

MOBILE APP INSTRUCTIONS

Creating an Account

- Strava is available on Apple and Android products. Go to your respective App Store, search for “Strava,” then download the app. You do not have to pay for the app, it is free.
- Once Strava is downloaded, open the application and either sign up for an account or log in to your account. You can sign up with Facebook, Google, Apple, or email. Provide the requested information.
- After setting up your account, you may be asked to “Start Your Free Trial” for Strava’s subscription service. You do not have to sign up for this, because the features needed for D2M are completely free and do not require the subscription.

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 a crucial step. If your profile and workouts are private, your D2M liaison cannot track your minutes of physical activity and they will not count towards your team’s total.
- To do this, click on “Profile” in the bottom toolbox. Then, click on the top-right “Settings” option.
- Once you are in your profile settings, scroll down until you see “Privacy Controls.” Click on this option.
- Within your Privacy Controls page, you will select “Followers” or “Everyone” for “WHO CAN SEE” under “Profile Page,” “Activities,” and “Group Activities.”

Joining Your Team’s Club

- Each team will have its own “Club” on Strava that will include your teammates, your team captain, and your KH liaison. Joining your team’s club is necessary for participating in D2M.
- Option 1: To join your team’s club, type “<https://www.strava.com/clubs/D2M-X>” in your phone’s browser.
 - Replace “X” with your team’s abbreviation. For example, Kinesiology and Health Downtown team members will write, “D2M-KHD”
- Option 2: From your app’s homepage, click on “Explore” in the bottom toolbox. Then click on “Clubs.”
 - To find your team’s club, click on “Find a club...” then put in your team’s club information. Each team’s club will be called “D2M Team X”. Make sure your search includes “All” for the type of club.
 - Replace “X” with your team’s abbreviation. For example, Kinesiology and Health Downtown team members will write, “D2M Team KHD”

Logging Physical Activity

- To manually record your physical activity for the D2M competition, open your Strava app and click on the top-left plus sign. Then click on “Manual Activity.”
- The information required for D2M is the “date”, “activity” and “duration.”

- Under “When,” select the date you performed your physical activity. Participants can backlog activities from the previous week, so make sure your date is accurate.
- Under “Sport,” select the type of physical activity you did from the drop-down menu. There is an extensive list of activities, so select the one that best describes your activity.
- Under “Time,” log the number of hours, minutes, and seconds for your activity. If you completed an activity for 35 minutes, then put “0” for the hours, “35” for the minutes, and “0” for the seconds.
- Once you have recorded the date, activity, and duration, scroll to the bottom of the page, and make sure “Followers” or “Everyone” is listed for “Privacy Controls.” Then, click the orange “Save Activity” button at the bottom of the page.

Syncing a Device

- To synchronize your wearable device, make sure you are logged in to your Strava Account.
- Go to <https://www.strava.com/upload/device> on your phone’s browser and click “Get Started” under your wearable device’s company, then follow all prompts.

YouTube Channel:

<https://www.youtube.com/channel/UC8hzwRatkdL5tUdBR77siUA/playlists>

Desktop Videos

Signup: <https://youtu.be/ARIGwcUfQy8>

Privacy controls: https://youtu.be/nAMqRsj-W_k

Sync Device: https://youtu.be/-aI_EQq_ZLk

Join a Team: <https://youtu.be/wQuQe0HLcel>

Log Activity: <https://youtu.be/Pf9og0PEuds>

Mobile App Videos

Signup: <https://youtu.be/gvyxDgT1TKc>

Privacy controls: <https://youtu.be/il0FX1A8iHk>

Sync Device: <https://youtu.be/tF0zFRqZrHA>

Joining Team Club: https://youtu.be/YkRrA_yTLUQ

Log Activity: <https://youtu.be/Rm45gEq82vw>