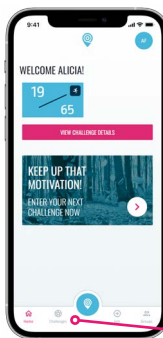


SUBMITTING EVIDENCE QUICK GUIDE

ON OUR NEW ONLINE PLATFORM, YOU CAN NOW LOG IN TO YOUR ACCOUNT TO SUBMIT EVIDENCE AT ANY TIME.

1

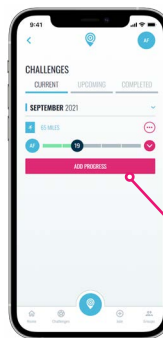
GO TO THE CHALLENGES TAB



Challenges

2

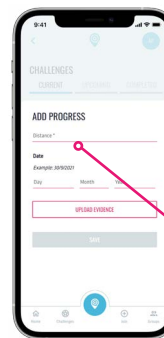
TAP/CLICK **ADD PROGRESS** UNDER YOUR CHALLENGE



ADD PROGRESS

3

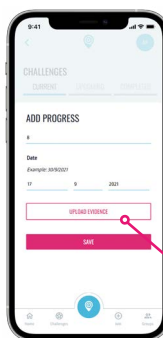
ENTER YOUR DISTANCE OR NUMBER OF STEPS OR NUMBER OF STEPS AND CHECK THE DATE



Distance *
Date
Example: 30/9/2021
Day Month

4

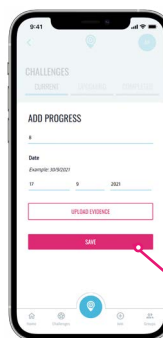
IF YOU WANT TO ADD ANY EVIDENCE, TAP/CLICK **UPLOAD EVIDENCE**



UPLOAD EVIDENCE

5

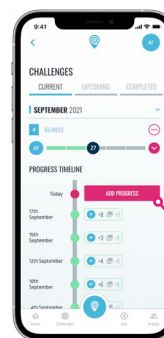
TAP/CLICK **SAVE** TO ADD YOUR PROGRESS



SAVE

6

YOUR PROGRESS WILL BE ADDED TO YOUR **TIMELINE**, AND YOUR **PROGRESS BAR** UPDATED!



ADD PROGRESS

Got any questions? **We can help!**