

How to log your progress

Event format

1 – 30 May

The Virtual Challenge:
Participants work as individuals or in groups to complete 100km.

31 May

The Live Event:
Participants and community members are invited to a central location to complete the final 10km as one. There will also be a 3km option at the live event.

Starting 1 May, log your distance via the darknesstodaylight.org website to keep a tally of the kilometres you have completed and to show your friends, family and supporters how you are tracking as you work towards your 110km goal.

Every kilometre you complete to shine a light on domestic and family violence, can be entered manually via your the darknesstodaylight.org site, or it can be linked to automatically update if you use Fitbit or Strava. Please see step by step instructions below for more.

Log your kilometres manually

1. Go to darknesstodaylight.org/
2. In the top right-hand corner select 'Login' and enter your D2D login details
3. Once logged in, hover over your name in the top right-hand corner and select 'My Fitness Activity'
4. Scroll down to 'Add Activity' and enter the distance you have completed
5. Select 'Save Changes' and the tally should increase

Link your D2D account to Fitbit or Strava

Already use Fitbit or Strava to record your workout? Link your Darkness to Daylight account to your Fitbit or Strava account and your completed kilometres will automatically flow through to your D2D account.

1. Download and set up an account for your preferred fitness app if you have not already done so
2. Go to darknesstodaylight.org/
3. In the top right-hand corner select 'Login' and enter your D2D login details
4. Once logged in scroll down to 'Connect your preferred fitness app' and select either Fitbit or Strava, then log in using your fitness app details
5. Once satisfied with preferences, then select 'Authorise'
6. A tick should appear on your screen briefly and now you are now all set

We recommend checking the first few flow through to your D2D account automatically. Some participants suggest logging out of the fitness App (via their phone) and logging back in to ensure workouts flow through to D2D.