

MoveFTT

How to Manually Enter Your Mile into Strava

STEP 1: On the Feed Page, click the plus sign in  the upper left corner.

STEP 2: Then click **Manual Activity**.



STEP 3: Fill out your **time, distance, and name your activity MoveFTT_[whatever you want]**

(ex: MoveFTT_MileCompleteMoveFTT -Fun Run ... MoveFTT Team Awesome etc).

STEP 4: Click **SAVE ACTIVITY**.

