

***EVERY MINUTE COUNTS
ACTIVITY LOG
INSTRUCTIONS***



How it works

You track minutes for running, walking, yoga, fitness videos, or whatever you do to keep you moving using the RaceDay interface by RaceMenu.

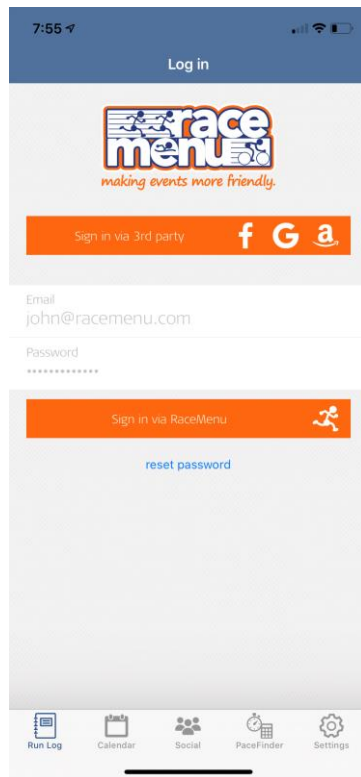
- iPhone users use the [RaceMenu Raceday iOS mobile app](#) (which you can download from the App Store)
- Desktop computer or non-iPhone mobile users use the site racemenu.com/raceday.

You'll have four days to log each daily activity. For example, you have until 11:59 pm on April 5 to log your April 1st activity, or until 11:59 pm on April 20 to record your April 1th activity.

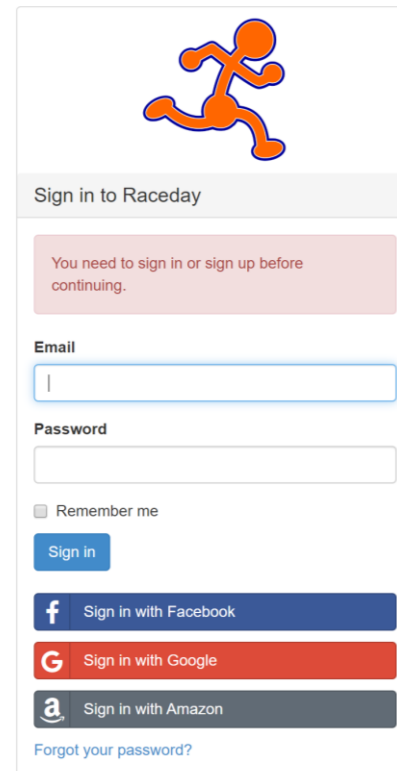


To login, use the exact method you used to register i.e. email, Facebook, Google, etc

iPhone App

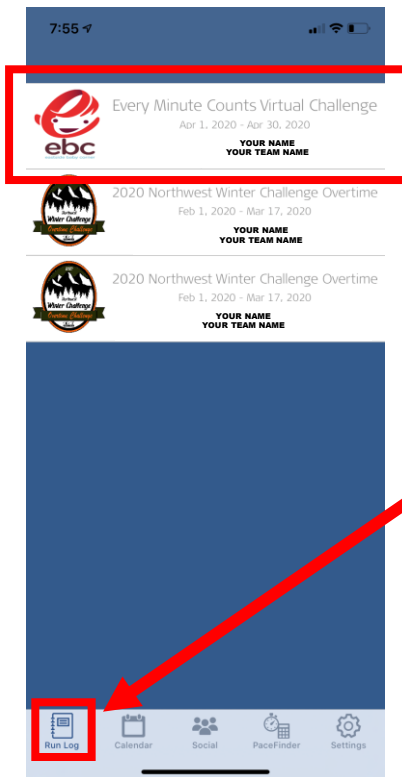


Racemenu.com/raceday



Select “Every Minute Counts” by tapping or clicking on the contest

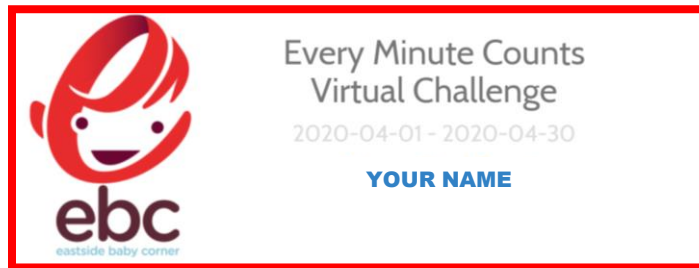
iPhone App



On the iPhone app, if you see a different screen, select “Run Log”

Racemenu.com/raceday

Please select an entry:



2020 Northwest Winter Challenge Overtime

2020-02-01 - 2020-03-17

YOUR NAME



2020 Northwest Winter Challenge Overtime

2020-02-01 - 2020-03-17

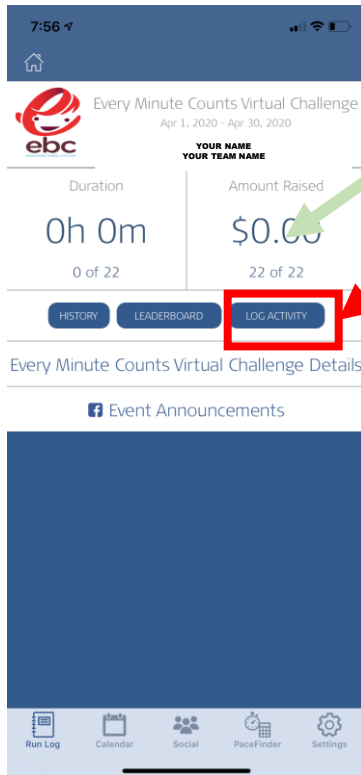
YOUR NAME



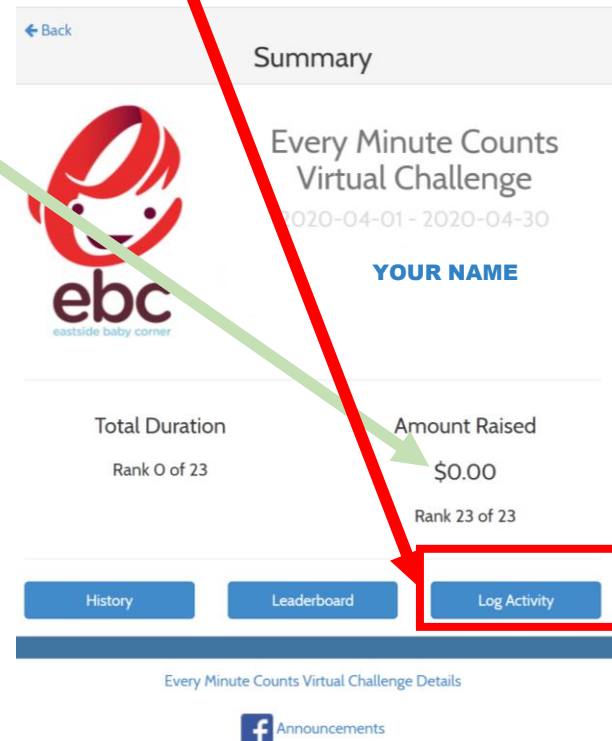
This is your Home screen. To Log an activity, tap or click “Log Activity”

Ignore “Amount Raised” – This contest is not using this function.

iPhone App



Racemenu.com/raceday



To log your activity, start with “Select Activity or Activity Type.” You may log more than one activity in a day. Some activities will ask for time (Yoga, rock climbing) while others will ask for time and distance (running, walking, biking, etc.)

iPhone App

7:56
Cancel Save

Every Minute Counts Virtual Challenge
Apr 1, 2020 - Apr 30, 2020
YOUR NAME

Log Activity

Select Activity

Duration*:
1h 0m 0s

When*:
Mar 31, 2020, 7:56 AM

How'd you feel?
😊 😐 😞

Comments:

CANCEL SAVE

Run Log Calendar Social PaceFinder Settings

Don't forget to click save!

Racemenu.com/raceday

Back Log Activity

Every Minute Counts Virtual Challenge
-04-01 - 2020-04-30
YOUR NAME

Activity Type* Distance* miles

Duration (hh:mm:ss)* Pace

hh:mm:ss

When*

How'd you feel?
😊 😐 😞

Comments

Save

