

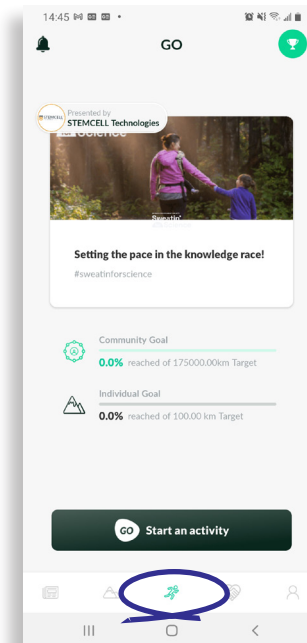
HOW TO LOG YOUR KMS

STEP 1 Open the app

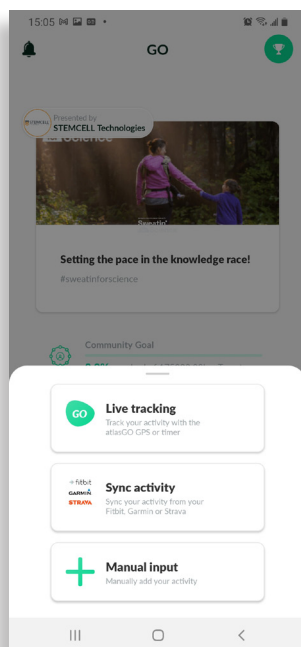
Open the app on your smartphone and click the Go icon on the bottom bar.



Click the “Start an activity” button.



STEP 2 Select your tracking method



“Live tracking” lets you track your activity while you go using AtlasGO’s GPS or timer.

Sync your activity with your Fitbit, Garmin or Strava tech. You can log your KMs after your workout.

“Manual input” lets you add your KMs without GPS or tracking and can be done after your workout.

No matter what method you use to track your KMs, it all gets added to your KMs on the leaderboard.

Remember:

If your activity isn’t distance-based (like yoga, aerobics or gardening), 1 hour = 5km.

You’ll also be able to log your KMs on the browser at www.atlasgo.org/sweatinforscience. Don’t forget to login first!