

Options for tracking your distance.

1. **Strava** - download on your mobile phone via the App Store.

1a) Search "Strava" - download and create your profile.

1b) To record a workout: Click Record. Click on the second icon from the left to choose your sport. (Run or Walk).

2. **Use a fitness tracker** - option to push to Strava.

2a) Click profile

2b) Click Settings (Gear wheel at top right).

2c) Click applications, services and devices.

2d) Connect a new device to Strava - follow the prompts.

2e) Once you complete a workout, you will receive a notification confirming your workout is ready to import.

3. **Mobile Phone Pedometer** - most smartphones have a built in pedometer.

3a) Search health app on smartphone.

3b) Steps (while carrying smartphone) should be automatically counted.

3c) Convert steps to km using google, search "steps to km converter".