RFDS OCEANS to OUTBACK | Presented by KELSIAN CONNECTING PEOPLE & PLACES

How to log your activity, update activity goal or change activity type

App

Mobile

Desktop

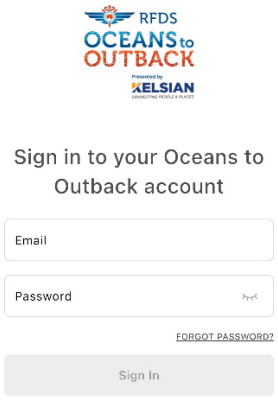
App

First, make sure that you have the App, and have downloaded the latest version.

You can download the App through this webpage here, https://www.oceanstooutback.org.au/downloadtheapp by choosing the Apple App Store one or the Google Play one.

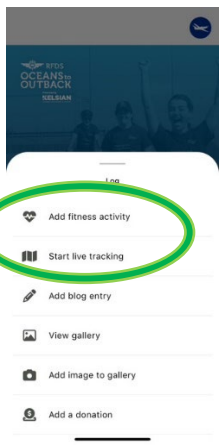
Login with the same details that you use to login with on the Oceans to Outback website.

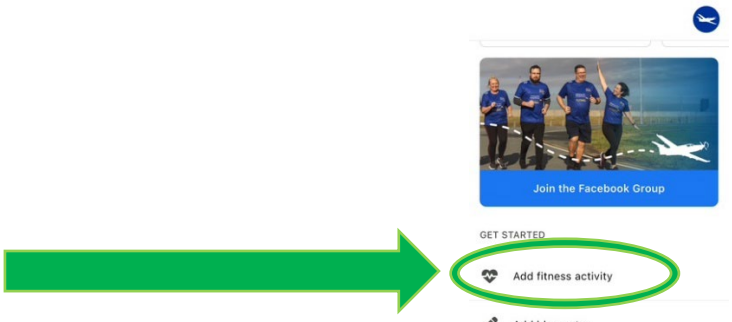
Note: If you have made your profile with Facebook, you will have to reset your password, when you go to login you can hit the 'Forgot Password' link or if you are already logged in, you can change your password from the "My Account" tab.



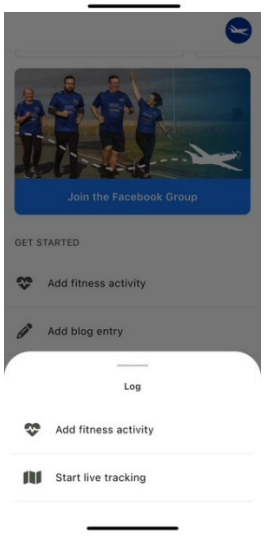
When you log in to the App, this is the homepage you'll see.

You can either log your activity by hitting the orange circle with the white plus sign at the bottom middle of the screen, or the 'Activity' button to the left of that, or you can scroll down until you see the 'add fitness activity'.





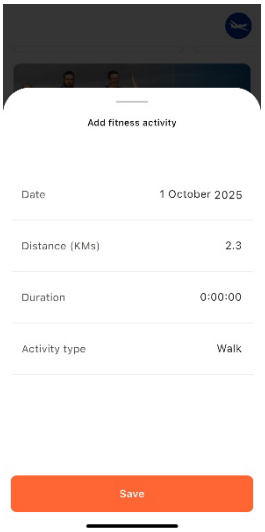
Once you click on either of these options, you will see that you can start a live tracking of your activity, or manually enter in your KMs.



This is the view you will have if you select ‘Add fitness activity’.

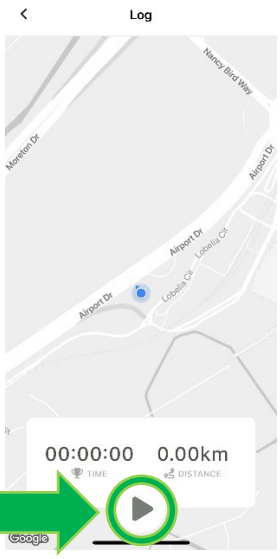
You will have to add these details in.

- Date
- Distance
- Duration (this information is <u>not shown</u> on your fundraising page)
- Activity type

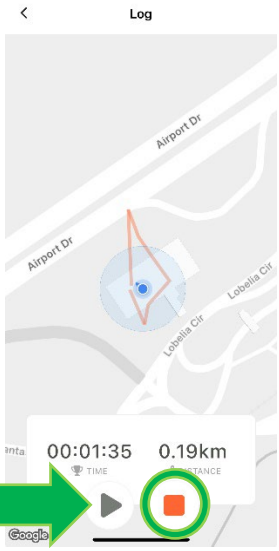


Then hit the save button.

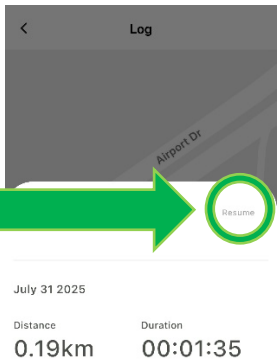
This is the view you will have if you select ‘Start live tracking’.



Hit the triangle icon to start the live tracking.



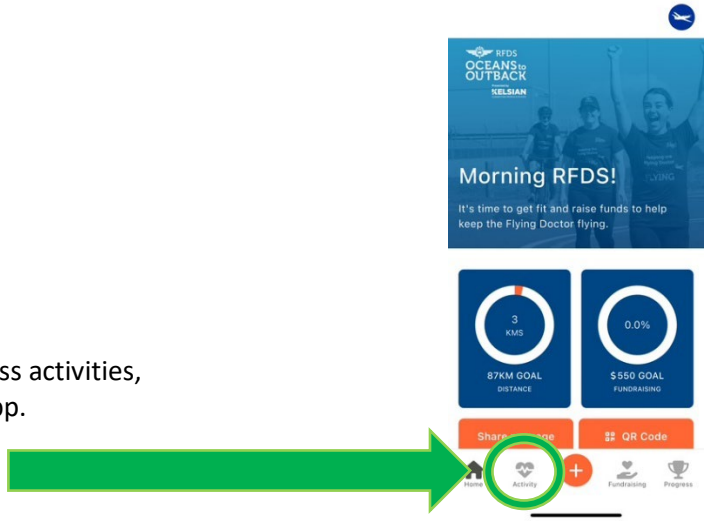
To pause or finish your activity, hit the square icon.



To resume your activity, hit the ‘resume’ text up in the top right-hand corner of the white boxed area.

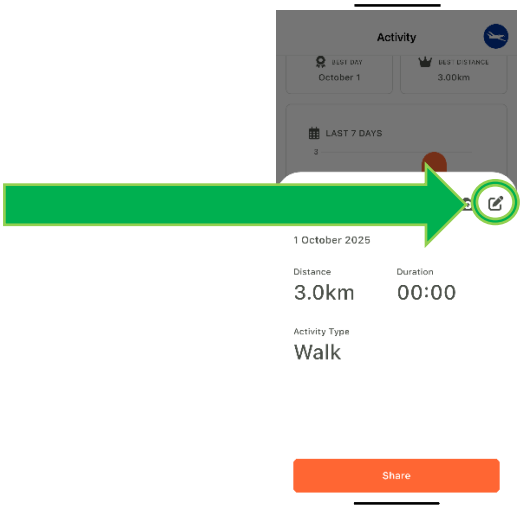
To finish your activity, hit one of the options for finishing below.

To view, edit or delete any of your fitness activities, head to the ‘activity’ tab here on the App.



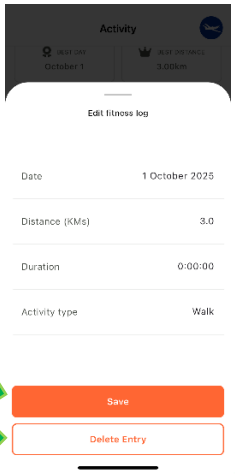
To edit or delete any of your entries, click on the three dots beside the activity.

The activity will then open up. Click on the pencil icon to edit or delete the activity.

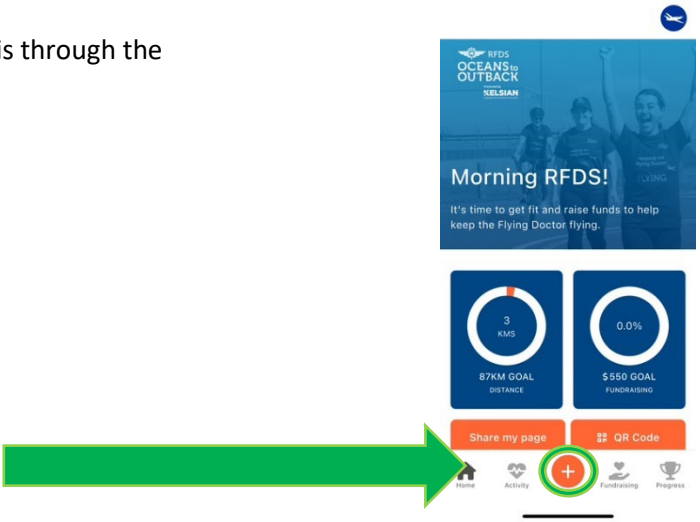


If you have made changes, hit the ‘save’ button.

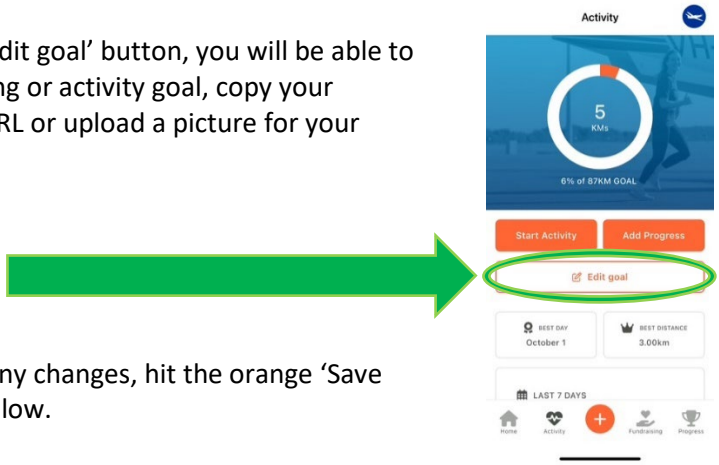
If you want to delete the entry, hit the ‘delete entry’ button.

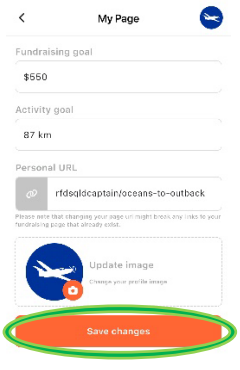


To edit any of your goals, you can do this through the ‘Activity’ tab on the App.



Once you hit the ‘Edit goal’ button, you will be able to edit your fundraising or activity goal, copy your fundraising page URL or upload a picture for your profile image.





If you have made any changes, hit the orange ‘Save changes’ button below.

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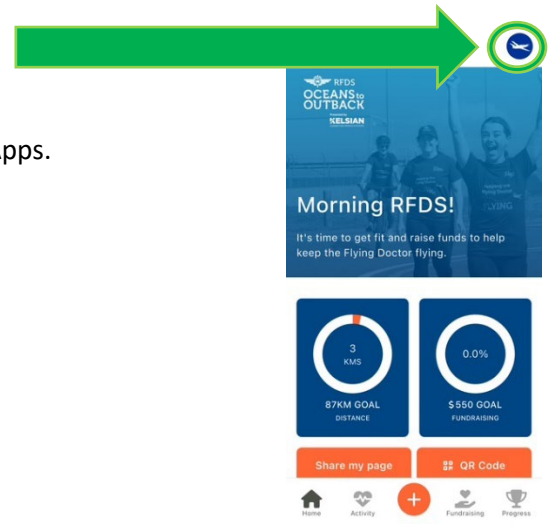
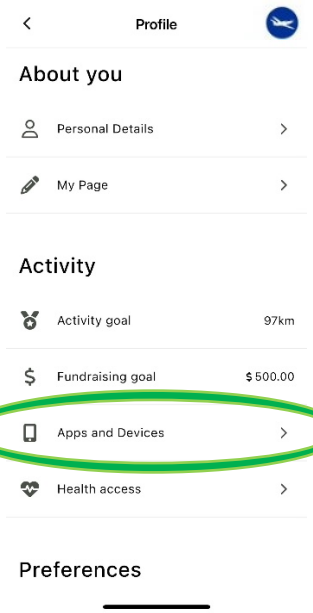
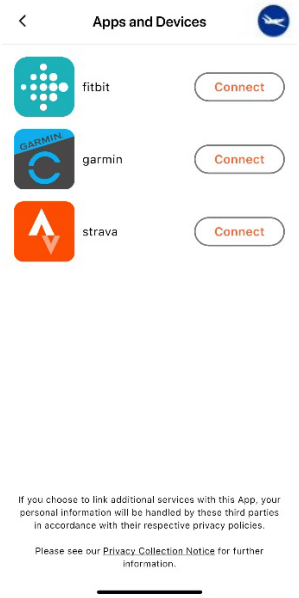
You can also link to other fitness Apps.

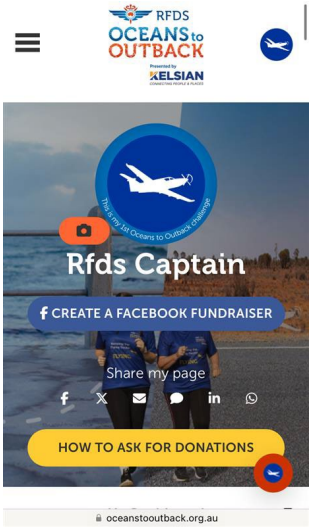






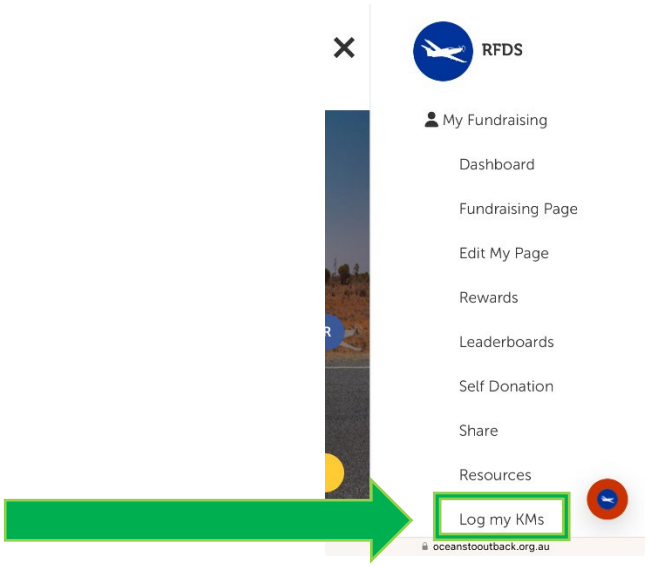
Mobile

After logging in, head to your Dashboard.



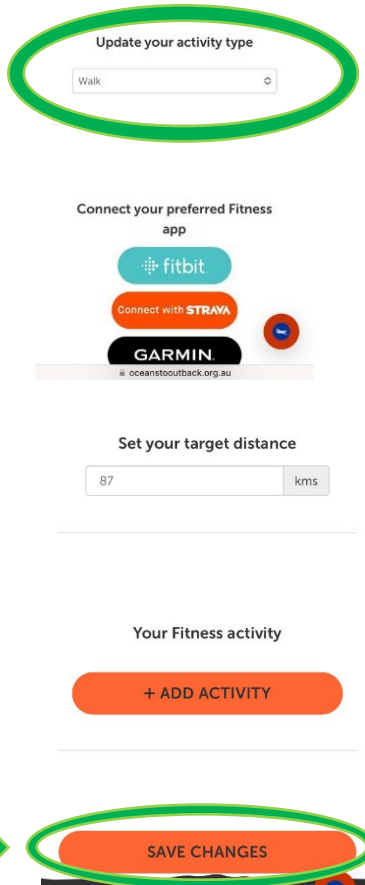
Click on your profile image in the top right-hand corner. This will open up your Dashboard menu.

Click on the ‘Log my KMs’ tab.



In this section you can change your activity type, connect to one of the listed fitness Apps, change your KM goal and manually enter in your activity.

Note: if you connect your fitness App, you will need to sync it to your Oceans to Outback Dashboard for activity to show up. Activity from your fitness Apps cannot be altered once it is on your Dashboard.



If you have made any changes, including updating your activity or KM goal, scroll down to hit the ‘Save Changes’ button.

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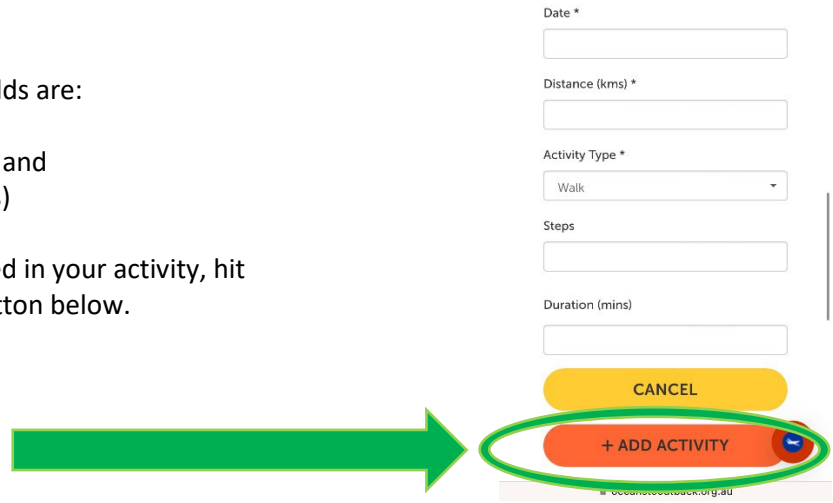
To manually enter in an activity, hit the orange button that says '+ Add Activity'.

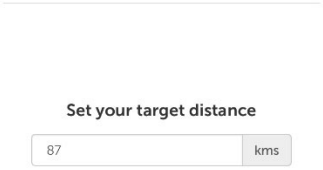
The main required fields are:

- Date
- Activity Type, and
- Distance (kms)

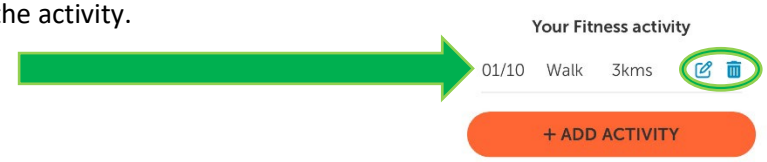
Once you have entered in your activity, hit the '+Add activity' button below.



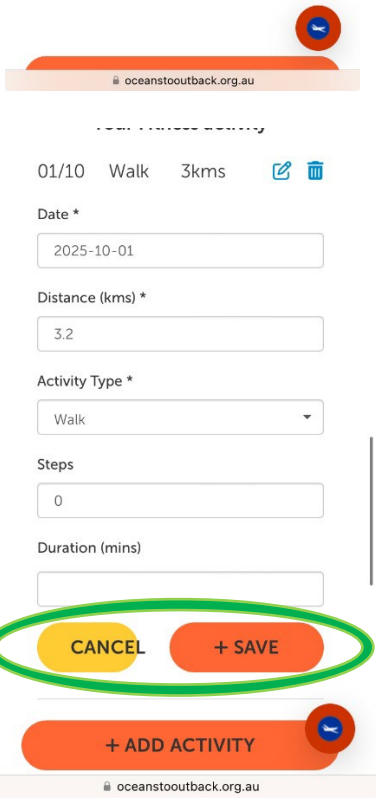
Then, your activity should appear on your page and look something like this.



To edit the manually entered in activity, hit the pencil icon beside the activity.



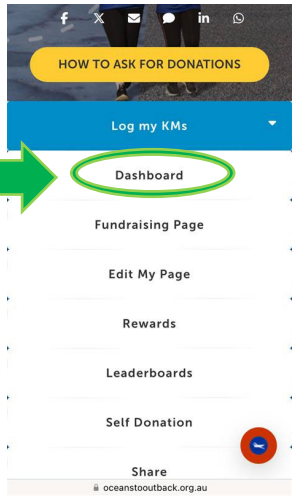
To delete the manually entered in activity, hit the rubbish bin icon beside the activity.

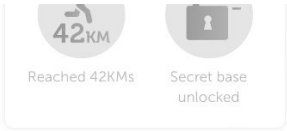


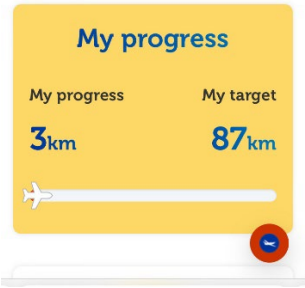
If you make any changes to your activity, hit the orange '+Save' button below.

Note: any KMs that contain .xx will not show up on your homepage, but will contribute towards your goal. For example, if your activities were 3.2, 5.4, 2.3 and 4.1, the total it would show will be 15KMs.

If you head back to the homepage of your Dashboard, and refresh your page, you will see that your activity has been updated.



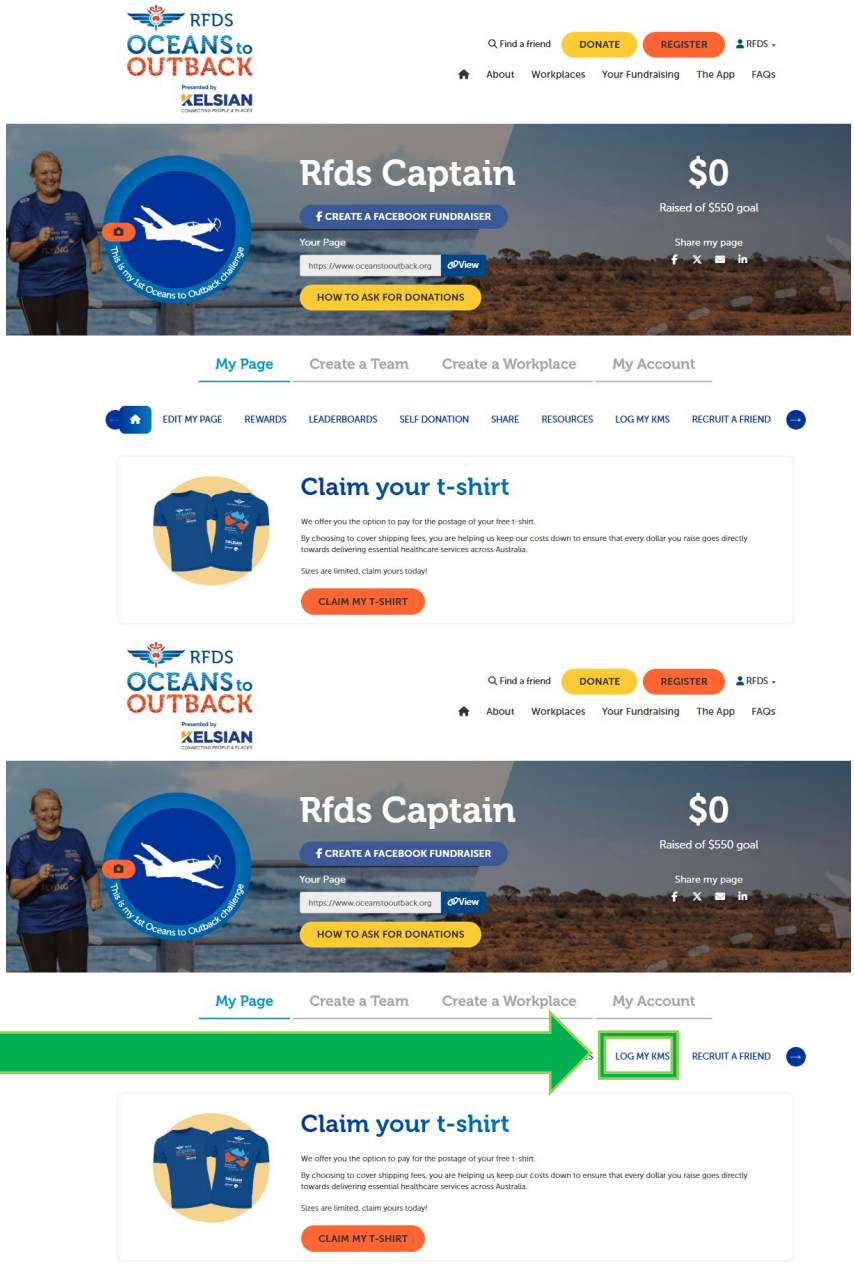




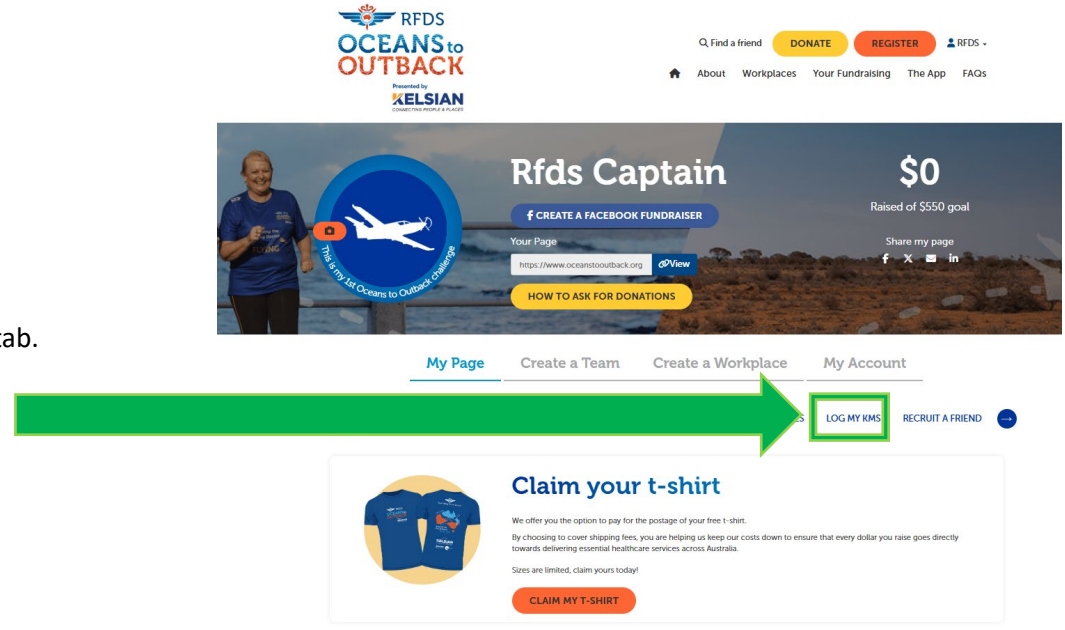
Note: during busy periods, this may take 10 minutes or so to show up.

Desktop

After logging in, head to your Dashboard.



Click on the ‘Log my KMs’ tab.



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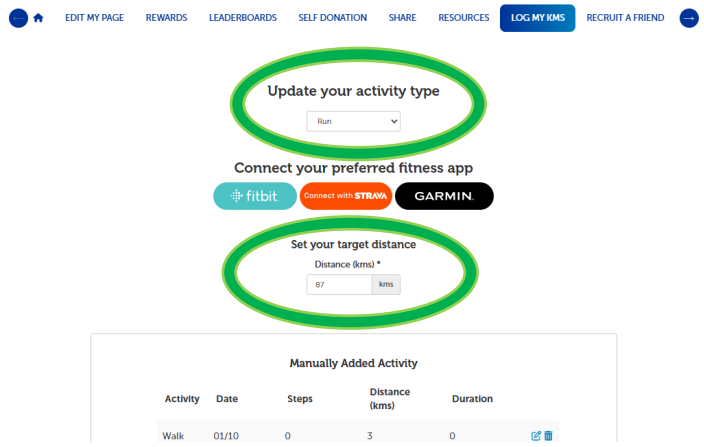
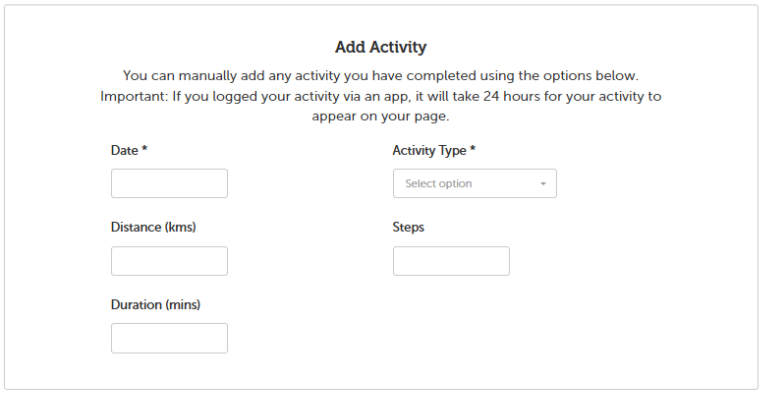
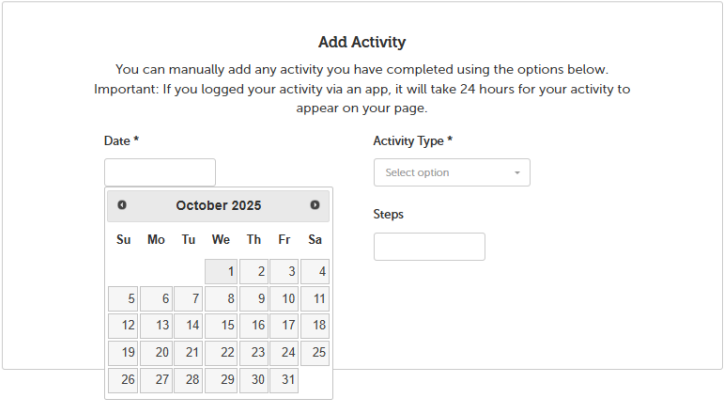


In this section you can change your activity type, connect to one of the listed fitness Apps, change your KM goal and manually enter your activity.

Note: if you connect your fitness App, you will need to sync it to your Oceans to Outback Dashboard for activity to show up. Activity from your fitness Apps cannot be altered once it is on your Dashboard.



If you have made any changes, including updating your KM goal, scroll down to hit the ‘Save Changes’ button.



To manually enter in an activity, touch the fields that require filling in.

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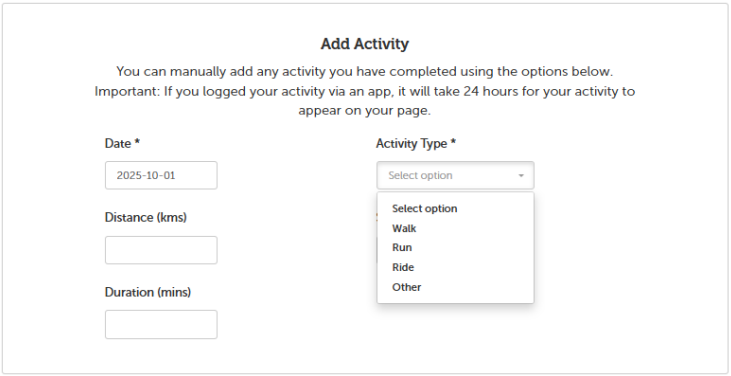
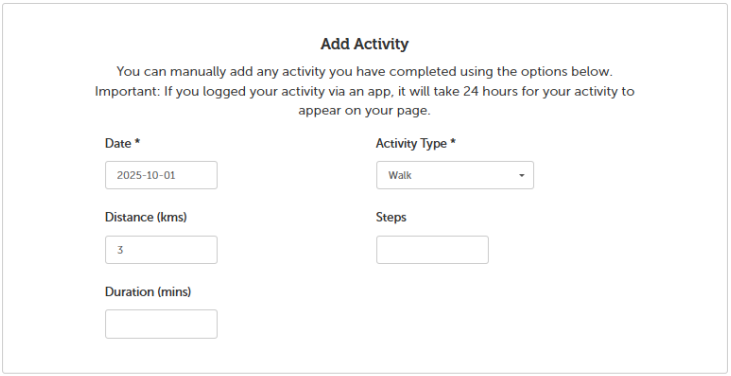
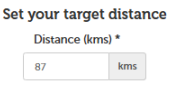


The main required fields are:

- Date
- Activity Type, and
- Distance (kms)



Once you have entered in your activity, hit the save changes button below.



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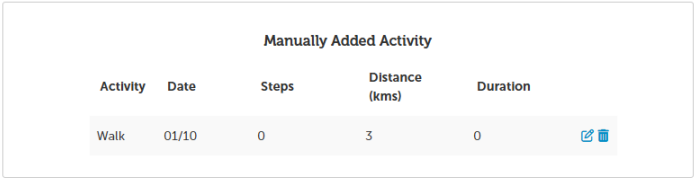

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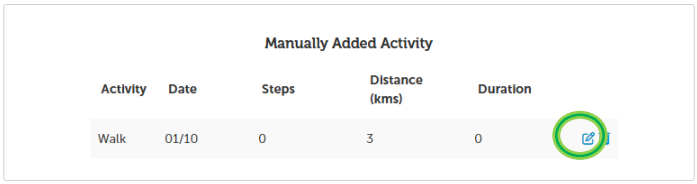
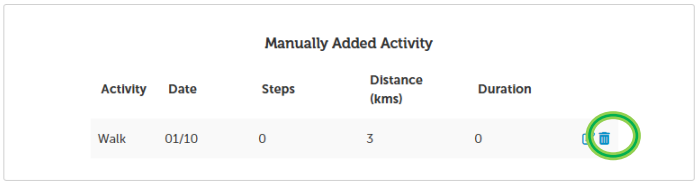
To edit the manually entered in activity, hit the pencil icon beside the activity.



To delete the manually entered in activity, hit the rubbish bin icon beside the activity.



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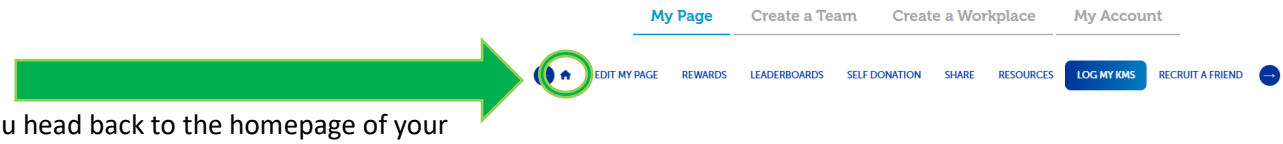

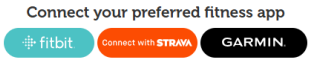

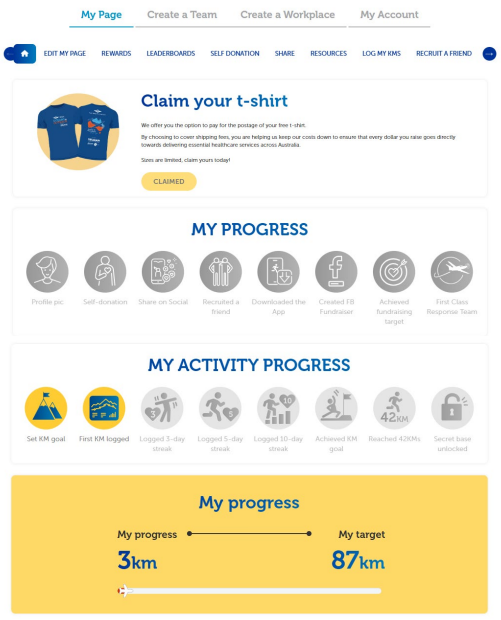

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