Syncing Zwift to Strava

Set up the Automatic Syncing:

1. Log in or create an account on **Zwift.**

2. Click on your profile picture > My Profile.

3. Go to Settings > Connections > Connect to Strava.

4. Follow the prompts in the pop up to authorize Strava.

5. You can disconnect your accounts from this Zwift page or you can revoke access from Zwift in your **Strava Settings.**

Uploading Zwift Activities Manually

If your activity has not automatically uploaded your Strava account, you can still upload it manually.

- From a computer

    - Navigate to my.Zwift.com and click on MyActivities.

    - Find your missing activity and click download. The activity will be in the form of a FIT file.

    - Navigate to https://www.strava.com/upload/select. Click 'Choose File' and select the FIT file.

- From a mobile device (requires iOS10 and cloud storage service like iCloud, Dropbox, or Google Drive

    - Navigate to my.Zwift.com in a mobile browser and log into your Zwift account.

    - Click the 'Download' link under the activity you'd like to upload.

    - A screen will appear to save the file - save the file to your preferred cloud-based service (requires cloud service storage such as iCloud, Dropbox, Google Drive).

    - Open a new Chrome tab and navigate to https://www.strava.com/upload/select. Click the 'Choose File' link, choose the cloud service you saved the file to and upload the file.