

How to Guide for Strava

- Download the Strava App onto your phone via your App Store.
- Create your profile by filling in each prompt. **Please note this is a free app**, and you can skip the prompt which requests payment for the 'Training Analyses' by selecting 'Skip'.
- Join the 'Queen's Activity Challenge 2020' Club by typing 'Queen's Activity Challenge 2020' into the search bar under 'Explore' and 'Clubs'. **Please note, if you do not join this club your data will not be uploaded to Queen's and your time will not be counted.**
- To ensure your activity is seen by the 'Queen's Activity Challenge 2020' Club ensure you have gone into your 'settings', 'privacy controls' and selected 'Everyone' under the 'Activities' section. **Please note, if this is not completed your data will not be uploaded to Queen's and your time will not be counted.**
- You can adjust your privacy settings under 'settings', 'privacy controls', 'Profile Page'. You can then choose to only allow 'Followers' to view your profile page.
- Before undertaking your cycle, walk or run you need to go into 'Record' and select 'Start'. Once you have completed your activity you then press 'Finish' and 'Save'. Your activity will then automatically be uploaded onto the 'Queen's Activity Challenge 2020' Club page.

Further information on Stava can be found within the 'Strava Support' website.

If you have any questions please email qubactivitychallenge@qub.ac.uk.