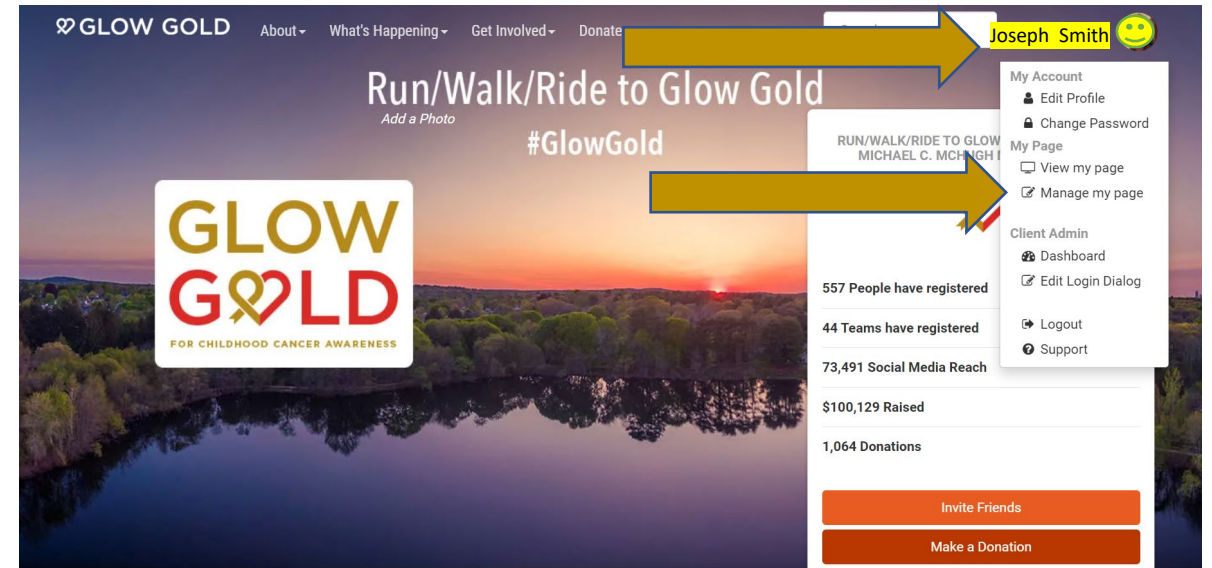


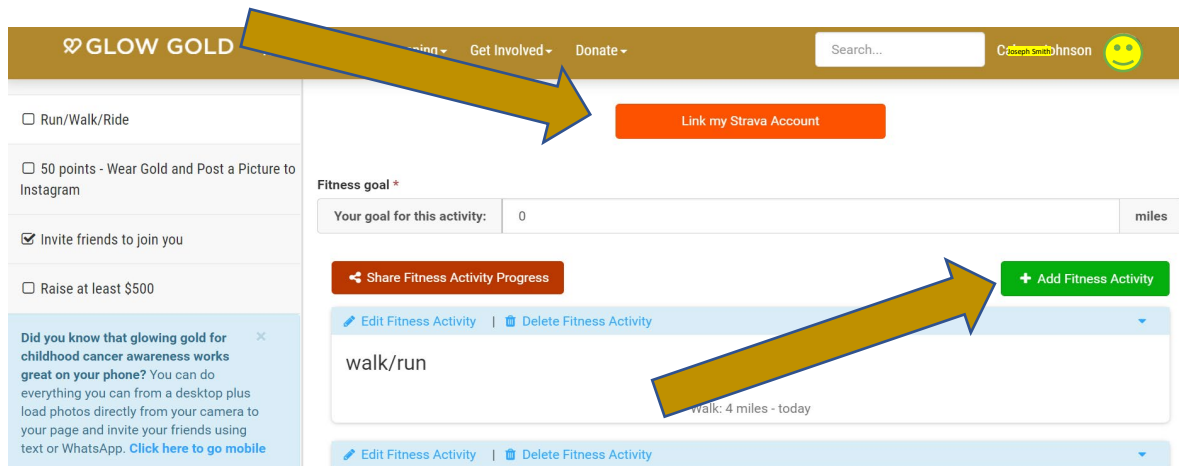
How do I log my miles?

- 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

The screenshot displays the GLOW GOLD website interface. At the top, the navigation bar includes the GLOW GOLD logo, menu items for 'About', 'What's Happening', 'Get Involved', and 'Donate', a search bar, and the user's name 'Joseph Smith' with a profile picture. The left sidebar contains a menu with the following items: 'View my page', 'Dashboard', 'Manage your team', 'Set up your page' (checked), 'Host your own fundraising event for 100 points!', 'Run/Walk/Ride' (highlighted with a large yellow arrow), and '50 points - Wear Gold and Post a Picture to Instagram'. The main content area is titled 'MY TEAM PAGE' and features a sub-menu with 'EDIT YOUR TEAM PAGE', 'GROW YOUR TEAM', 'EMAIL YOUR TEAMMATES', 'NOTIFICATIONS', and 'SETTINGS'. Below this, there is a light blue notification box stating, 'We recommend adding a team photo to make this page your own.' The form includes a question: 'How would you like your team name to appear for this event? *' with a dropdown menu currently set to 'Last Name'. Another question asks, 'What is your team's fundraising goal? *' with a text input field containing '\$ 2000' and a radio button option for 'Not Fundraising this time around'. At the bottom, there is a section for 'Add a personal message to your team page (Optional)' with a rich text editor toolbar.



- 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.


Add a New Activity

Activity title *

What type of activity? *

Distance *
 miles

Activity completed time *
 :

Photo or Video

[Add a Photo or Video](#)

Describe your activity (Optional)

[Save](#)