Contents

Steps to create Strava account

1. Download **Strava,** a free mobile app.
   Apple App Store: https://apps.apple.com/app/strava-cycling/id426826309
   Android Google Play store: https://play.google.com/store/apps/details?id=com.strava

2. Open the Strava app, sign-up for an account.
3. After sign-up, you will be asked to fill in your particulars to create your profile.

4. After profile is created, the following page will appear, click the 'Skip' button.

The First Month's On Us

Try a subscription for free, cancel any time. That's how
we say, "Thanks for joining Strava."

Subscriber since 2016
Strava is a fantastic motivator and a great way to
push yourself to improve.

● ● ● ●

Annual Subscription
$78.98/year
You won't be charged until **July 2.**
Cancel up to 24 hours before your trial ends.

Start free trial and subscribe
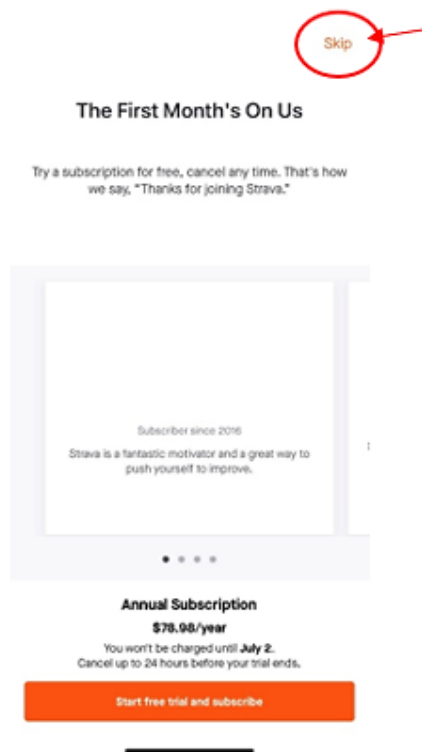
5. Next, click the '**Later**' button. You will need to join the 'club' before you start recording your running/walking distance.

Ready to record?

The best way to experience Strava is to sweat. Go
on a walk, a run or ride, and see what Strava can
do.

Remember that you are ultimately responsible for
your safety. Always be safe and obey the law,
respect the safety of others, and only view Strava
data when safe to do so.

View our Community Standards

Later   Let's go

6. Click the 'Skip' button if these two pages appear.
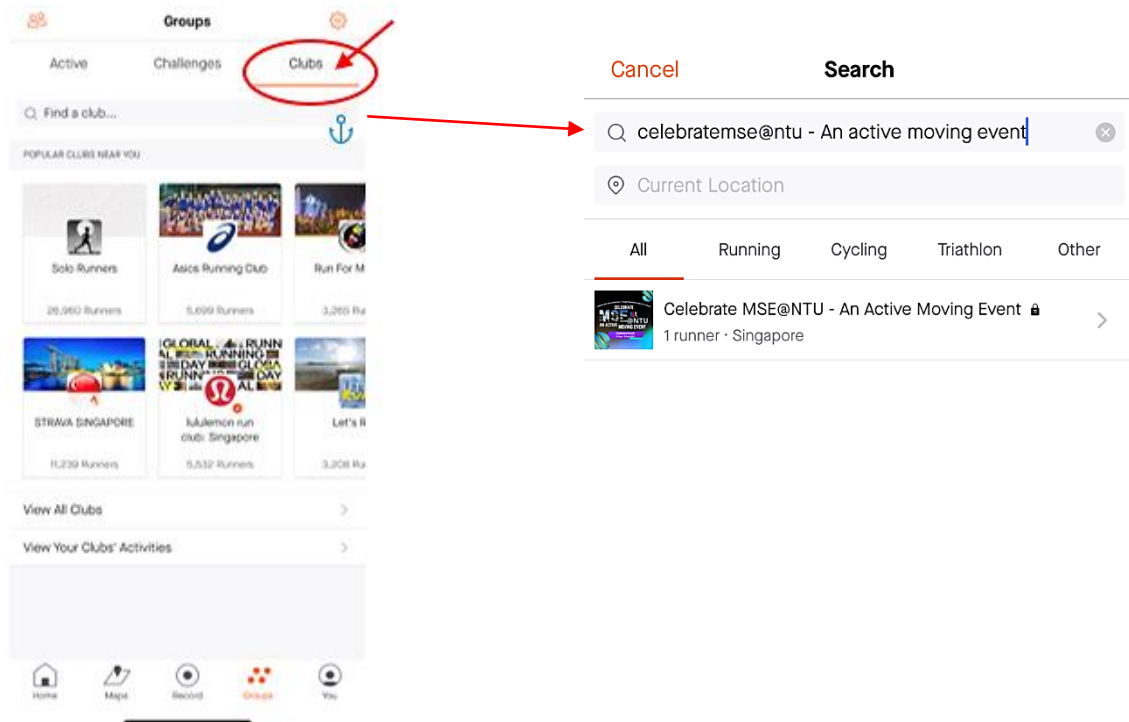

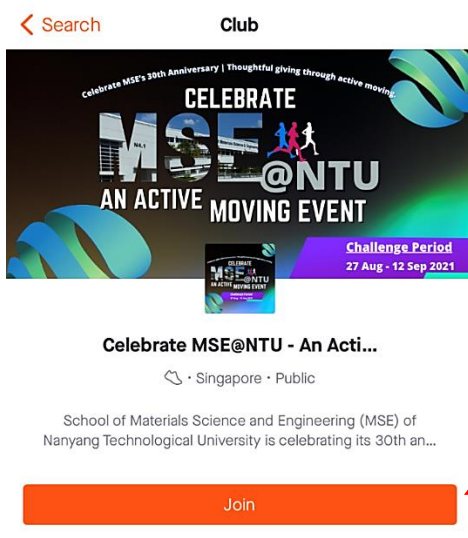## How to join the event in Strava

1. At the homepage, click on '**Groups**' tab.
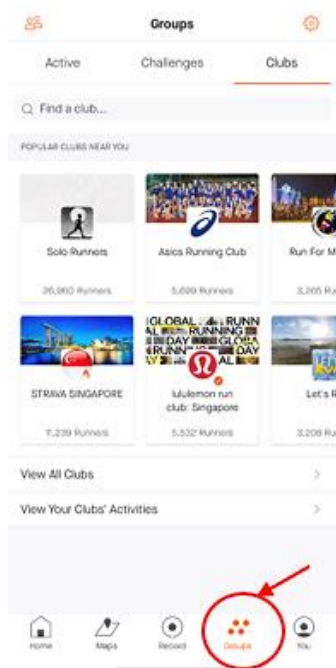
2. Next, click on the '**Clubs**' tab, type in the event name '**Celebrate MSE@NTU – An Active Moving Event**' in the search box.
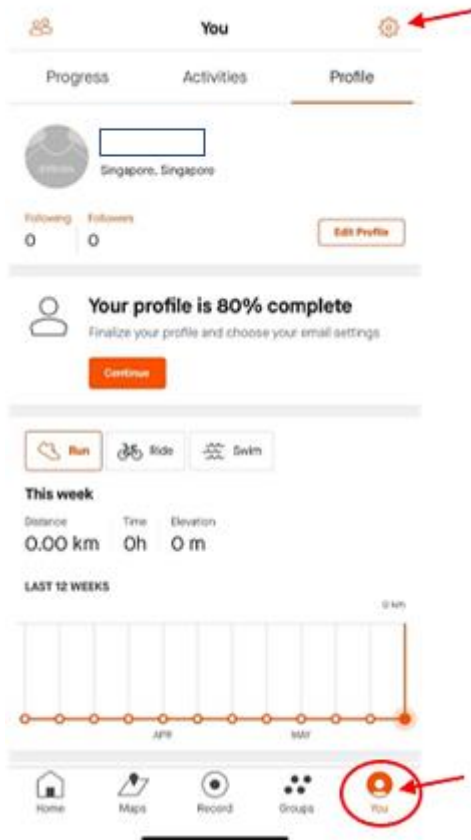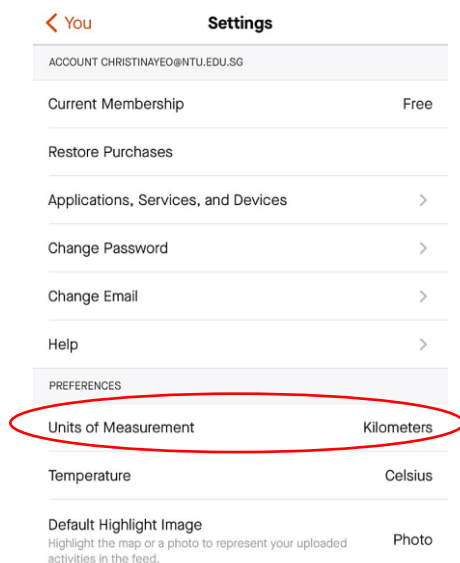

3. Click the '**Join**' button.

Changing your settings before recording an activity

1. Click on the '**You**' tab > click on the **setting** icon [⚙] at top right corner to set the type of measurement for your running/walking distance.
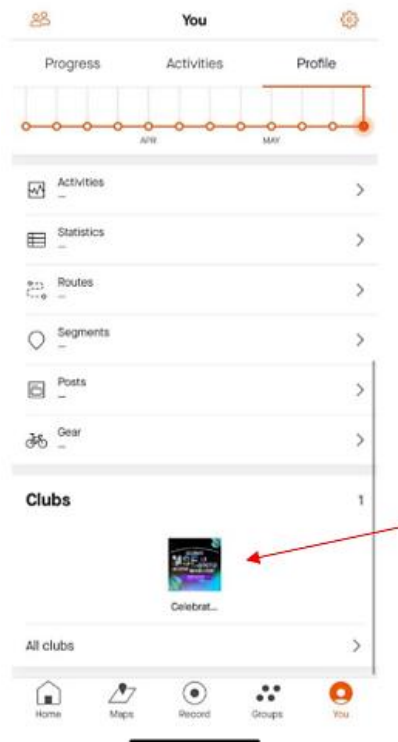

2. At the settings page, change the Units of Measurement to **Kilometers**.

How to record your activity using mobile app only/ no fitness tracker
<mark>(Applicable only for Apple phone users)</mark>

1. Once setting is completed, go back to the profile page, scroll down and click the club icon '**Celebrate MSE@NTU – An Active Moving Event**.'

2. To record running/walking distance, click the '**Record**' tab at the bottom of the page.
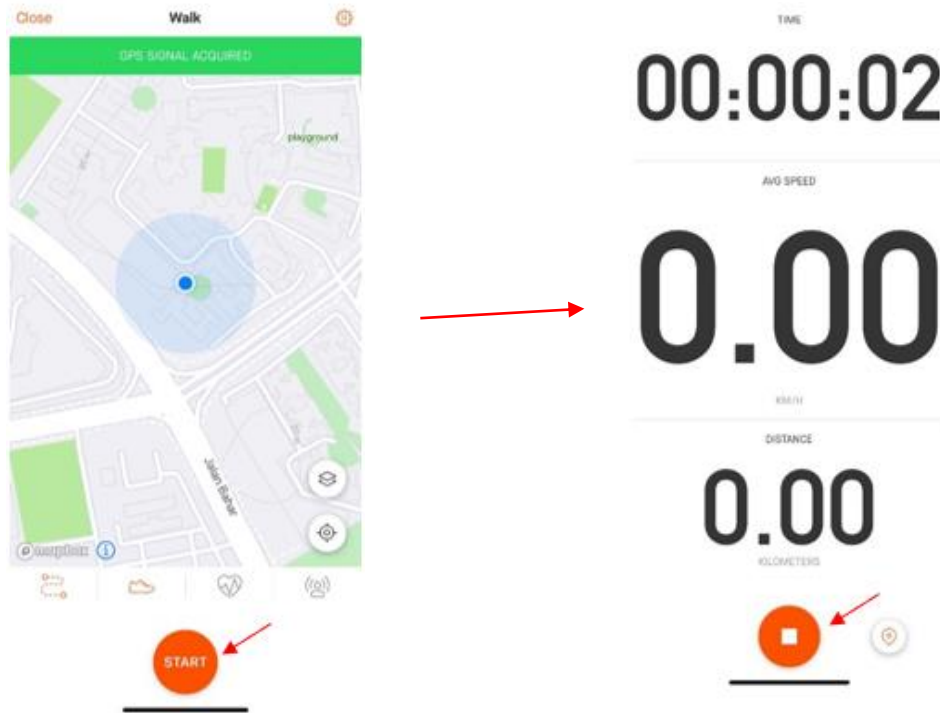

3. Before you start recording, please click the icon tab to choose a sport. For this challenge please only choose either '**Run'** or '**Walk'**.
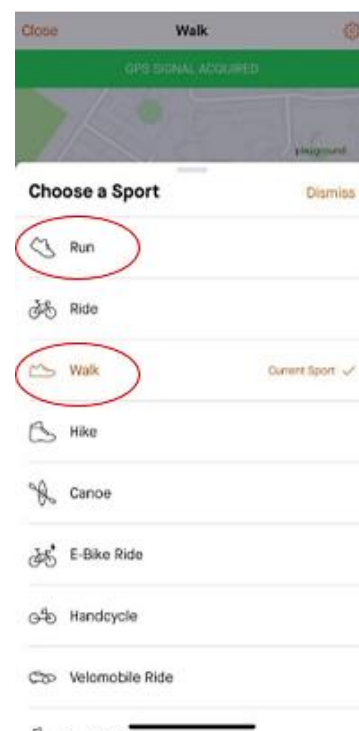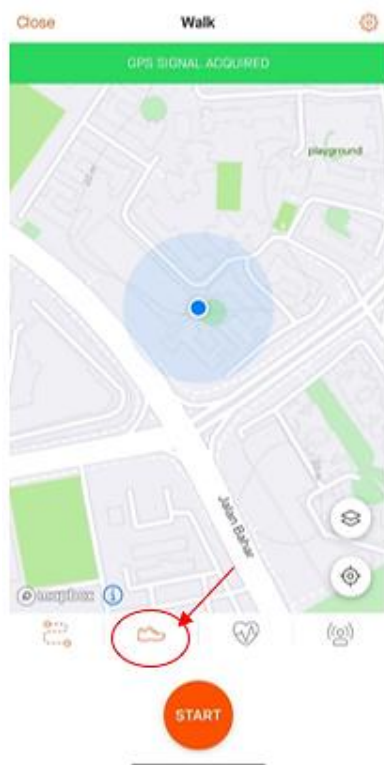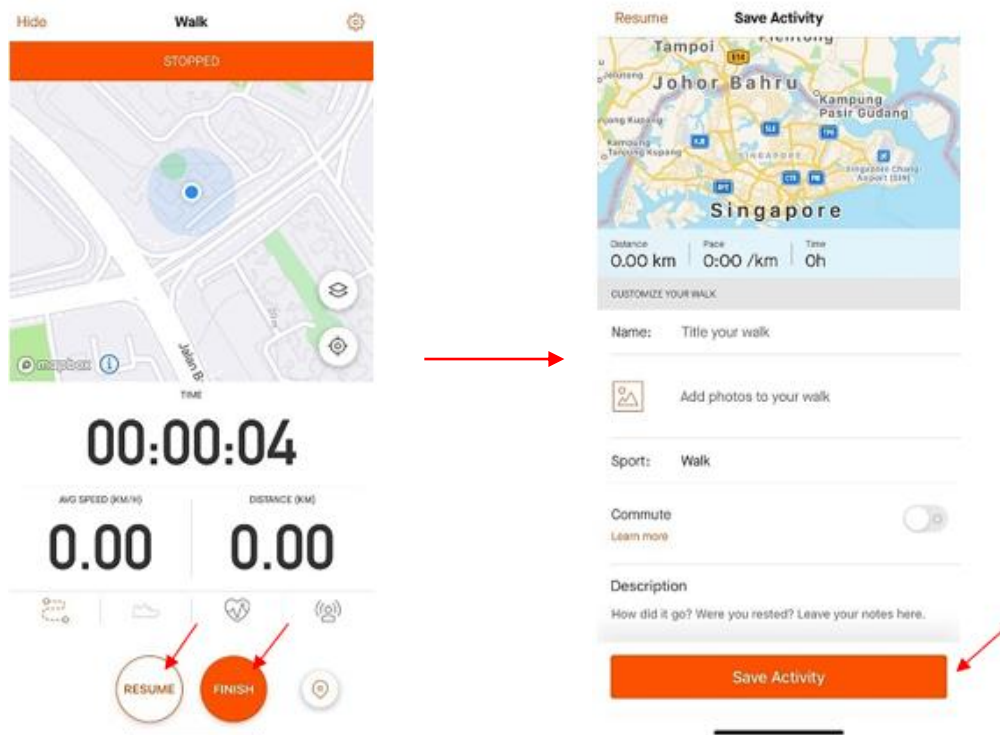
4. Next, click the '**Start**' button to start recording your running/walking distance. If you would like to stop recording, click the stop icon button.

5. You may click '**Resume**' to continue or '**Finish**' button to stop recording.
   Once you stop recording, you will be prompted to the next page. Click '**Save Activity**' button to save your distance in this challenge.

USING A FITNESS TRACKER (AUTOSYNC OR MANUAL)

How to automatically sync your activities from GPS-activated fitness tracker to Strava app

Important: Your run/walk activity will only sync automatically to Strava if your fitness tracker's GPS is activated.

If you do not want your GPS activated for privacy reasons, please refer to MANUALLY ADDING YOUR ACTIVITY TO STRAVA
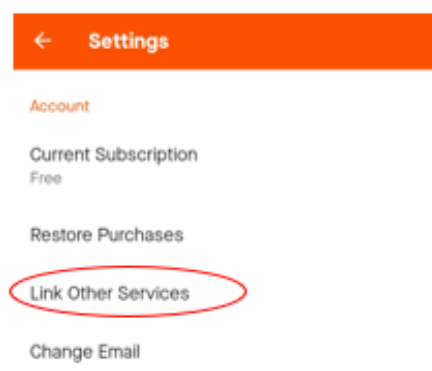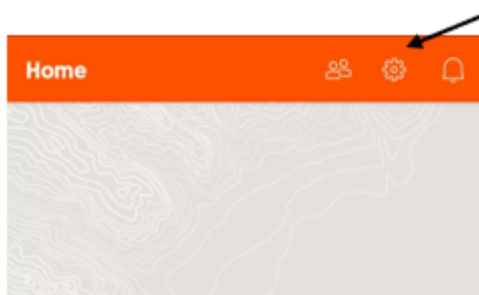
1. Click on the setting icon > Applications, Services, and Devices.
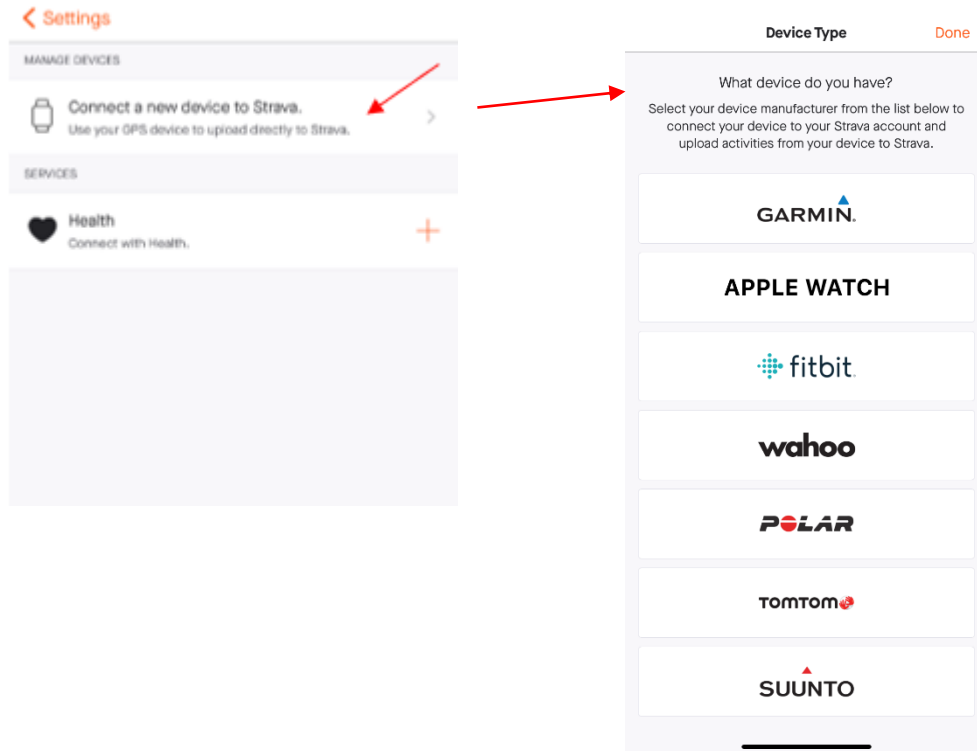
For Apple phone users
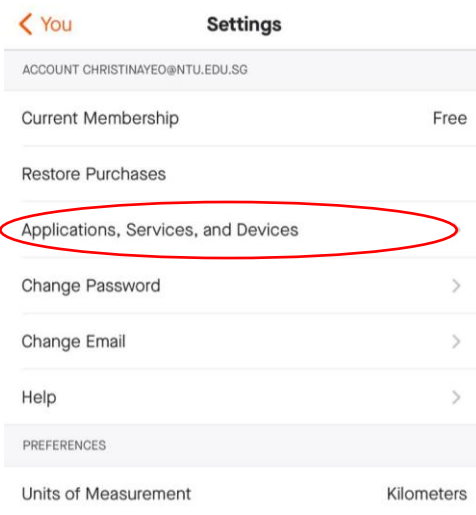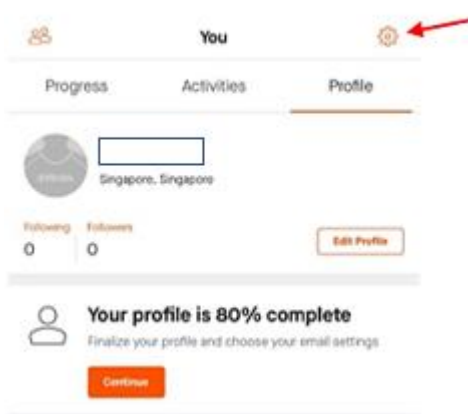
For Android phone users
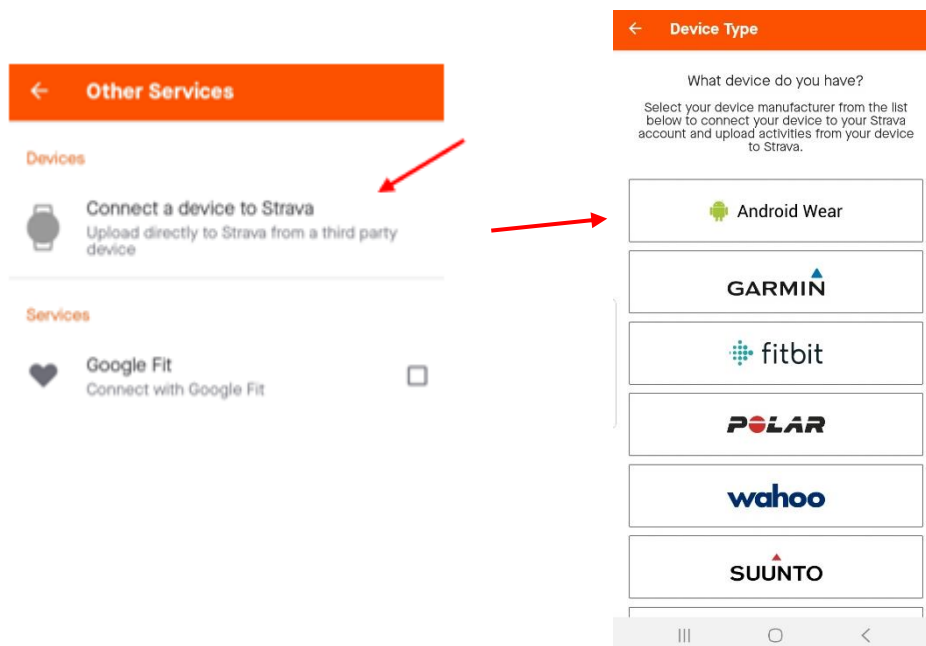
Click on the setting icon > Link Other Services.

2. Click 'Connect a new device to Strava' > choose your device > login to your device account.
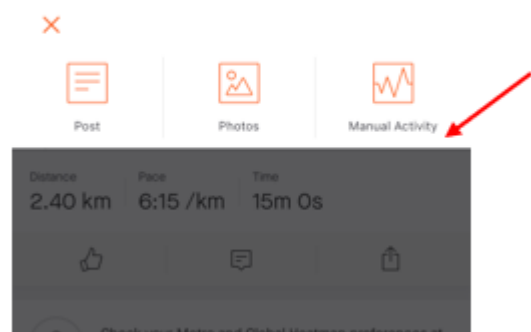
For Apple phone users

For Android phone users

- If you have any issues on recording or syncing of activities from your devices, please visit these helpful Strava articles.
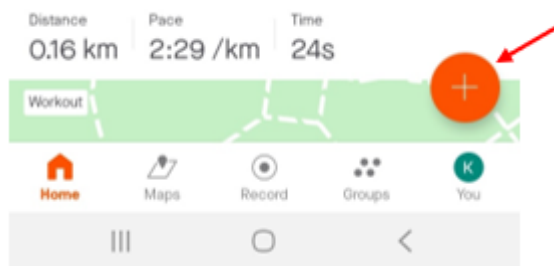https://support.strava.com/hc/en-us/sections/203773957-Record-Sync

Manually adding your activity to Strava

1. Strava Home > click + > choose 'Manual Activity'.
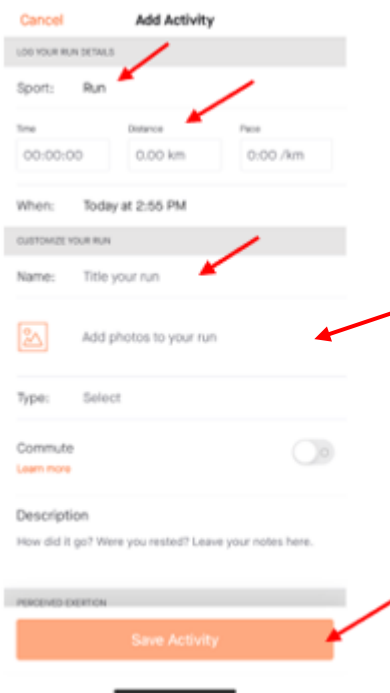
For Apple phone users

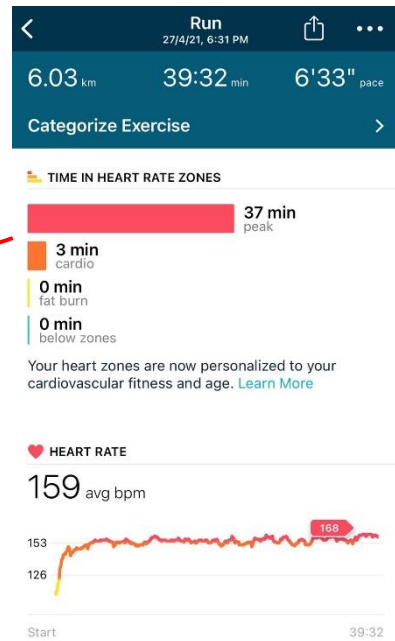**For Android phone users**

2. Select the '**Sport**' > enter the '**Time**' and '**Distance**' > Key in title of your run/walk to '**Celebrate MSE@NTU**'.
3. For verification purposes and accountability to our sponsors, please click 'Add photos to your run' to upload a screen capture of your activity.
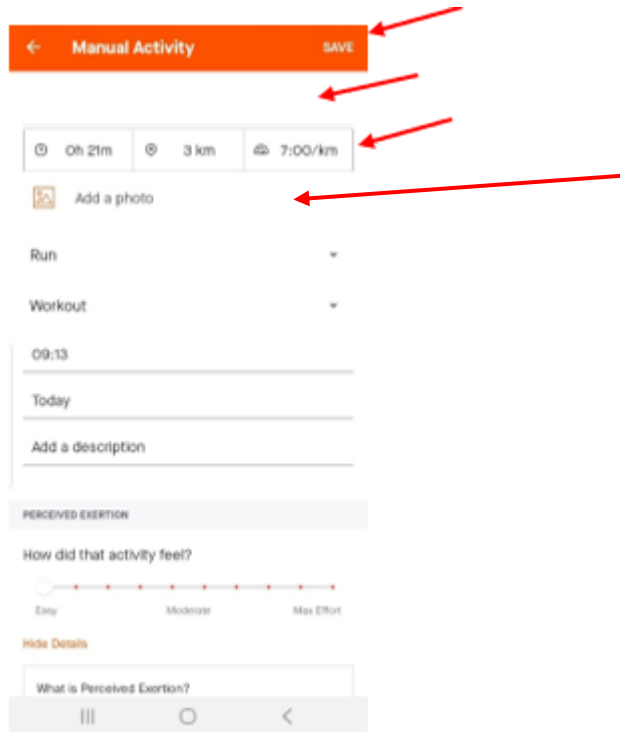4. Click 'Save Activity' button.
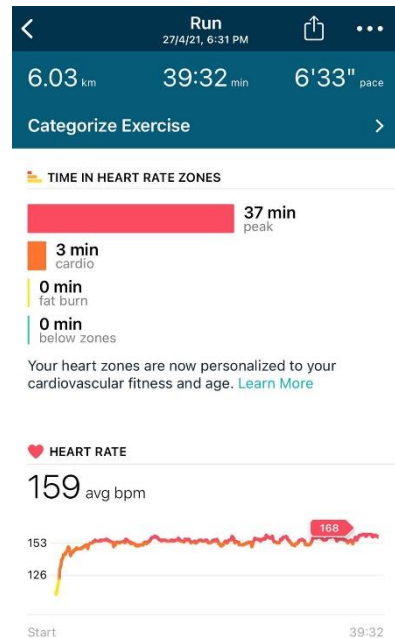
For Apple phone users

Screen capture of your activity sample.

For Android phone users

Screen capture of your activity sample.

- If there are any other enquiries, you may drop us an email at
  msestudentlife@ntu.edu.sg