

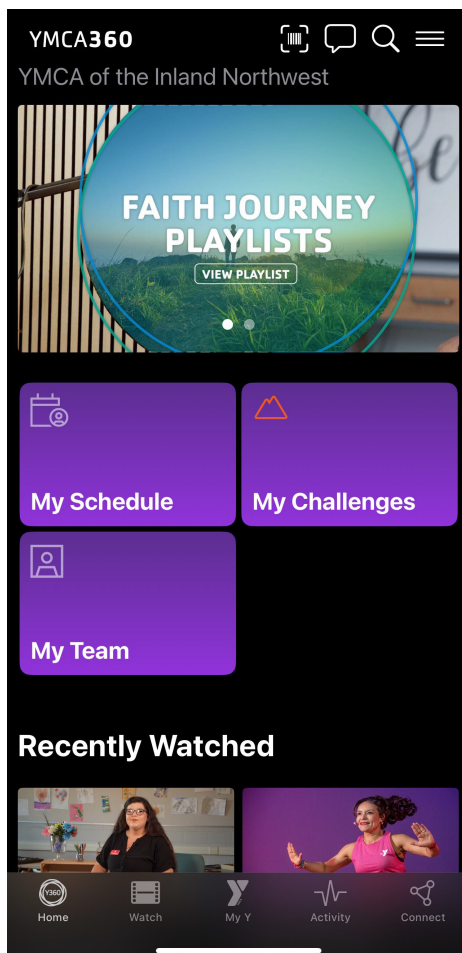


How to manually input activities/time for Challenges

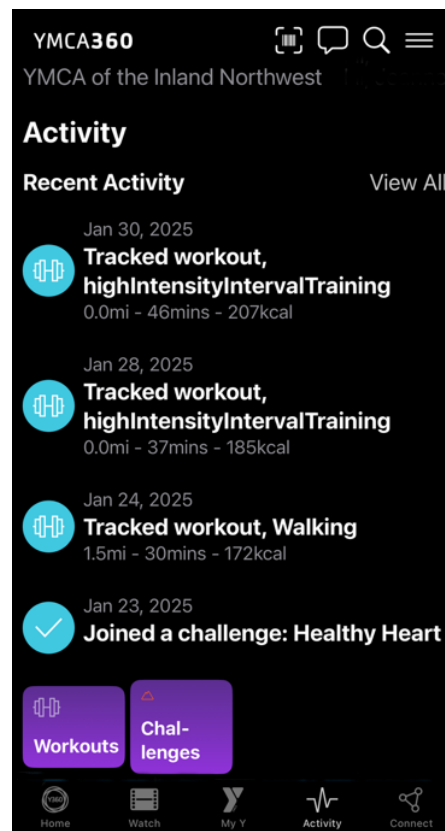
If you have the YMCA360 app connected to your wearable device (apple watch, Fitbit, etc.) you do not have to add activities manually. Your wearable device will add your workouts automatically, unless you were not wearing it at the time of your workout. Challenge activities/workouts can only be manually added during the Challenge open dates. Each Challenge has a per day limit so you can't wait until the last week of the Challenge to enter all of your workouts. Check the current Challenge description for open dates and daily limit.

MOBILE APP VERSION

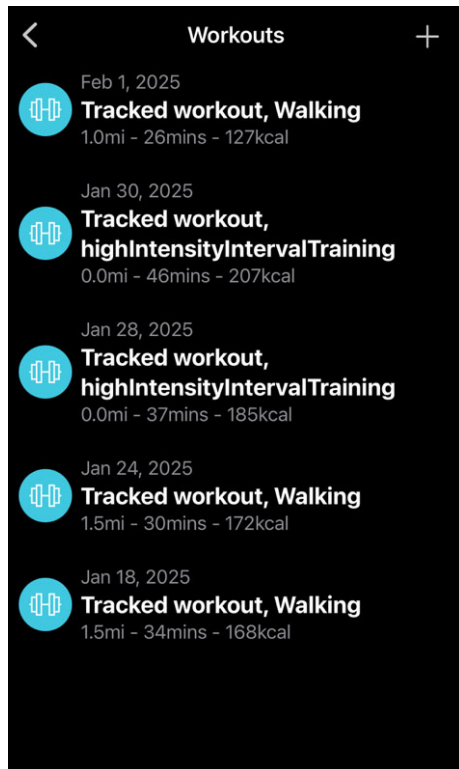
1) Start from the home page and select **Activity** icon  at the bottom of the page



2) Next select the **Workouts** button at the bottom of the page

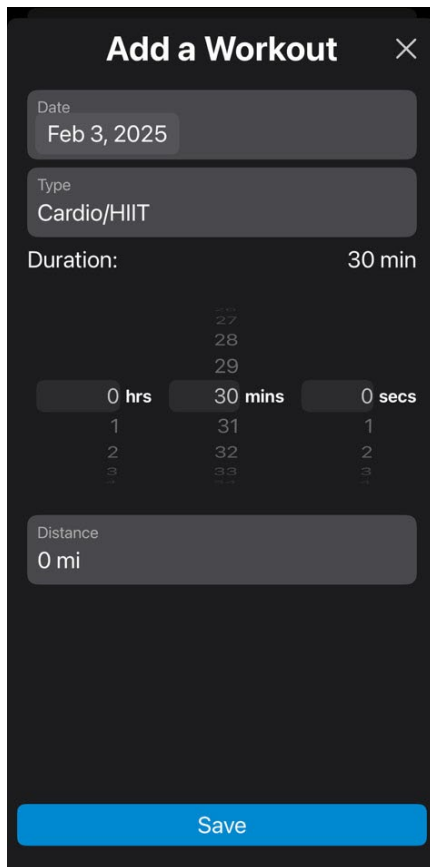
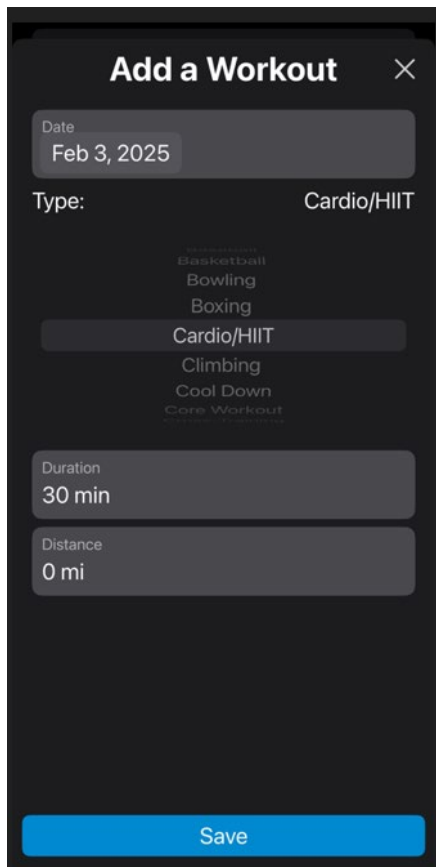


3) To add a workout, select the **+** icon in the upper right corner.



4) The date will self-populate. Select the **type of workout** that is closest to the workout you did (it doesn't have to be the exact workout) and the **amount of time**.

*Each Challenge has a per day limit. Check the current Challenge description for daily limit.



5) Finish by selecting the **SAVE** button.

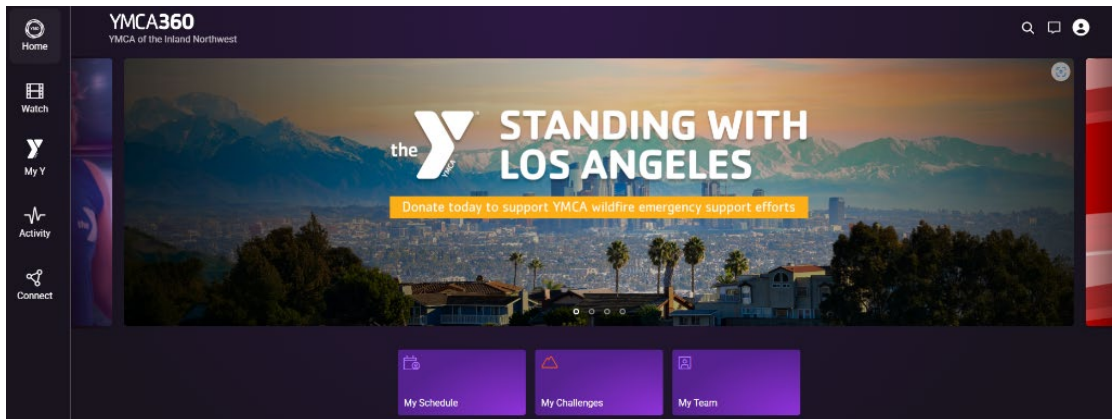


How to manually input activities/time for Challenges

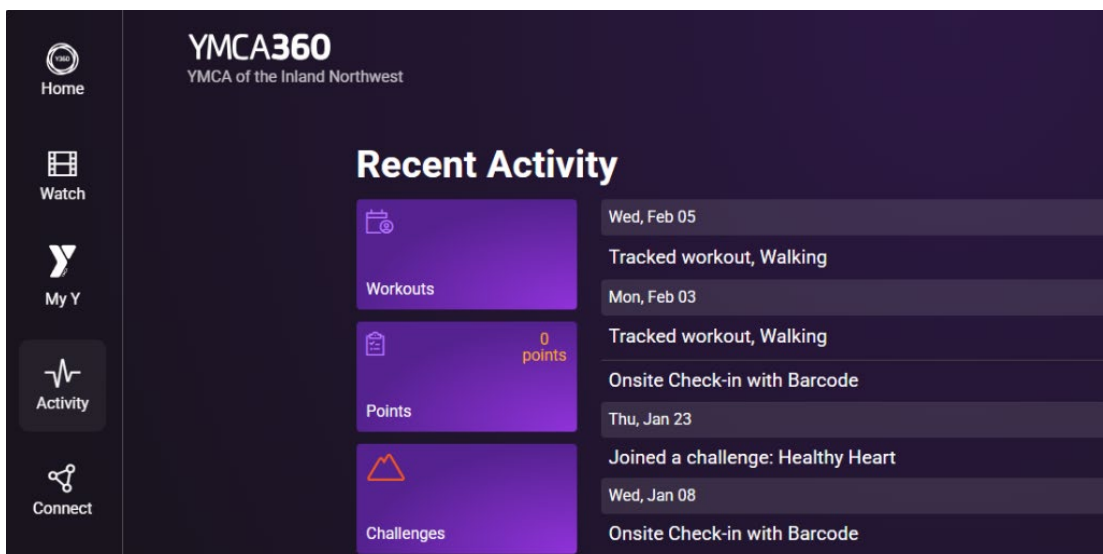
If you have the YMCA360 app connected to your wearable device (apple watch, Fitbit, etc.) you do not have to add activities manually. Your wearable device will add your workouts automatically, unless you were not wearing it at the time of your workout. Challenge activities/workouts can only be manually added during the Challenge open dates. Each Challenge has a per day limit so you can't wait until the last week of the Challenge to enter all of your workouts. Check the current Challenge description for open dates and daily limit.

DESKTOP VERSION

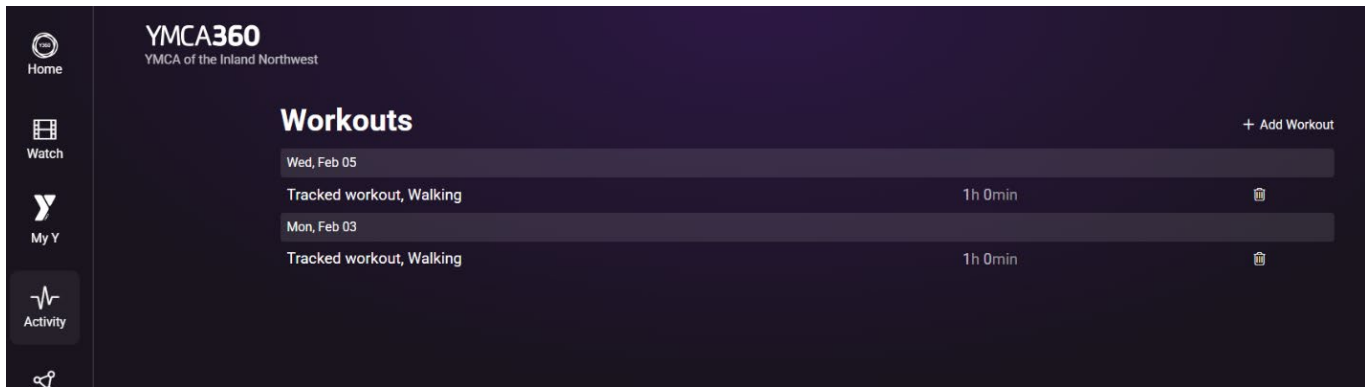
1) Start from the home page and select **Activity** icon  from the options in the left column.



2) Next select the **Workouts** button



3) To add a workout, select the **+ Add Workout** option in the upper right corner.



4) The date will self-populate. Select the **type of workout** that is closest to the workout you did (it doesn't have to be the exact workout) and the **amount of time**.

*Each Challenge has a per day limit. Check the current Challenge description for daily limit.

A screenshot of the 'Add a Workout' form in the app. It features several input fields: 'Date' with a dropdown menu showing '02/10/25'; 'Type' with a dropdown menu showing 'Select a Workout'; 'Duration' with two input fields for 'Hours' and 'Minutes', both set to '0'; 'Distance' with an input field for '0' and a dropdown menu for 'miles'; and a 'Calories' field. A blue 'Save' button is located at the bottom left of the form.

5) Finish by selecting the **SAVE** button.

