

How to make a manual entry in the fitness tracker

1. Go to the event “Dashboard” by clicking this link: <https://www.wpshcf.com/login/activity>

2. Scroll down until you see this navigation section in your Dashboard, then click on “My Fitness Activity”:



3. Scroll down until you see this section, then enter your details:

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.

<p>Date *</p> <input type="text"/>	<p>Activity Type *</p> <div style="border: 1px solid #ccc; padding: 2px; display: flex; align-items: center;">Select option ▼</div>
<p>Distance (kms)</p> <input type="text"/>	<p>Steps</p> <input type="text"/>
<p>Duration (mins)</p> <input type="text"/>	

➤ Note: Enter the date and type of activity you completed. There are several options for Activity Type – walk, run, pole, swim, paddle, cycle, workout, or other.

4. When you’re happy with your entry, scroll to the bottom and click “Save Changes”:



5. If the entry is successful, you will see a new link in the “Manually Added Activity” section of the page:

Manually Added Activity

Activity	Date	Steps	Distance (kms)	Duration	
	01/05	0	0	90	