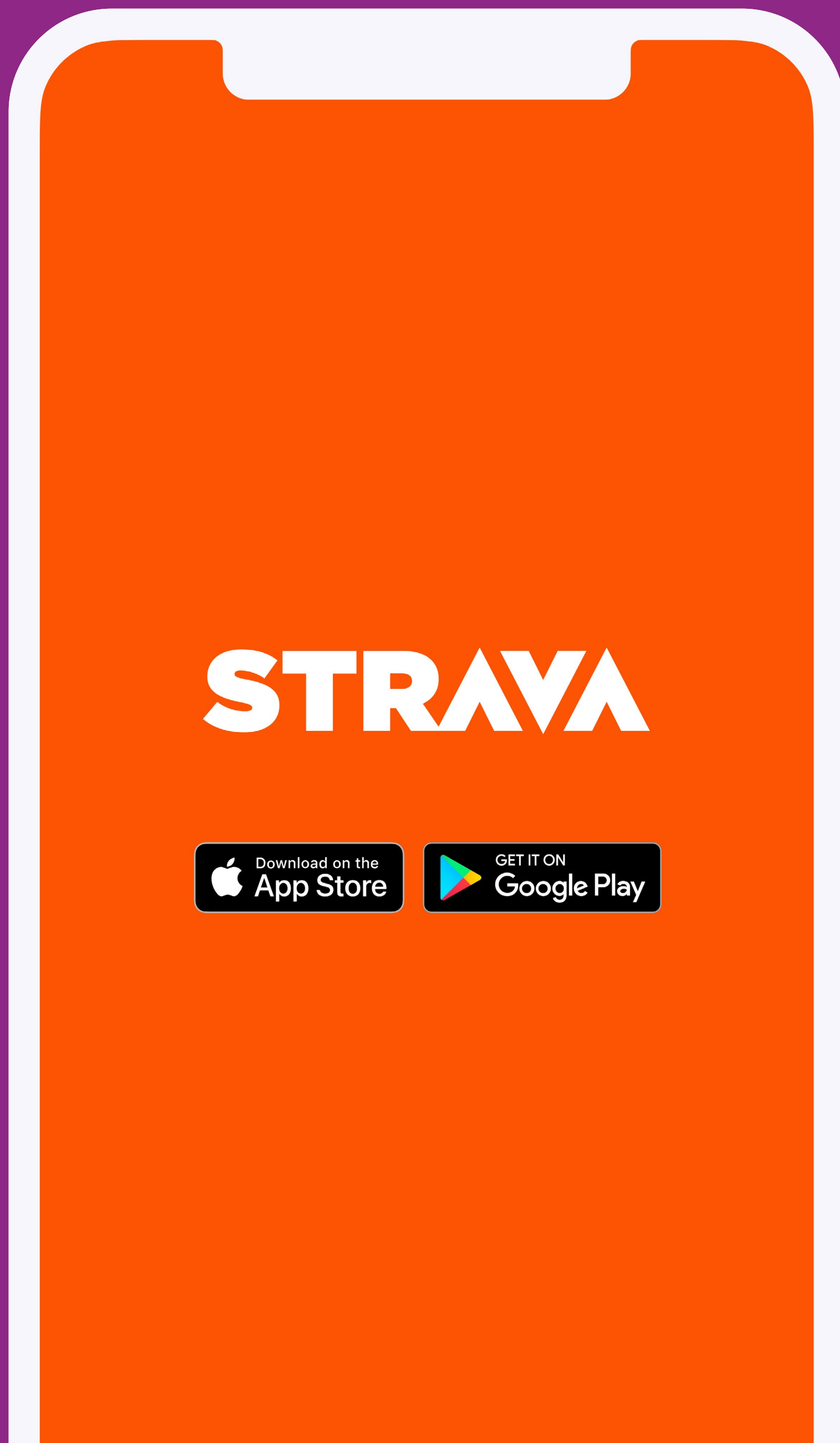


THIS
GIRL
CAN

STRAVA

GET
STARTED
ON
STRAVA

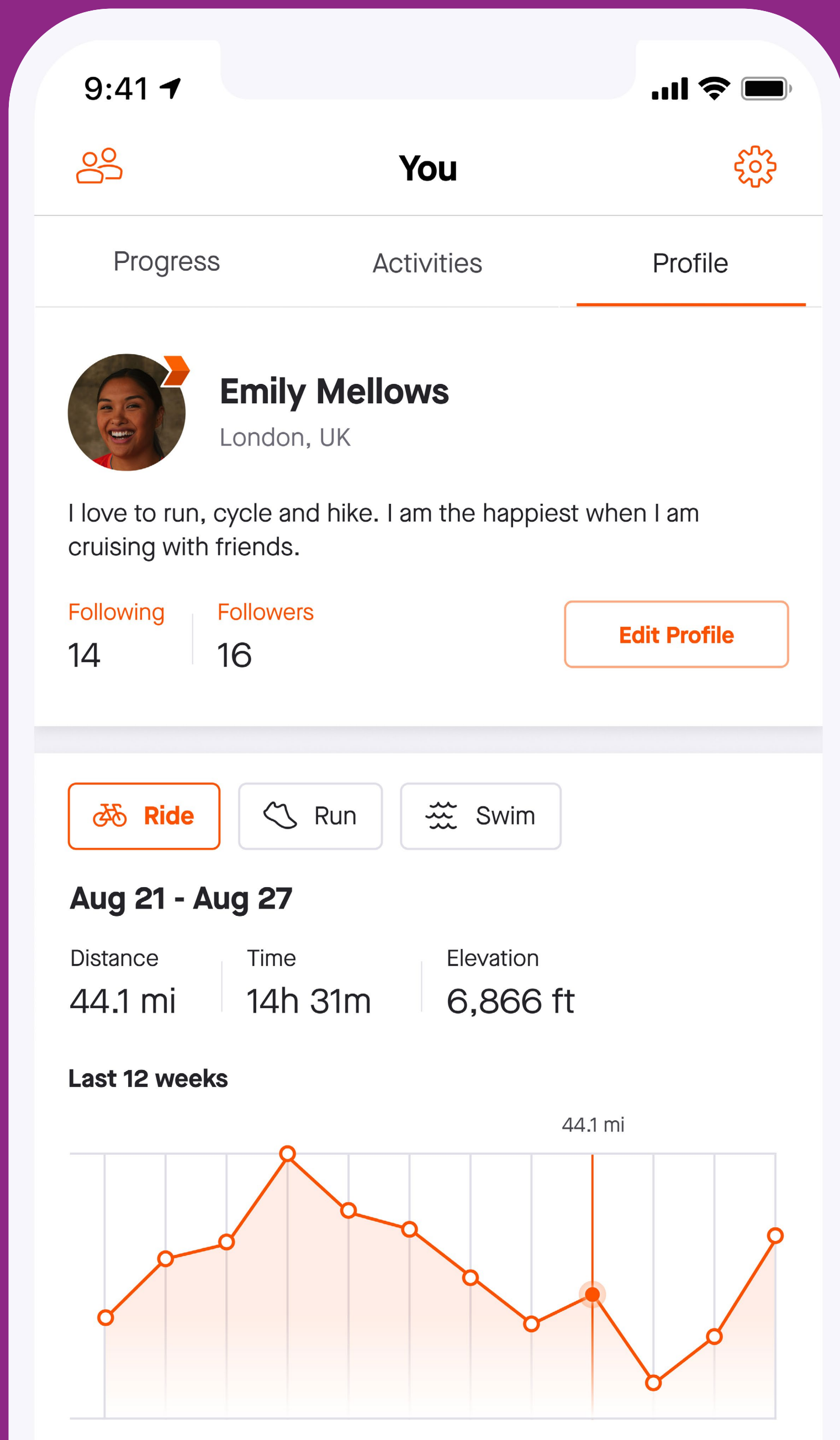


STEP 1

Set yourself up for success!

- Download the Strava app or visit [Strava.com](https://www.strava.com) to create an account.
- Next: the fun part of picking your preferences.



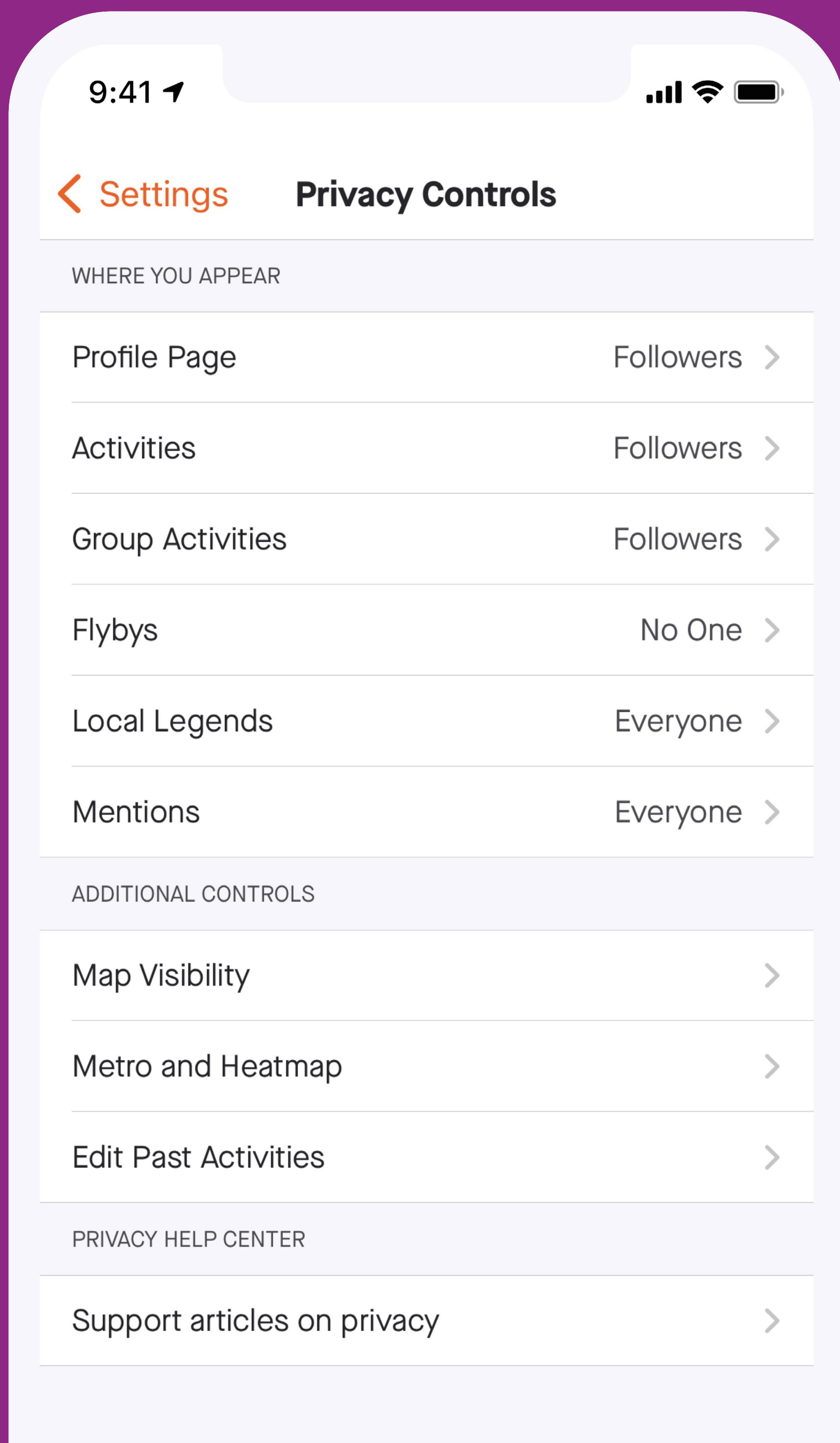


STEP 2

Your profile should feel like you

- Add your photo, location, gender, bio and top sport type.
- Or don't! What you share is entirely up to you.



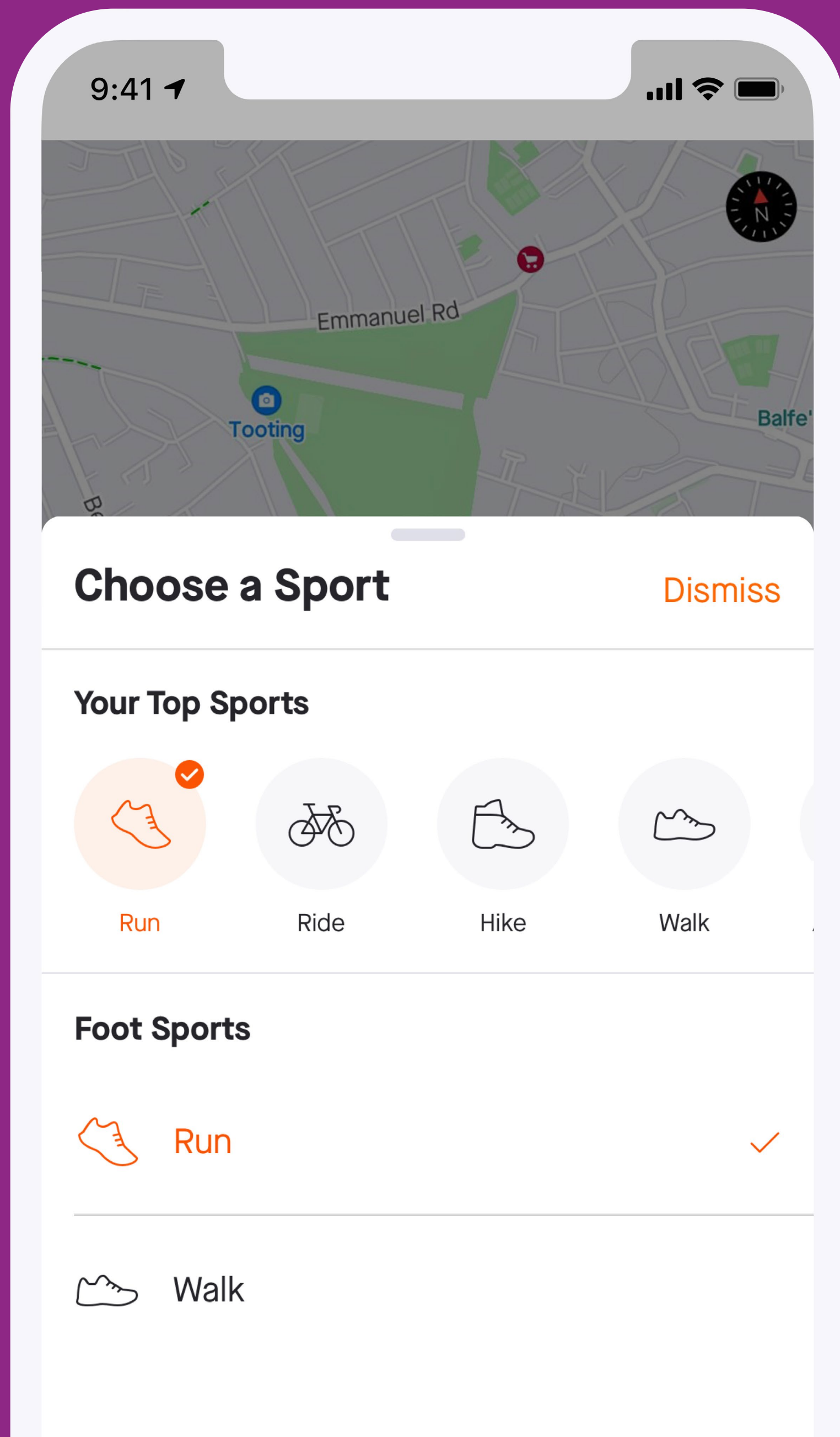


STEP 3

Don't skip choosing privacy settings

- Go to Home 🏠 / Settings ⚙️ (top right) / Privacy Controls.
- There's a list of places where your info shows up on Strava. The default setting is that 'Everyone' will see this info.
- You can tap to change that to just followers, or only yourself.



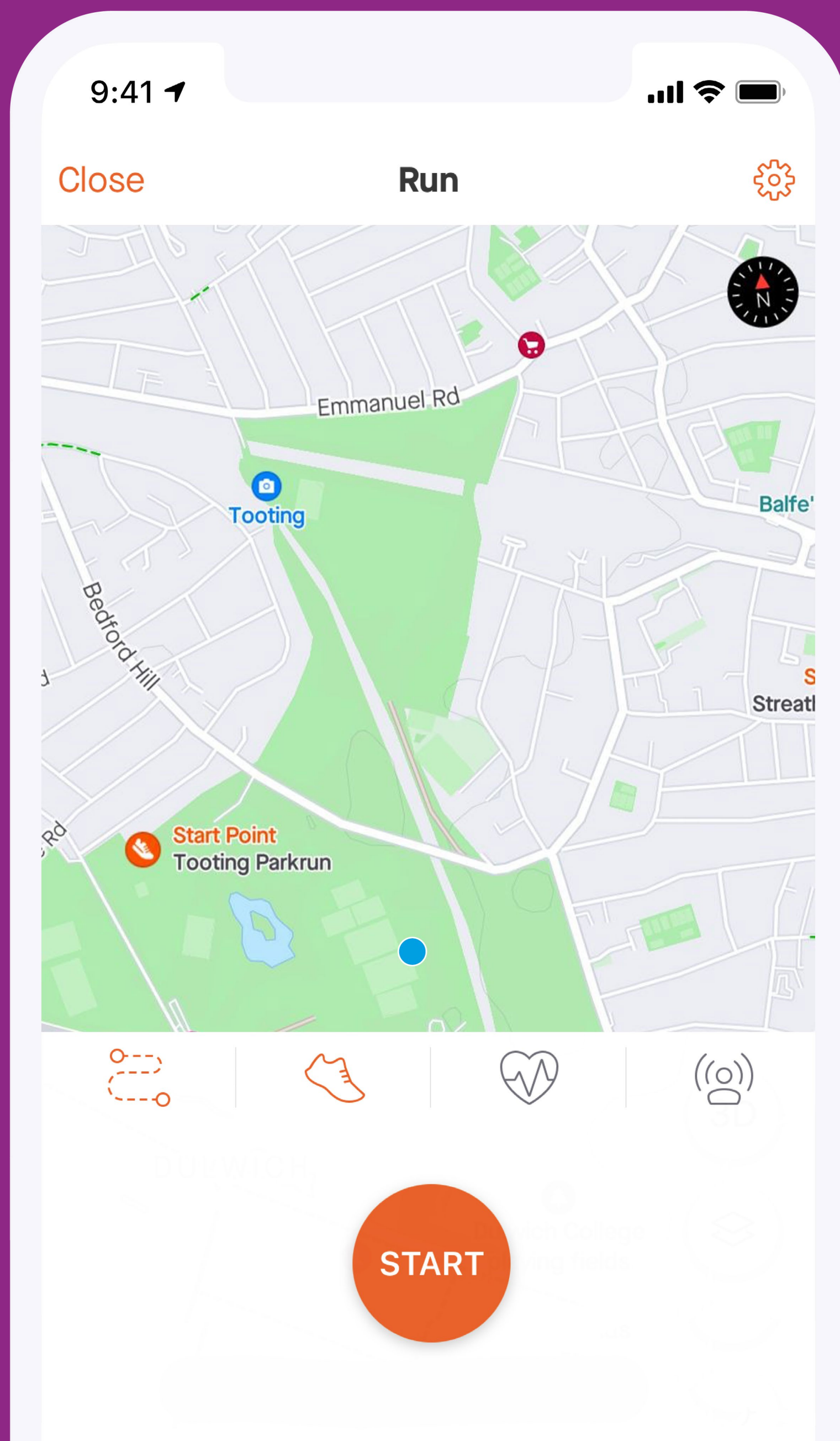


STEP 4

All sport types are welcome

- Now you're ready to record your first activity! The list of sports you can track is almost endless. [Here's](#) a full list of available sports.



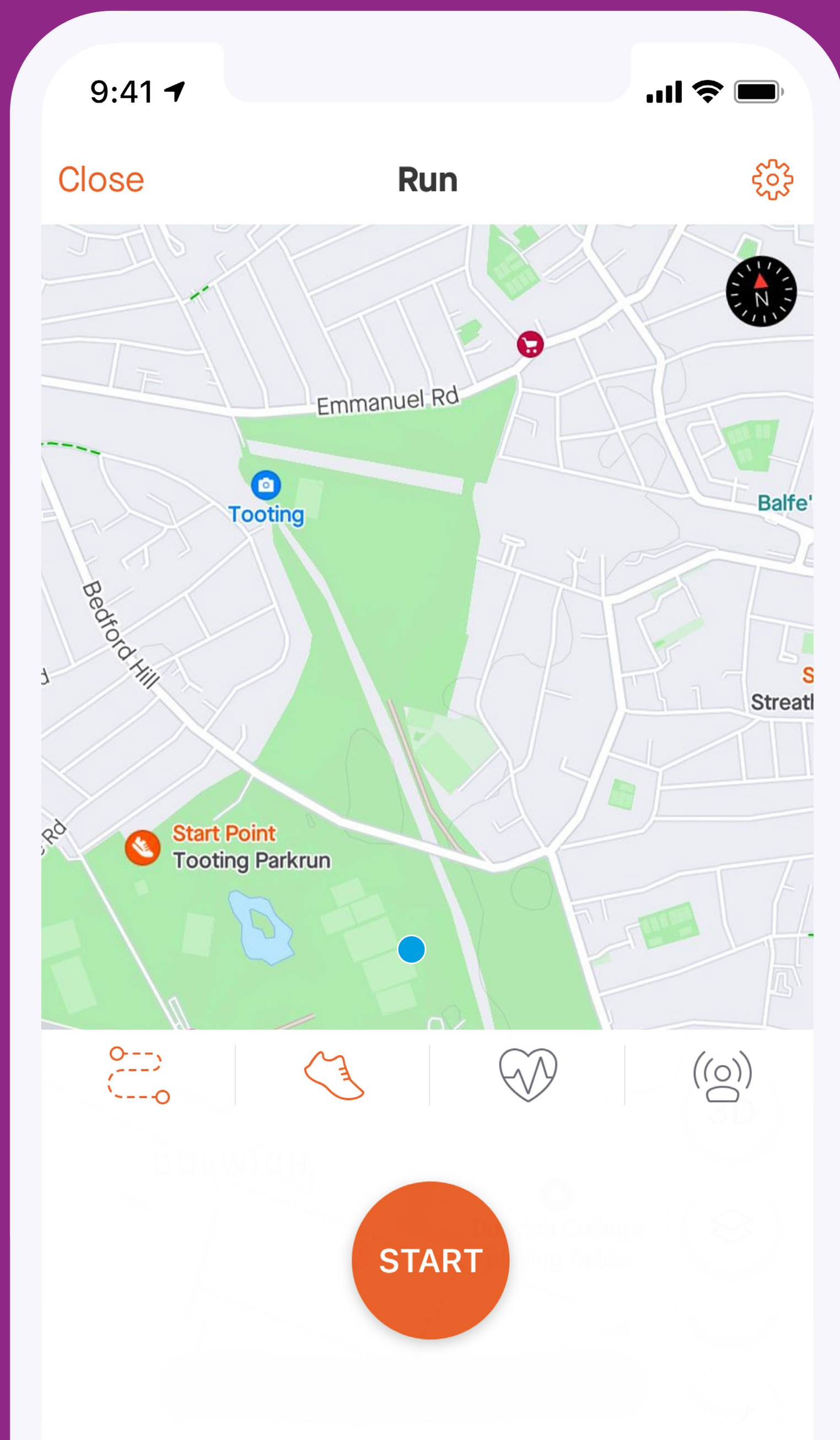


STEP 5

Time to get moving!

- Hit Record at the bottom of your app.
- Pick the activity you're about to do (icon second from the left), then hit 'Start' to begin!
- Once you're done hit Stop, then Finish.





STEP 5 (CONTINUED)

Time to get moving!

- You can add a title or any extra details about the workout. This is a great place to note how you felt.
- Under the preview of your map, tap **Change Map Type** to select the **This Girl Can** purple route map.
- Tap **Save Activity** and your workout will be uploaded for your followers (or only you) to see.





STRAYA

KUDOS ON YOUR FIRST ACTIVITY!

**Keep your momentum up
with the This Girl Can club.**