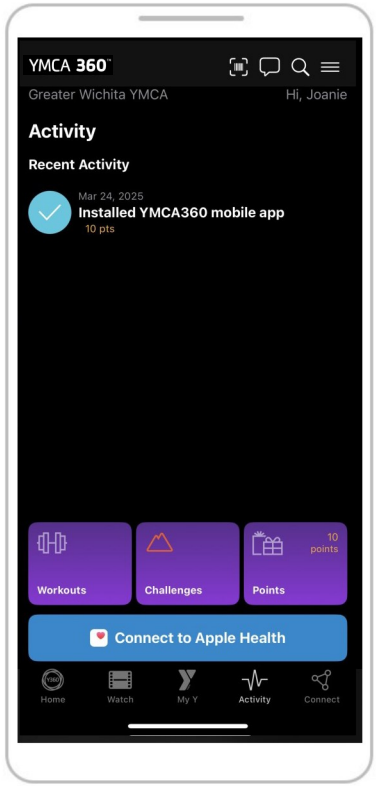
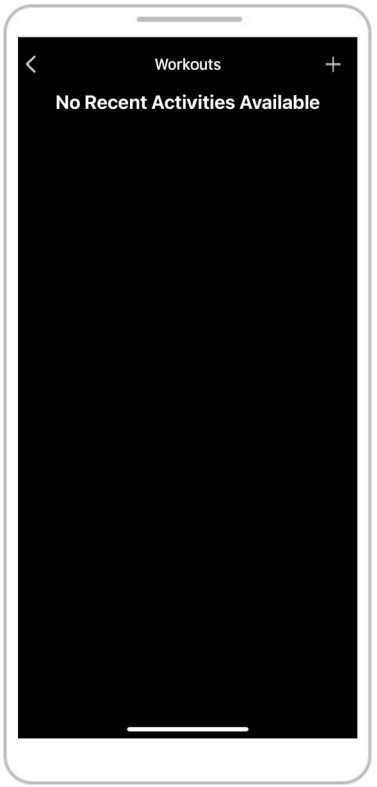
YMCA 360 MOBILE APP

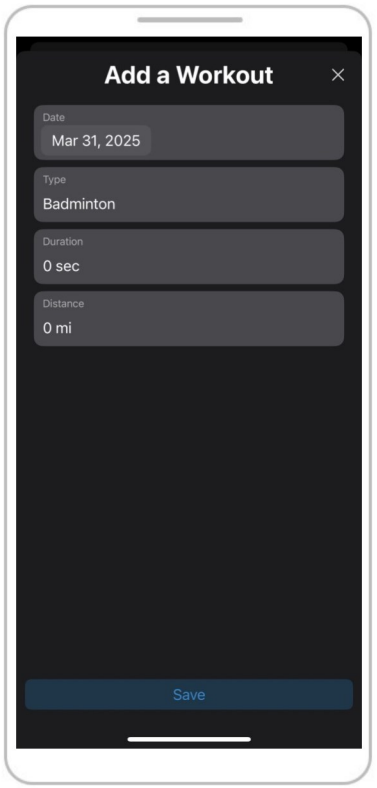
How to Track Activity



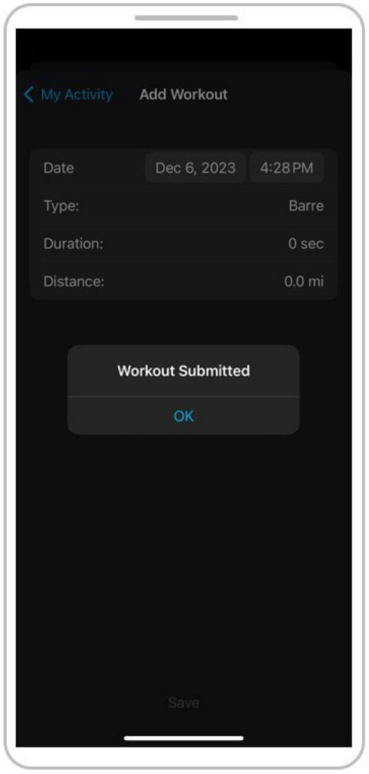
Click the "Activity" button at the bottom of the main menu then select he 'workouts' button.



Activity history shows in chronological order. To add an activity, click "Add +" in the upper right-hand corner.



Make your selections and click "Save". Users can add workouts up to seven days in the past.



After clicking "Save" the form will reset and will now show in your activity history.

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