



Get Active for AITC

Clocking your miles

Connecting to Strava

To connect your GivePenny account to Strava:

1. Log in to your GivePenny account.
2. Head to the 'Your Dashboard' page.
3. Select 'Connect to Strava' on the right-hand side.

This will then re-direct you to the Strava log-in page. You will need to use your Strava log-in to sign in to your account.

Once you have logged in it will ask you to authorize GivePenny accessing your data. It will only bring across the number of miles which you have moved on your Strava account.

Voila - you are ready to go!

Connecting to FitBit

To connect your GivePenny account to Fitbit:

1. Log in to your GivePenny account.
2. Head to the 'Your Dashboard' page.
3. Select 'Connect to FitBit' on the right-hand side.

This will then re-direct you to the FitBit log-in page. You will need to use your FitBit log-in to sign in to your account.

Once you have logged in it will ask you to authorize GivePenny accessing your data. It will only bring across the number of miles which you have moved on your FitBit account.

Voila - you are ready to go!



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Connect to RunKeeper

To connect your GivePenny account to Fitbit:

1. Log in to your GivePenny account.
2. Head to the 'Your Dashboard' page.
3. Select 'Connect to Runkeeper' on the right-hand side.

This will then re-direct you to the Runkeeper log-in page. You will need to use your Runkeeper log-in to sign in to your account.

Once you have logged in it will ask you to allow GivePenny access to your data. It will only bring across the number of miles which you have moved on your RunKeeper account.

Voila - you are ready to go!

I don't have an app – how do I clock my miles?

1. Head to the GivePenny homepage and ensure you are logged in.
2. Click 'Your Dashboard' from the top menu.
3. Find your relevant challenge and click the 'Update' button.
4. Head to the 'My Progress' section at the bottom and you can then add any offline miles you have clocked.

If you were too ambitious and maybe clocked a few too many miles, you can just put a minus before your number and it will deduct it from your total.

MY PROGRESS

You can manually adjust your total steps, miles, check-ins, etc by using the + or - in the box below

Current Progress	+/-	
I have completed 0 Strava Miles(s)	<input type="text" value="100"/>	<input type="button" value="Update"/>



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I want to disconnect my account

To disconnect any of your GivePenny accounts:

1. Log in to your GivePenny account.
2. Head to the 'Your Dashboard' page.
3. Select 'Disconnect your Strava / FitBit / RunKeeper' on the right-hand side.



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