

DESKTOP INSTRUCTIONS

Creating an Account

- Go to <https://www.strava.com> and sign up with Facebook, Google, Apple, or email. Provide the requested information.

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, hover your mouse over the profile icon (top, right side of page), then select "Settings" from the drop-down menu. From the list on the left side of the page, select "Privacy Controls."
- Click on the box labeled "WHO CAN SEE" for the "Profile Page" category and select "Followers" for your setting. Repeat this step for "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 browser.
 - Replace "X" with your team's abbreviation. For example, Kinesiology and Health Downtown team members will write, "D2M-KHD"
- Option 2: To join your team's club, hover over the "Explore" option at the top, middle of the page. Click on "Clubs."
 - A search box will appear for "Club Name," "Location," sport type, and "Club Type." Write the following in the boxes:
 - Club Name: D2M Team "
 - Replace "X" with your team's abbreviation. For example, Kinesiology and Health team members will write, "D2M Team KHD"
 - Location: Atlanta
 - Sport Type: All
 - Clube Type: Company / Workplace
 - Click on the club with your team's name, then click "Join Club."

Logging Physical Activity

- To record your workout for the D2M competition, hover over the top, right icon next to your profile picture (circle with a plus sign). Click on "Add manual entry."
- The information required for D2M is the "date", "activity" and "duration."
- Under "Date," select the date you did your physical activity using the calendar icon. It will allow you to "backlog." Participants can backlog activities from the previous week.
- 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 what you did.

- Under “Duration,” boxes are labeled for hours, minutes and seconds, so carefully record how long your physical activity lasted. This is an important step. If you do not record the time you spent in the activity, it cannot be counted towards your team’s total.
- Once you have recorded the date, activity, and duration, click the orange “Create” 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> and click “Get Started” under your wearable device’s company, then follow all prompts.