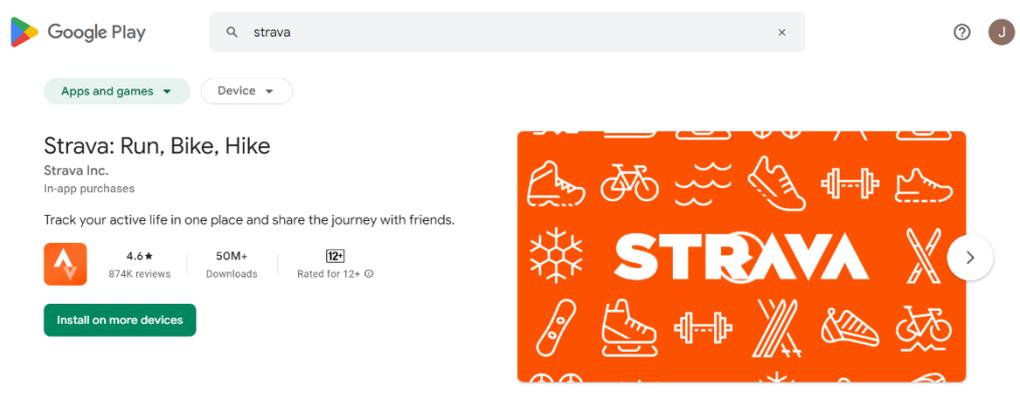


Guide to download and use Strava App

For any assistance, please email us at dewf@cde.org.sg

1. Install the app

Download the Strava app through Apple App Store or Google Play and search for **Strava**.



App Store Preview

This app is available only on the App Store for iPhone and Apple Watch.



Strava: Run, Bike, Hike (4+)

Track & share with friends

Strava, Inc.

#9 in Health & Fitness

★★★★★ 4.8 • 277K Ratings

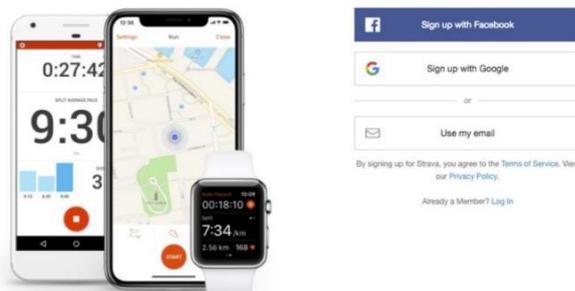
Free · Offers In-App Purchases

2. Sign up an account on Strava.

When you reach the default screen on your phone or computer, you'll need to create your Strava account. You can use your Facebook or Google account info,

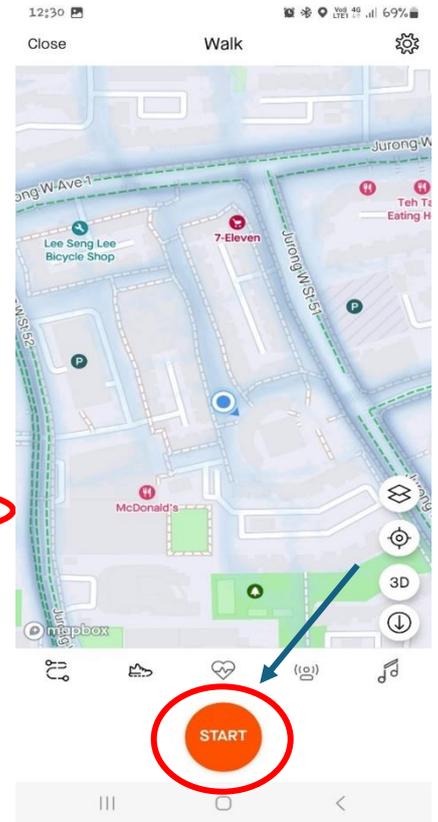
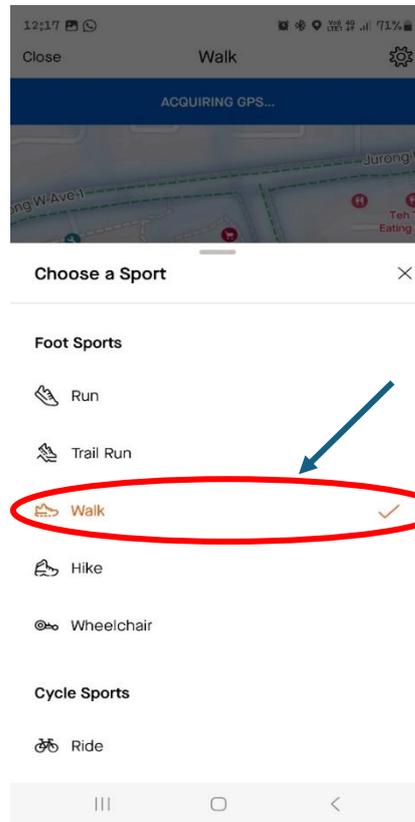
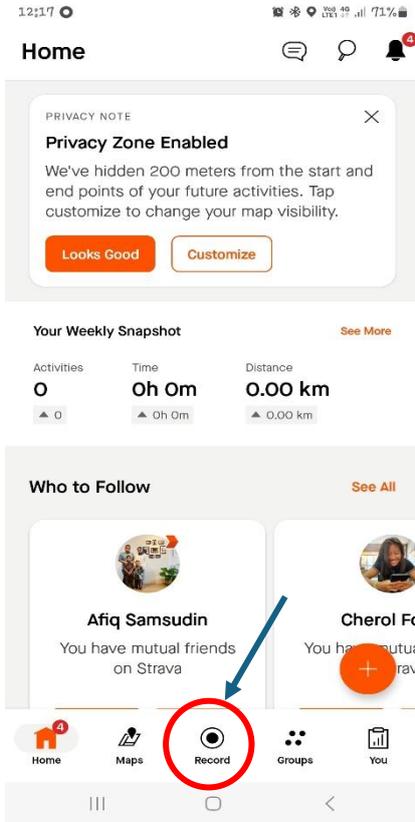


The #1 app for runners and cyclists

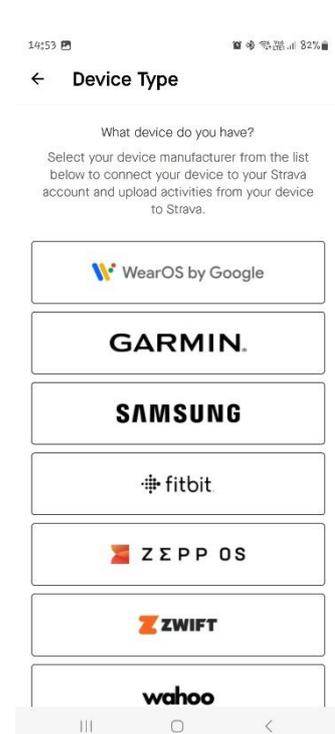
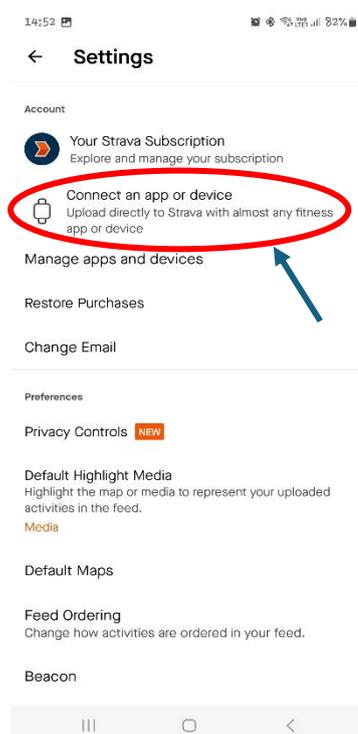
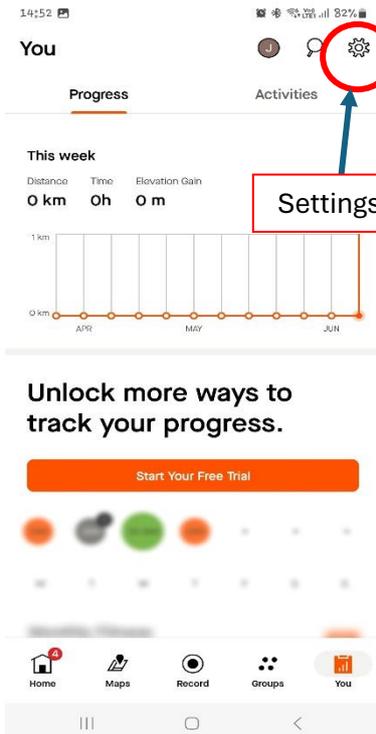


3. Record Walking Activity

3.1 Strava App: Once you are ready to walk, tap the 'Record' tab. Select 'Walk' as the activity. Hit the orange 'Start' button to begin.



3.2 Fitness Tracker: You can link your Strava account with the watch so that activities recorded on it will automatically sync and upload to Strava.



4. Save Walking Activity

Once you're done, hit the **'Stop'** button. You'll see your route displayed on a map, as well as details about your speed, distance and power output. Hit **'Finish'** to add more details about your walk, like a title (eg. DEWF walkathon) and any photos you took while you were walking. Save the activity as a proof of tracking.

