1. Creating an Account
   - Go to www.mapmyfitness.com and sign up with Facebook or email. Provide requested information.
   - If you have a MapMyRun account, you can Log In (top, right side of page) using the same email address and password.

2. Updating Privacy Settings
   - You will need to change your privacy settings to allow a D2M liaison from the Department of Kinesiology and Health to track your physical activity minutes for the competition. **This is an important step. If your profile and workouts are private, your D2M liaison cannot track your minutes of physical activity and they won’t count towards your team’s total.**
   - To do this, hover your mouse over the profile icon (top, right side of page), then select “Settings” from the drop-down menu. From the list on the left side of the page, select “Privacy”.
   - Under “Profile Privacy Settings”, select “Friends. Share with all my friends” from the drop-down menu. Directly underneath the drop-down menu, check the box to “Allow other users to find me by my email address.” This will allow the D2M liaison to send you a friend request. Your team captain and teammates will also be able to find you.
   - On the same page, under the “Profile Privacy Settings”, you will see “Activity Privacy Settings”. Set “by default my routes are” and “by default my workouts are” to “Friends. Share with all my friends”. This will allow the D2M liaison to track your physical activity minutes for the competition.
   - Finally, approximately 2-3 weeks before the competition begins, your D2M liaison will send you a friend request. You can accept this request by selecting “Friend Requests” next to the “Profile” button (top, right side of the page). **You must accept this request for your minutes of physical activity to be counted towards your team’s total.**

3. Logging Physical Activity
   - To record your workout for the D2M competition, click on “Log Workout” (top, center tab of page).
   - The information required for D2M are the “date”, “activity”, and “duration”.
   - Under “Date”, select the date you did your physical activity using the calendar icon. It will allow you to “backlog”. Participants can backlog activities from the previous week.
   - Under “Activity”, select the type of physical activity you did from the drop-down menu. There is a long list of activities, so select the one that best describes what you did. **Remember, only record physical activities that last at least 10 consecutive minutes and were at least of moderate intensity.**
   - Once you select your activity, more text boxes will appear including a box to record “duration”. The boxes are labeled for hours, minutes, and seconds, so carefully record how long your physical activity lasted. **This is an important step. If you do not record the time you spent in the activity, it cannot be counted towards your team’s total.**
   - Once you have recorded the date, activity, and duration, click the blue “SAVE” button at the bottom of the page.

If you have any questions about physical activity, MapMyFitness, or D2M, please reach out to your Team Captain or the D2M Program Coordinator Rebecca Ellis (rellis@gsu.edu). You can also find more information by visiting the D2M website: desire2move.gsu.edu.