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.

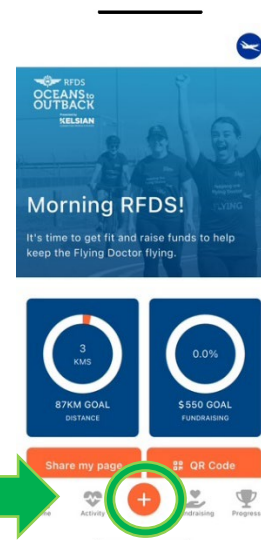When you log in to the App, this is the homepage you'll see.
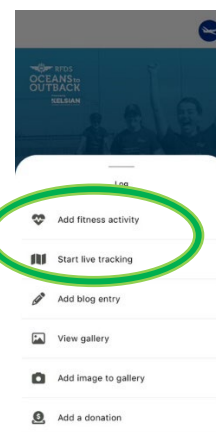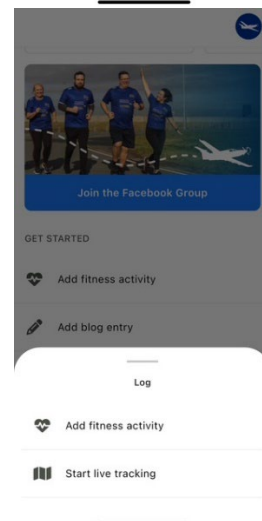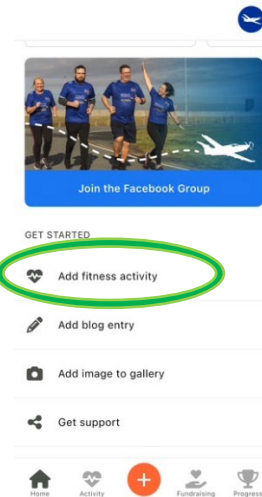
You can either log your activity by hitting the orange circle with the white plus sign at the bottom middle of the screen, or the 'Activity' button to the left of that, or you can scroll down until you see the 'add fitness activity'.

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.
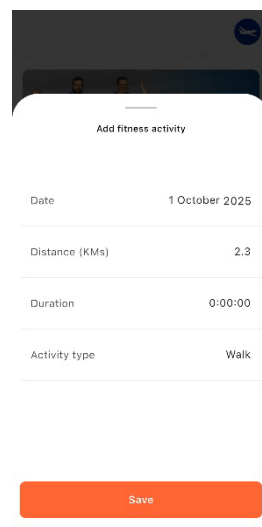
This is the view you will have if you select 'Add fitness activity'.
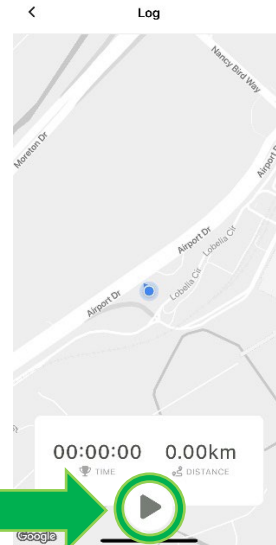
You will have to add these details in.
- Date
- Distance
- Duration (this information is __not shown__ on your fundraising page)
- Activity type

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.

00:00:00   0.00km
TIME   DISTANCE

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

00:01:35   0.19km
TIME   DISTANCE
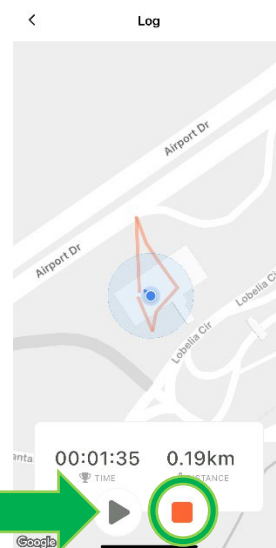
To resume your activity, hit the 'resume' text up in the top right-hand corner of the white boxed area.

Resume

July 31 2025

Distance   Duration
0.19km   00:01:35

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

Finish and share

Finish and save

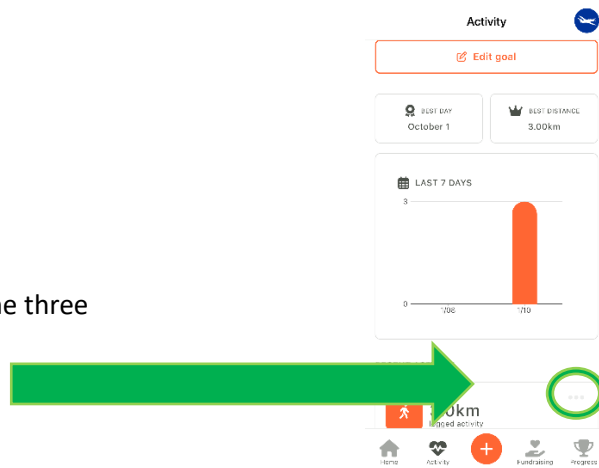To view, edit or delete any of your fitness activities, head to the 'activity' tab here on the App.
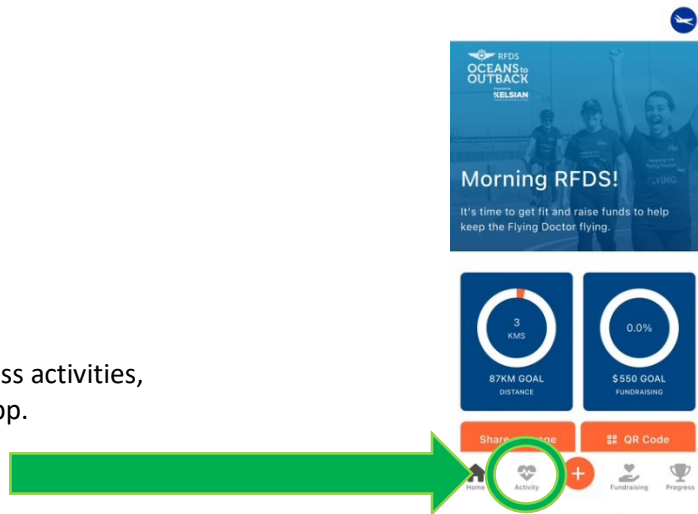
To edit or delete any of your entries, click on the three dots beside the activity.

The activity will then open up. Click on the pencil icon to edit or delete the activity.
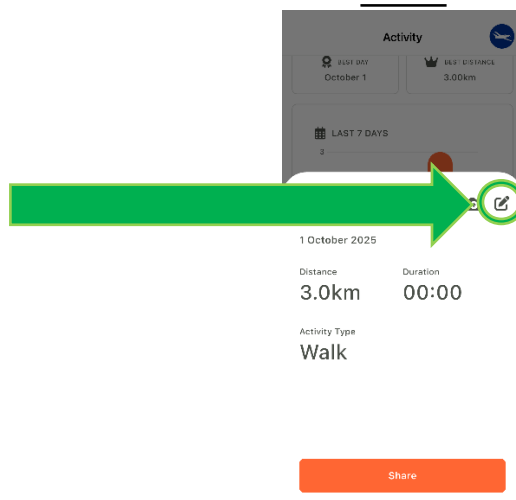
If you have made changes, hit the 'save' button.

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.

Mobile

After logging in, head to your Dashboard.
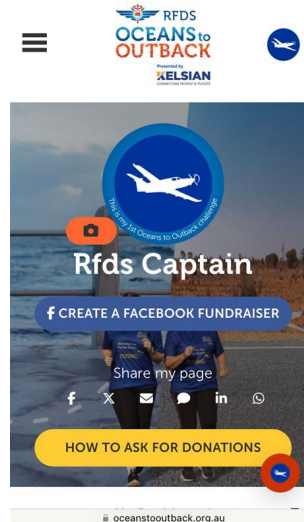
Click on your profile image in the top right-hand corner. This will open up your Dashboard menu.

Click on the 'Log my KMs' tab.
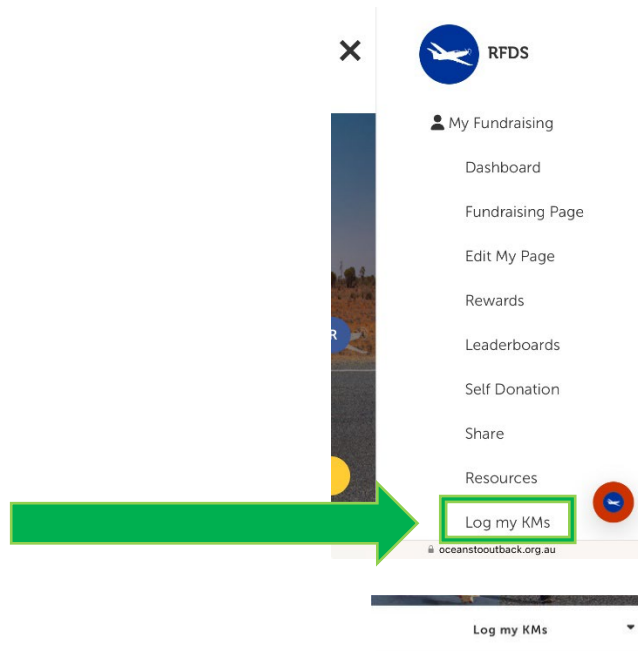
**In this section you can change your
activity type, connect to one of the listed
fitness Apps, change your KM goal and
manually enter in your activity.**

*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.*
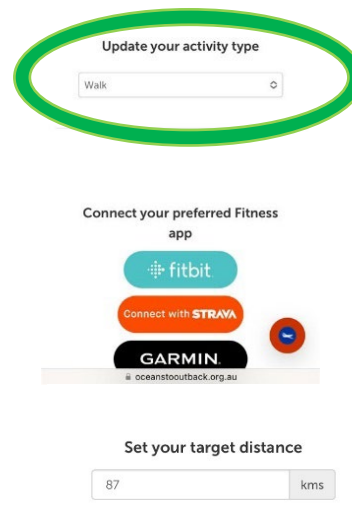
**If you have made any changes, including
updating your activity or KM goal, scroll
down to hit the 'Save Changes' button.**
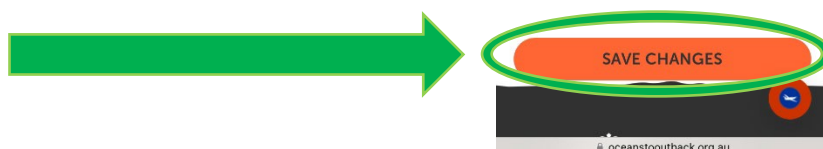
Set your target distance

87   kms

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

Your Fitness activity

+ ADD ACTIVITY

SAVE CHANGES

oceanstooutback.org.au

Your Fitness 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.

Date *

Distance (kms) *

Activity Type *

Walk

Steps

Duration (mins)

CANCEL

+ ADD ACTIVITY

oceanstooutback.org.au

Set your target distance

87   kms

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.

Your Fitness activity

01/10   Walk   3kms   ✏️ 🗑️

+ ADD ACTIVITY

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

🔒 oceanstooutback.org.au

Your Fitness activity

01/10   Walk   3kms   ✏️ 🗑️

Date *

2025-10-01

Distance (kms) *

3.2

Activity Type *

Walk   ▾

Steps

0

Duration (mins)

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

CANCEL   + SAVE

+ ADD ACTIVITY

🔒 oceanstooutback.org.au

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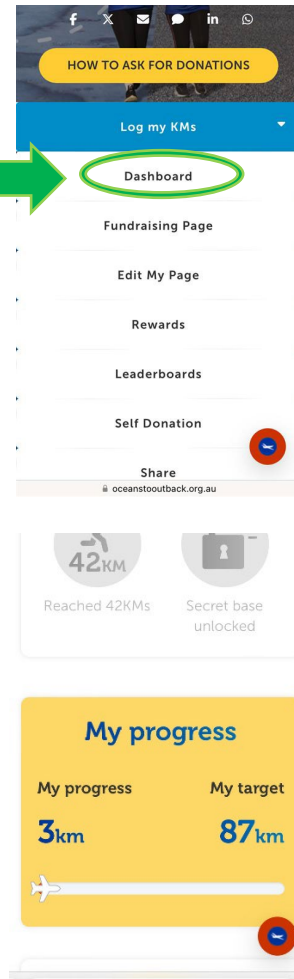
Note: during busy periods, this may take 10 minutes or so to show up.

Desktop

After logging in, head to your Dashboard.

Click on the 'Log my KMs' tab.

Update your activity type

Run

Connect your preferred fitness app

fitbit   Connect with STRAVA   GARMIN.

Set your target distance

Distance (kms) *

87   kms

Manually Added Activity

Activity	Date	Steps	Distance (kms)	Duration	
Walk	01/10	0	3	0	✎ 🗑

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.

Add Activity

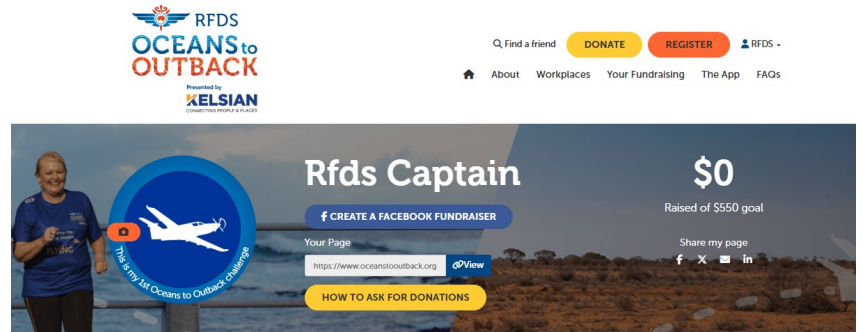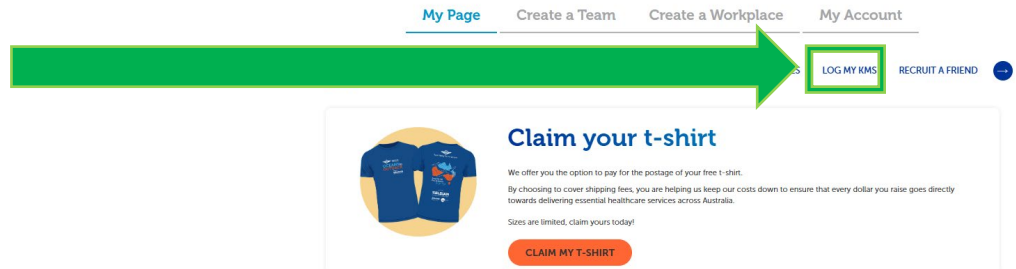You can manually add any activity you have completed using the options below. Important: If you logged your activity via an app, it will take 24 hours for your activity to appear on your page.

Date *

Activity Type *
Select option

Distance (kms)

Steps

Duration (mins)

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

SAVE CHANGES

Add Activity

You can manually add any activity you have completed using the options below. Important: If you logged your activity via an app, it will take 24 hours for your activity to appear on your page.

Date *

October 2025
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31

Activity Type *
Select option

Steps

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

The main required fields are:
- Date
- Activity Type, and
- Distance (kms)

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

Add Activity

You can manually add any activity you have completed using the options below.
Important: If you logged your activity via an app, it will take 24 hours for your activity to appear on your page.

Date *
2025-10-01

Activity Type *
Select option
- Select option
- Walk
- Run
- Ride
- Other

Distance (kms)

Duration (mins)

Add Activity

You can manually add any activity you have completed using the options below.
Important: If you logged your activity via an app, it will take 24 hours for your activity to appear on your page.

Date *
2025-10-01

Activity Type *
Walk

Distance (kms)
3

Steps

Duration (mins)

SAVE CHANGES

Set your target distance
Distance (kms) *
87   kms

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

Manually Added Activity

Activity	Date	Steps	Distance (kms)	Duration		
Walk	01/10	0	3	0		

Set your target distance

Distance (kms) *

| 87 | kms |

Manually Added Activity

Activity	Date	Steps	Distance (kms)	Duration	
Walk	01/10	0	3	0	✏ 🗑

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

Set your target distance

Distance (kms) *

| 87 | kms |

Manually Added Activity

Activity	Date	Steps	Distance (kms)	Duration	
Walk	01/10	0	3	0	✏ 🗑

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

My Page   Create a Team   Create a Workplace   My Account

🏠 EDIT MY PAGE REWARDS LEADERBOARDS SELF DONATION SHARE RESOURCES **LOG MY KMS** RECRUIT A FRIEND →

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

Connect your preferred fitness app

fitbit   Connect with STRAVA   GARMIN.

My Page   Create a Team   Create a Workplace   My Account

🏠 EDIT MY PAGE REWARDS LEADERBOARDS SELF DONATION SHARE RESOURCES LOG MY KMS RECRUIT A FRIEND →

Claim your t-shirt

We offer you the option to pay for the postage of your free t-shirt.

By choosing to cover shipping fees, you are helping us keep our costs down to ensure that every dollar you raise goes directly towards delivering essential healthcare services across Australia.

Sizes are limited, claim yours today!

CLAIMED

MY PROGRESS

Profile pic   Self-donation   Share on Social   Recruited a friend   Downloaded the App   Created FB Fundraiser   Achieved fundraising target   First Class Response Team

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

MY ACTIVITY PROGRESS

Set KM goal   First KM logged   Logged 3-day streak   Logged 5-day streak   Logged 10-day streak   Achieved KM goal   Reached 42KMs   Secret base unlocked

My progress

My progress ———————— My target

3km   **87**km