

TRACK YOUR STEPS WITH STRAVA



DOWNLOAD THE STRAVA APP

Download the Strava app or go to strava.com and create a free account to track your activity.

SYNC YOUR DEVICE

If you do not have a GPS tracking enabled device, the Strava app includes a GPS tracker to record your activity.

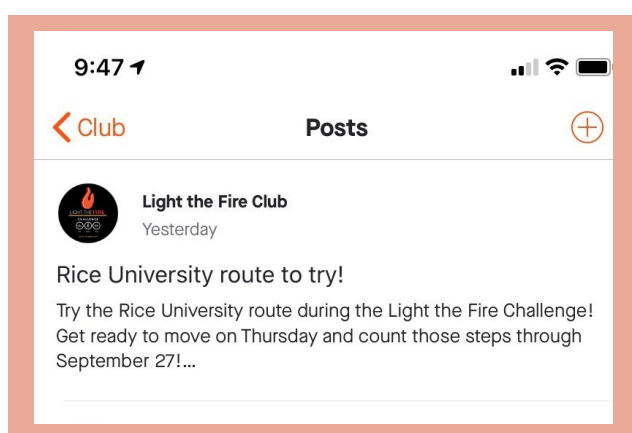


JOIN THE CLUB

Search for the **Light the Fire Club** in the Strava app to connect with other runners, walkers, and riders!

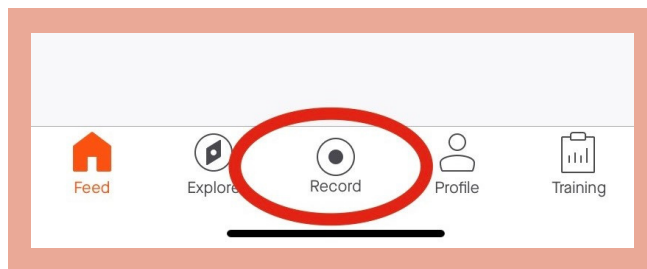
USE A ROUTE

Optional Houston routes can be found in the **Light the Fire Club posts**. To make your own route, go to your profile, scroll down to routes, and hit the **"+" button** in the top right corner.



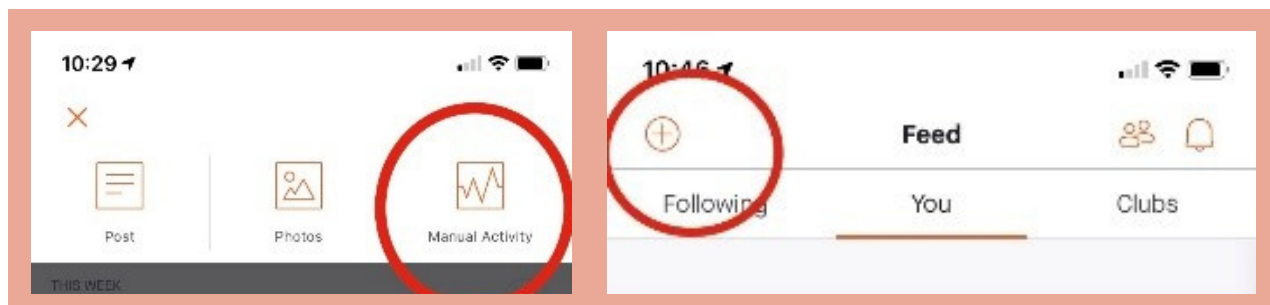
START RECORDING

Record your activity by selecting **"Record"** at the bottom-center of your screen. If you are using a fitness tracker, be sure to sync it with your phone after each recorded activity to download onto Strava.



LOG YOUR ACTIVITY

You can manually log your activity into Strava at any time. Push the **"+" button** on the top left corner of your **Feed**.



CREATE YOUR OWN MILEAGE GOALS DURING THE *LIGHT THE FIRE CHALLENGE* SEPTEMBER 17 - 27

Go to <https://donate.faithinpractice.org/light-the-fire-challenge> for more.