How To Track Your Miles

1. Log on to your Strava account on your laptop or computer. Not your phone!
2. Click on your **Profile** in the top right corner and select **My Profil**e
3. Scroll down and on the right side you will see **Share Your Activities: Embed a Strava Widget on your blog**
4. Click **Share Your Activities**
5. Under **Activity Widget**, copy the grey embedded code
    a. Example: <iframe height='454' width='300' frameborder='0' allowtransparency='true' scrolling='no' src='https://www.strava.com/athletes/161496117/latest-rides/30e92f6b0ad4bf85ce96f708aa6abed429ff4e30'></iframe>
6. Go back to your fundraising page dashboard
7. In the top right, hover over **Fundraising Tools** and select **Edit My Page**
8. Scroll down to the **Strava widget** and click on the **gear icon** on the top right of the widget box.
9. Now you will see you have the opportunity to **add content**, you will **paste** the Strava embedded code here.
10. Make sure you **press Update** and then the **Save Changes** button
11. Now you can see your miles!