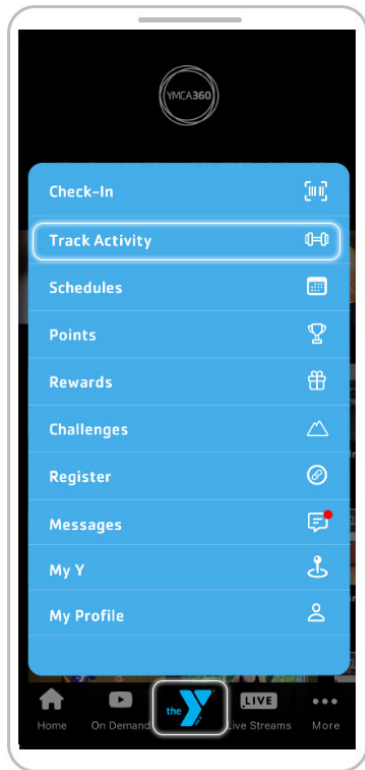


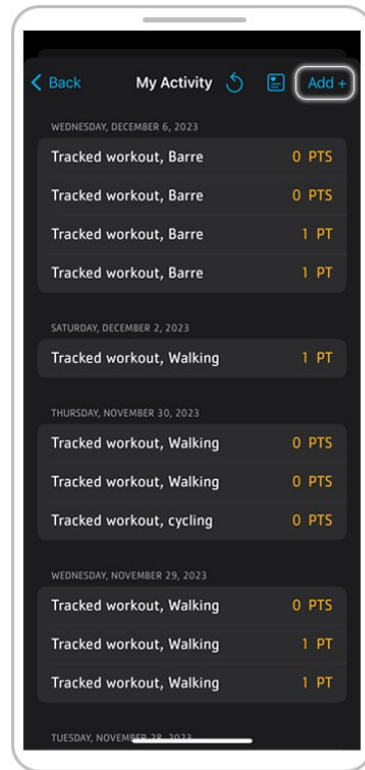


YMCA360 MOBILE APP

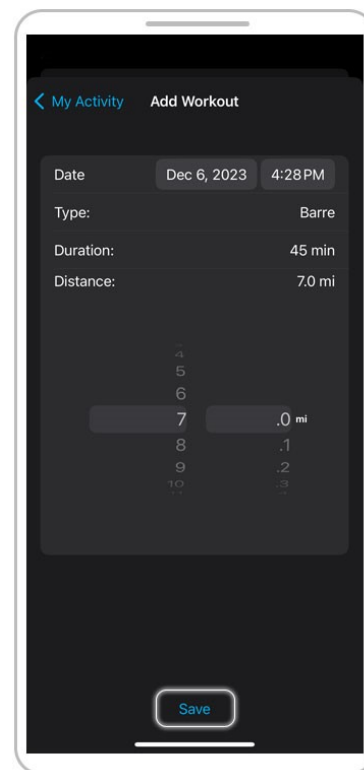
How to Track Activity



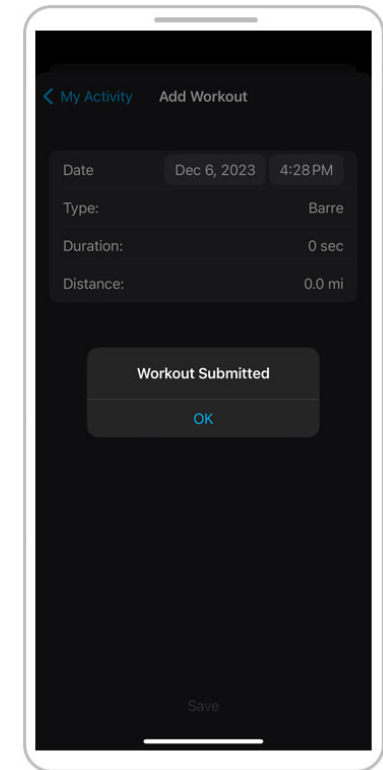
Click the "Y" logo in the main menu, then click "Track Activity"



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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