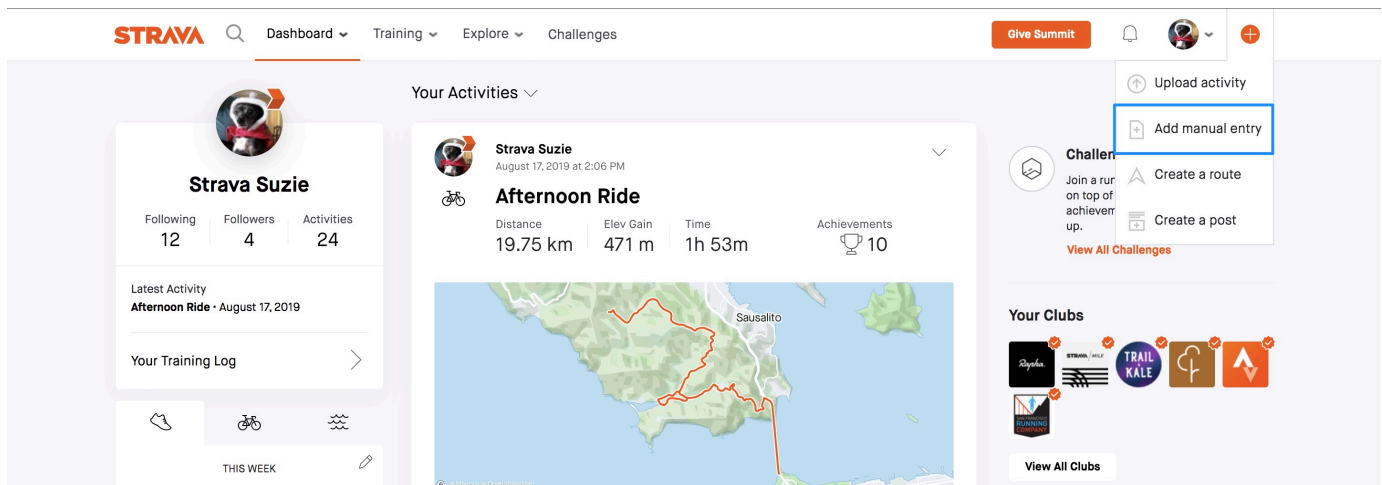


Manual Entry to Strava

You can add an activity to Strava even if you didn't record it with a GPS device by creating a manual activity. Simply enter time and distance for an activity (like a ride, run, hike, walk, etc). This is a great way to keep track of your training even if you aren't able to record with a GPS device.

- **On the web**, select the plus sign icon in the upper right-hand corner. Select **Add manual entry** from the drop-down list.
- **On Android**, select the plus sign icon on the bottom right of your feed and select **Manual Activity**.
- **On iOS**, select the plus sign icon in the upper left-hand corner and select **Manual Activity**.
- Select your sport, enter the other required fields, and click **Create** or **Save**.



The screenshot displays the Strava web dashboard for a user named 'Strava Suzie'. The user's profile is visible on the left, showing 12 following, 4 followers, and 24 activities. The main content area shows a recent activity titled 'Afternoon Ride' from August 17, 2019, with a distance of 19.75 km, 471 m of elevation gain, and a time of 1h 53m. A map of the Sausalito area is shown below the activity details. On the right side, a user menu is open, highlighting the 'Add manual entry' option. Other menu items include 'Upload activity', 'Create a route', and 'Create a post'. The 'Your Clubs' section at the bottom right shows several club logos, including 'TRAIL KALE'.