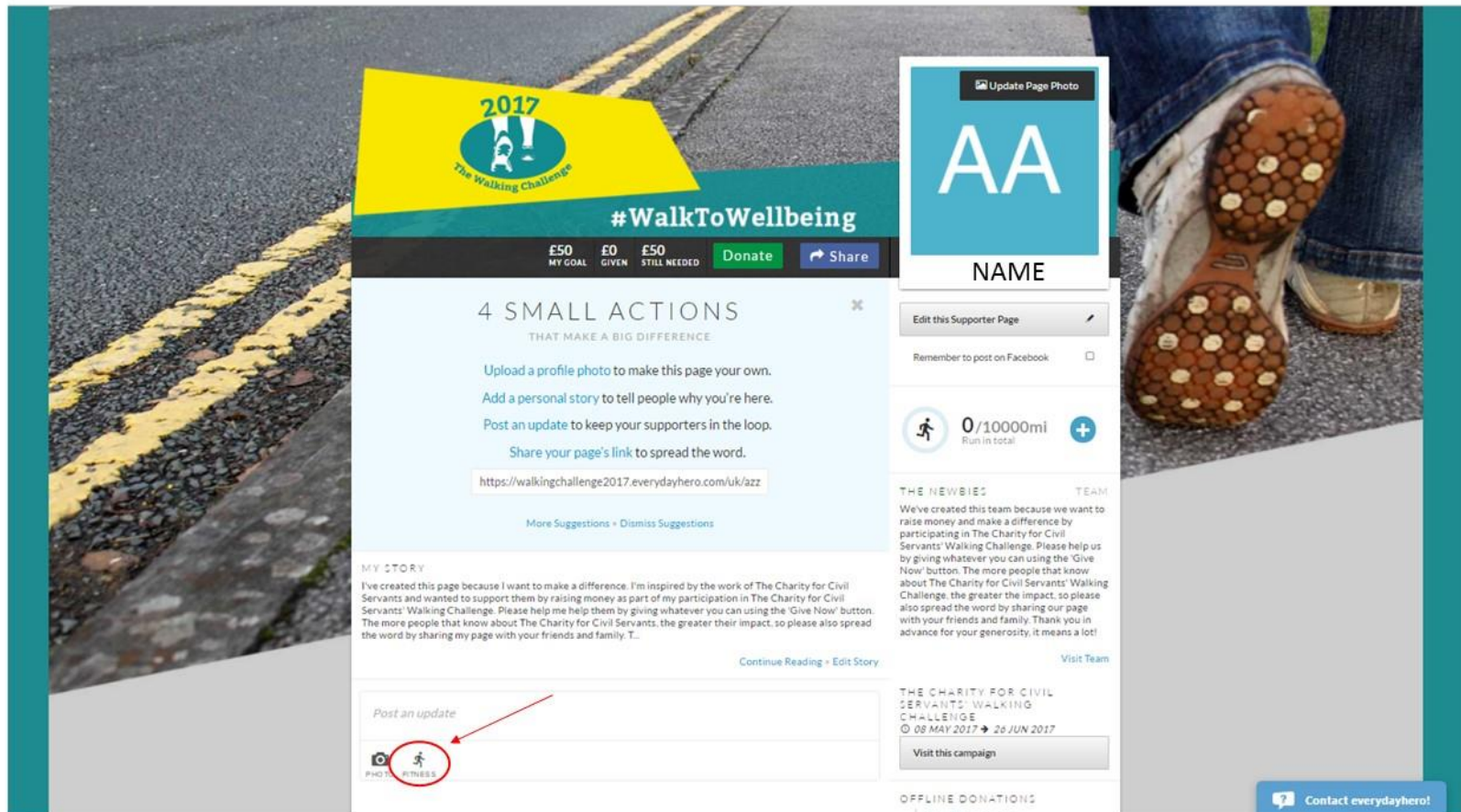
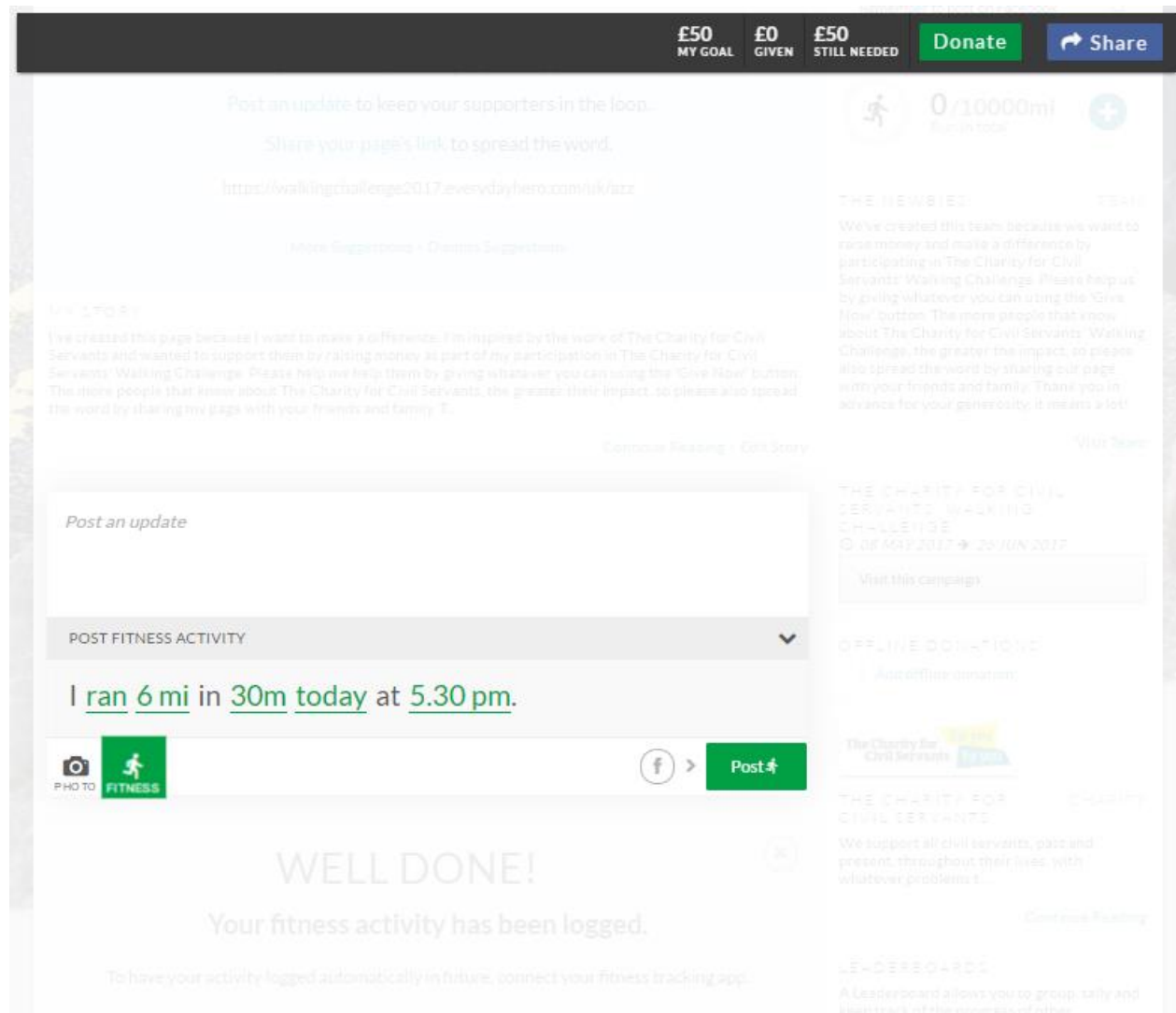


HOW TO ENTER YOUR DAILY STEPS GUIDE

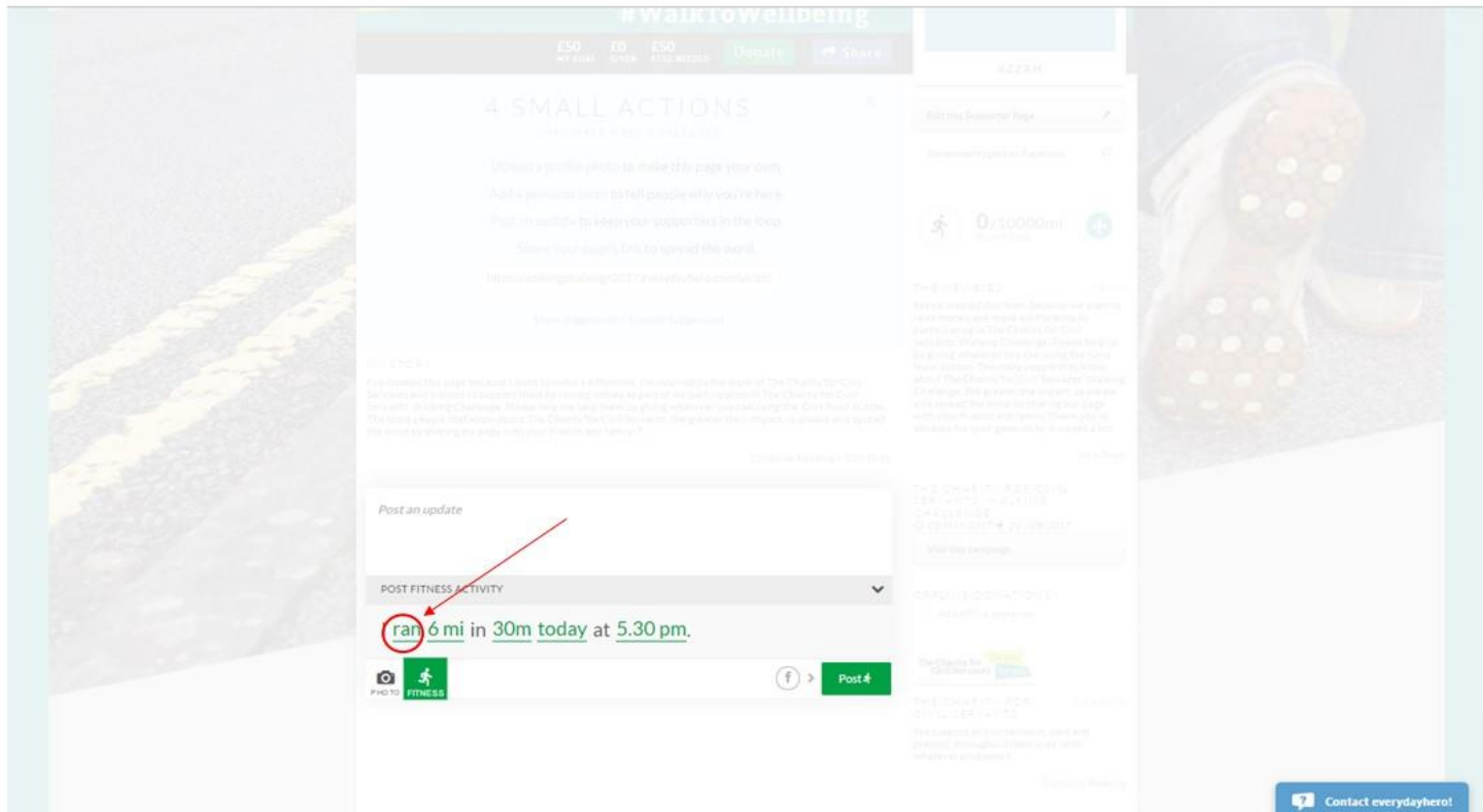
1. Login to your account: <https://walkingchallenge2017.everydayhero.com//uk/sign-in?>
2. Your dashboard will open up.
3. Click on Fitness icon (see below screenshot)



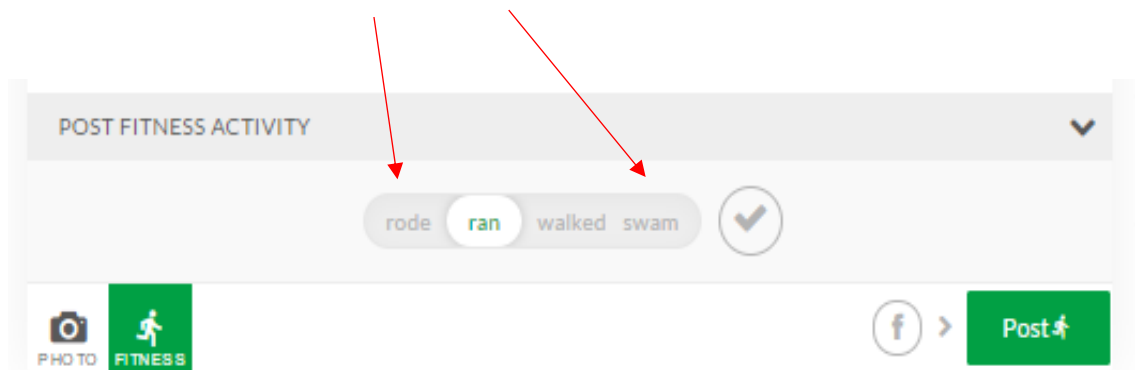
- 4. You will land on the following page, where you can add your activity and steps.



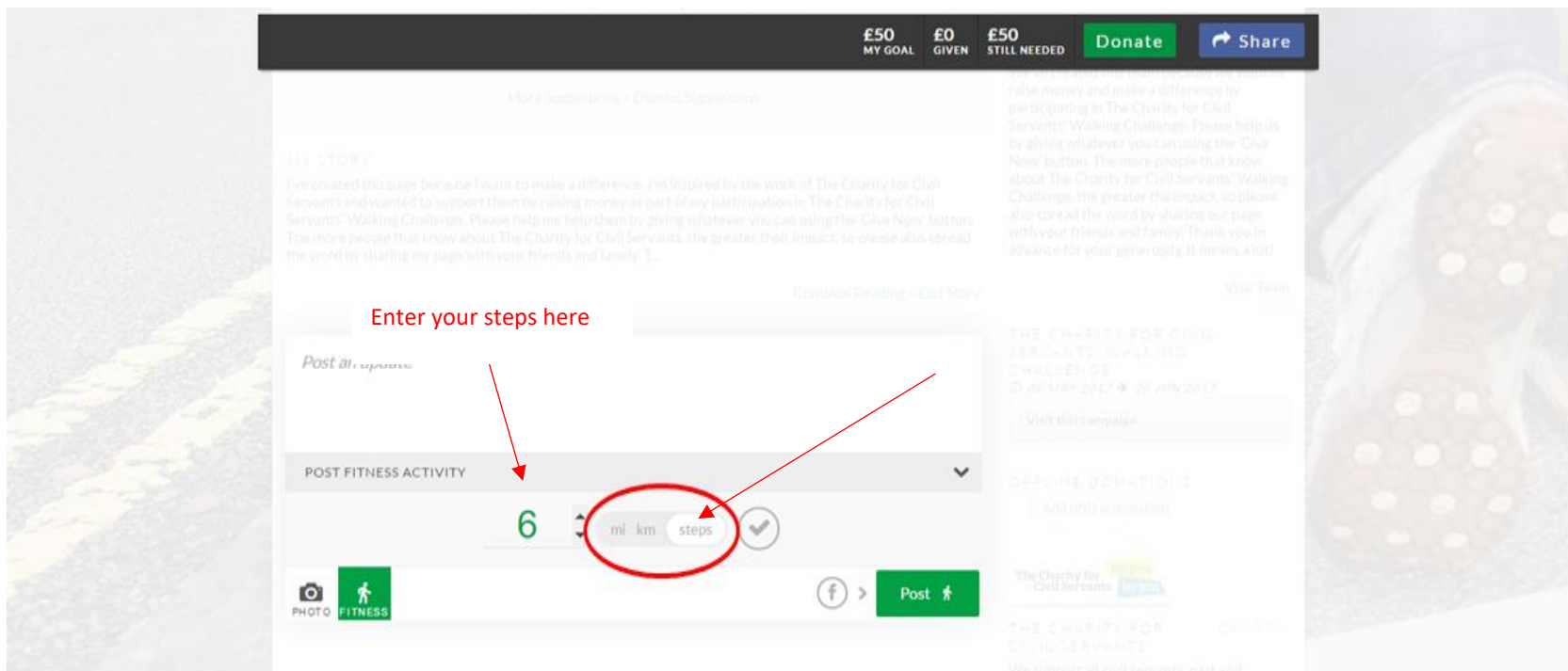
5. Click on the option **ran** to change your activity to either **ran** or **walked** (see below screenshot).



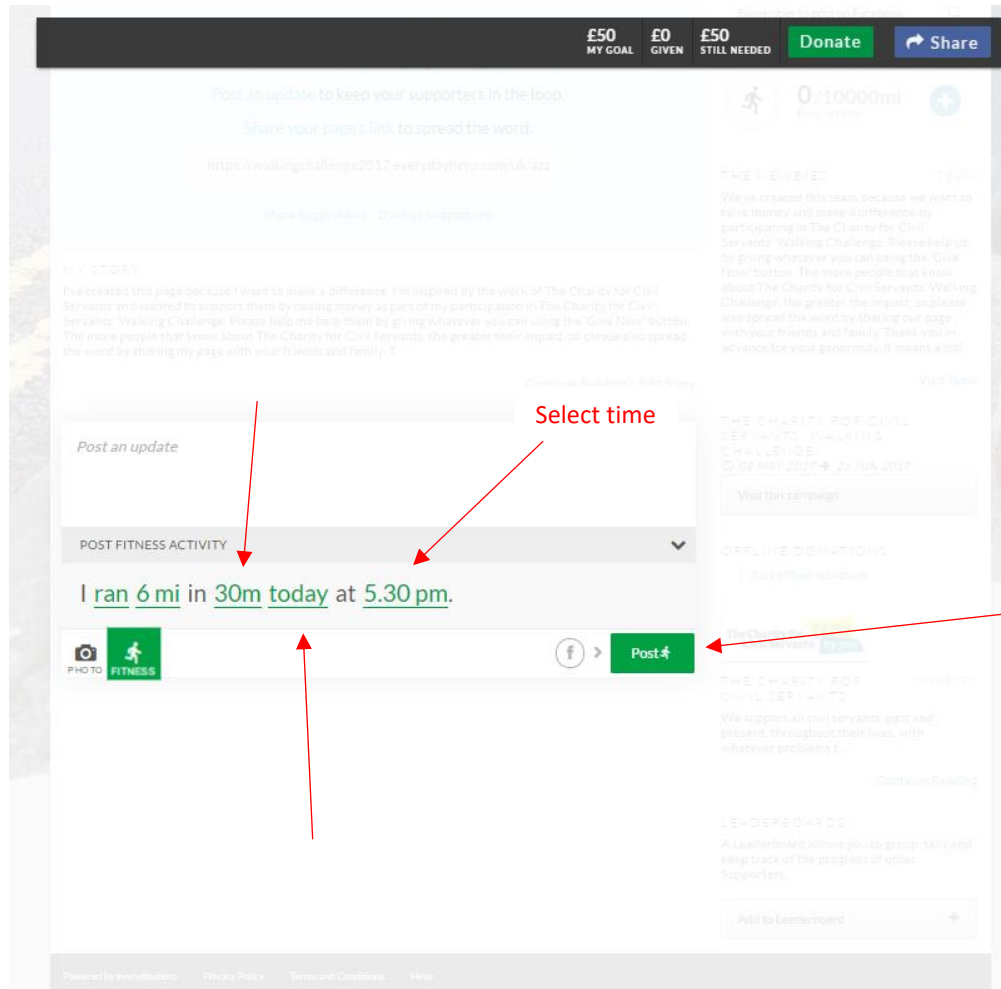
6. Please **do not** chose activity **rode** or **swam** as this is not a part of the Walking Challenge.



7. Click on the value **6 mi**
8. Choose the option **steps** (see below screenshot)
9. Enter your steps (value)



- 10. You can now enter the time taken to do your steps by clicking on **30m** (or leave it at 0). *See below screenshot*
- 11. Click **Today** to choose when you have taken these steps. *See below screenshot*
- 12. If you would like to enter what time you undertook your activity please select it (or leave it at 0). *See below screenshot*



POST YOUR ENTRY

- 13. You have now completed entering your STEPS!
- 14. After completing this - make sure you **POST** your entry.



15. Well done! You have now completed entering your daily STEPS.

MY STORY

I've created this page because I want to make a difference. I'm inspired by the work of The Charity for Civil Servants and wanted to support them by raising money as part of my participation in The Charity for Civil Servants' Walking Challenge. Please help me help them by giving whatever you can using the 'Give Now' button. The more people that know about The Charity for Civil Servants, the greater their impact, so please also spread the word by sharing my page with your friends and family. T...

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Post an update



 
PHOTO FITNESS

WELL DONE!

Your fitness activity has been logged.


To have your activity logged automatically in future, connect your fitness tracking app.

ALL POSTS PHOTOS TRAINING DONATIONS

 Azzah walked 10000 steps while training for The Charity for Civil Servants' Walking Challenge. Encourage Azzah to keep up the good work. 

05 MAY 2017

10000 STEPS	00:00 MINS	00:00 MIN/KM
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 Share