

Instructions for recording workouts with STRAVA

To record your workouts with STRAVA you will need to have the STRAVA app downloaded on your phone (and/or Apple watch, etc.). The app will need to be able to use your GPS and know your location while using it.

Make sure you have joined the “*Stevens PE*” club in STRAVA so Mr. Hendry can verify your workouts and you can get credit.

When you are ready to record a workout:

1. Open the app and click on “**Record**” at the bottom of your screen.
2. As the app is acquiring your location, click on the icon just above the orange start button. The icon may be a shoe, bicycle or something else.
3. Choose the sport (activity) that you will be doing for your workout.
4. Press “**Start**” and begin your workout. Remember – recorded workouts must be a minimum of 30 minutes to get credit.
5. When finished – press the “**Stop**” button. If you need to continue the workout, simply press “Resume”. If you are done with the workout – press “**Finish**”.
6. **Name**: Title your workout. Examples: “*Running at Sioux Park*”, “*Hiking on M-Hill*” or “*Walking my dog*”.
7. **Photo**: Add a photo of you and/or your scenery (optional)
8. **Description**: Here is where you put down what this workout was for. For example: “*Make-up work for absence on September 18*” or “*Extra Credit*”.
9. Finish by clicking on the “**Save Activity**” button at the bottom.
10. Verify with Mr. Hendry that your workout was received. He will normally “*like*” the workout when your points are added back to your grade.