



**Albion in the  
Community**

## **Albion Challenge 2020**

### **How do I track my miles?**

The most important thing to consider when tracking your miles is that you do it in a way that works for you. We are happy to accept a variety of evidence with regards to your completed distances but below are some suggestions as to how to count your miles:

#### **1. Keep an exercise log**

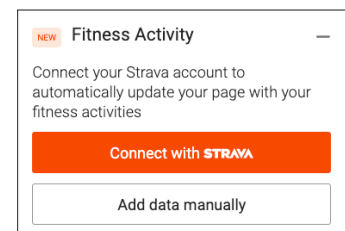
Keep track of your miles by noting them down after each exercise. We have made this easy for you by creating a template for you to use at on the next page of this document. Log your miles after every exercise and when you have completed the distance you can email the form as proof.

#### **2. Use a fitness app**

There are lots of fitness apps that will track distances. One app you may like to use is Strava. You can download it via the Apple Store or Play Store on your mobile, sign up for free and simply track distances (on land only) via the record button. Just make sure you take your phone with you. You can then email a screen shot of your distances to prove you have completed the distance.

#### **3. Use the Fitness Activity box on JustGiving**

Once you have set up your JustGiving fundraising page you will have access to their Fitness Activity box (see image). The Fitness Activity box will appear on your fundraising page and will allow you to manually add your miles as you go, or alternatively connect your JustGiving page to Strava. When you have completed your distance just let us know in your email that you have completed the route and the proof is on your JustGiving page.



#### **4. Use a fitness tracker**

Whether you have a FitBit or an Apple Watch, you can use a tracker to measure your distances. Just take a picture of the screen with your completed distances and email the pictures as proof.

However you choose to track your miles, once you have completed your distance all you need to do is email: [fundraising@albioninthecommunity.org.uk](mailto:fundraising@albioninthecommunity.org.uk) with your proof to receive your digital certificate. Don't forget, everyone who raises £50 or more will receive a limited edition Albion Challenge medal. This will be sent to you at the close of the event.



**Albion in the Community**  
American Express Community Stadium, Village Way, Brighton BN1 9BL.  
01273 878265 | [www.albioninthecommunity.org.uk](http://www.albioninthecommunity.org.uk)

Company limited by guarantee in England and Wales [No. 5122343]. Registered charity in England and Wales [No. 1110978].





**Albion in the  
Community**

## Albion Challenge 2020 Exercise Log

| Date               | Exercise | Distance (miles) | Total miles tally |
|--------------------|----------|------------------|-------------------|
|                    |          |                  |                   |
|                    |          |                  |                   |
|                    |          |                  |                   |
|                    |          |                  |                   |
|                    |          |                  |                   |
|                    |          |                  |                   |
|                    |          |                  |                   |
|                    |          |                  |                   |
|                    |          |                  |                   |
|                    |          |                  |                   |
|                    |          |                  |                   |
|                    |          |                  |                   |
|                    |          |                  |                   |
|                    |          |                  |                   |
|                    |          |                  |                   |
|                    |          |                  |                   |
|                    |          |                  |                   |
|                    |          |                  |                   |
|                    |          |                  |                   |
| <b>Total miles</b> |          |                  |                   |

I confirm that I have completed the Albion Challenge, travelling ..... miles virtually from the American Express Community Stadium to ..... Stadium.

Signed: ..... Date: .....

