

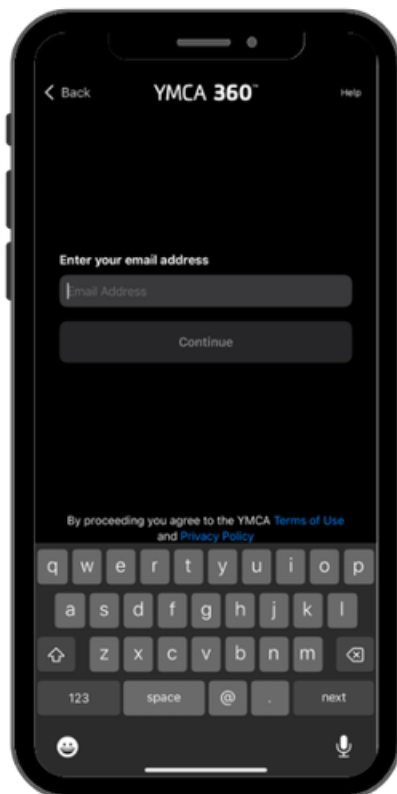
YMCA 360™ FLIPBOOK



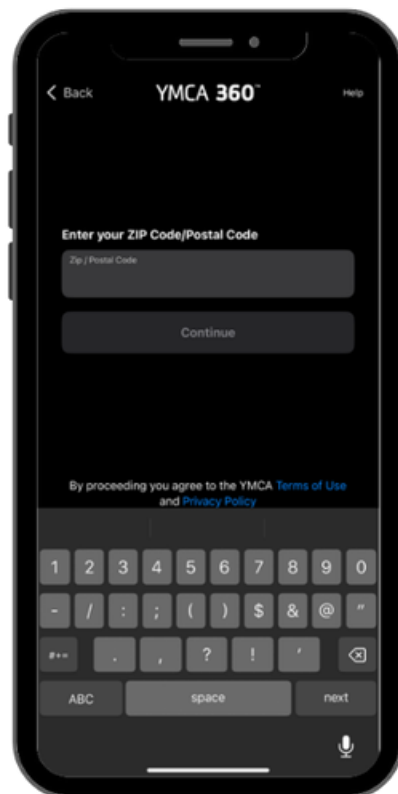


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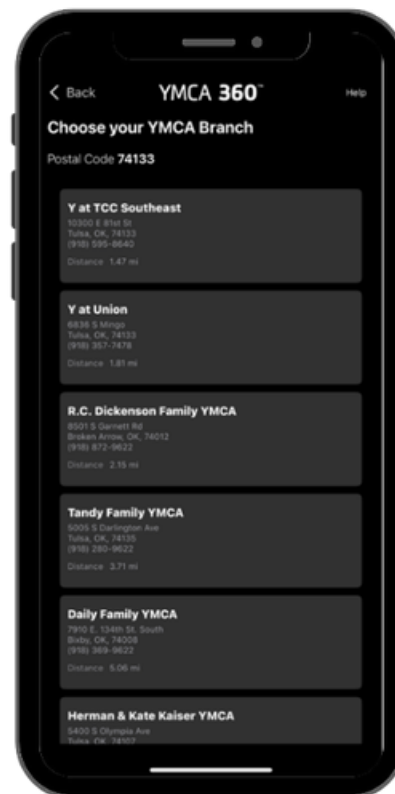
How to Log In



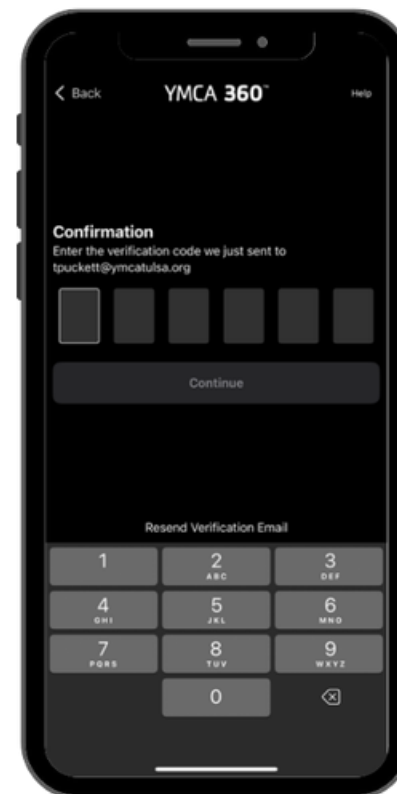
Enter in your
YMCA of Greater Tulsa
Member Email.
Then click **Continue**.



Enter in your home address
ZIP Code/Postal Code
Then click **Continue**.



From here, select your home
branch and press **NEXT**.

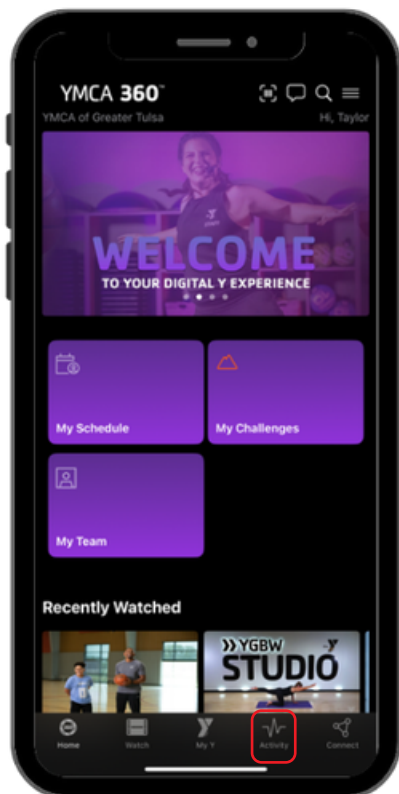


Retrieve the **6-digit code**
that was sent to your
email and enter it here.
Then click **Continue**.

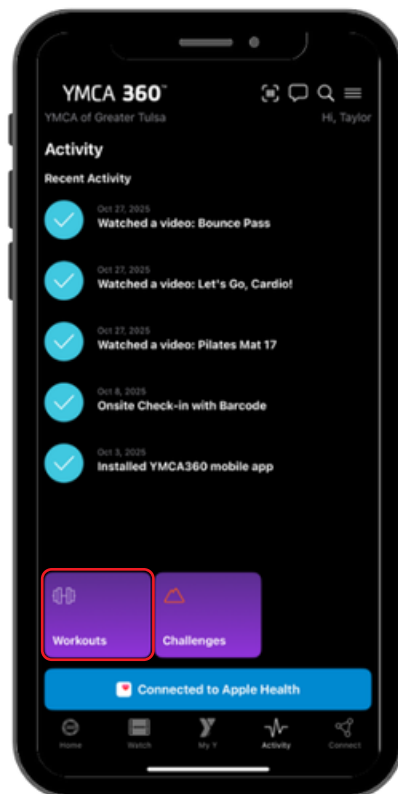


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How to Track Activity

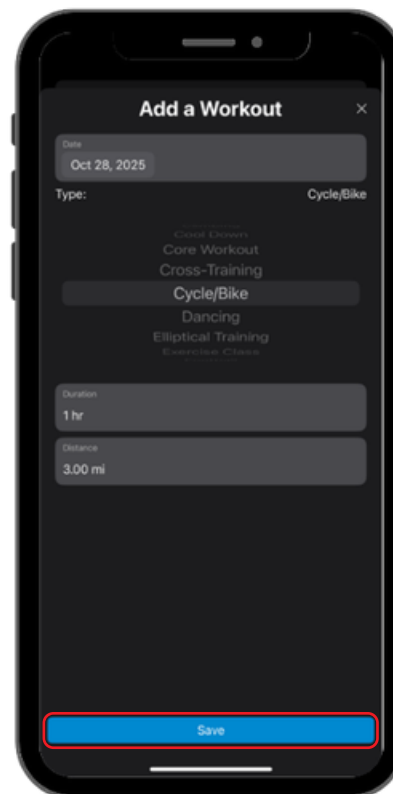


On the bottom of your screen, click the **Activity** button.



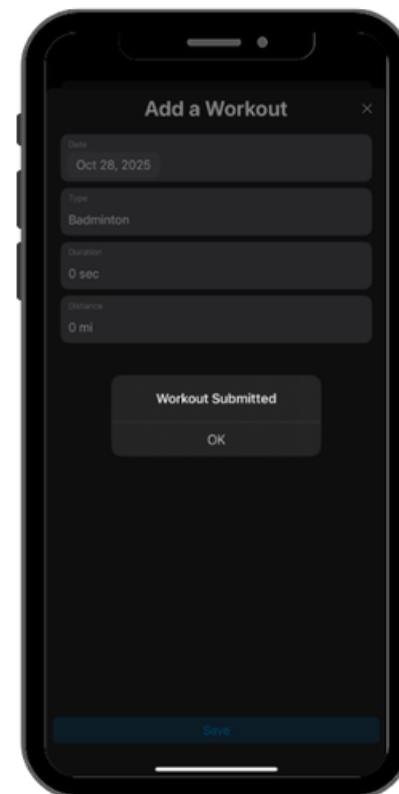
Activity history shows in chronological order.

To add an activity, **click the Workouts button** on the bottom left hand side of your screen.



Make your selections and **click Save**.

Users can add workouts up to seven days in the past.

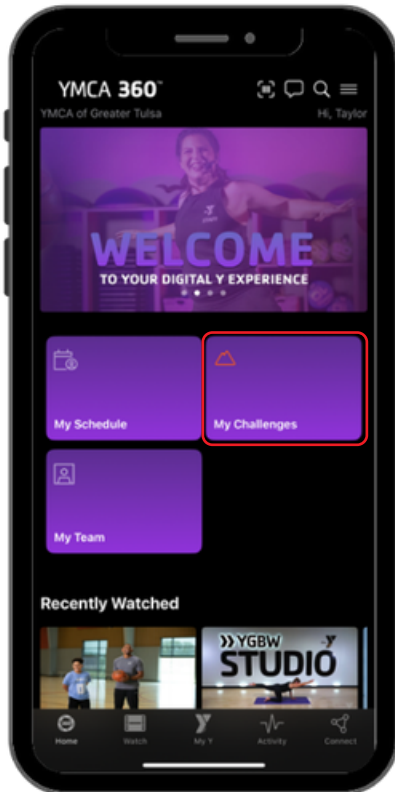


After clicking Save, the form will reset and will now show in your active history.

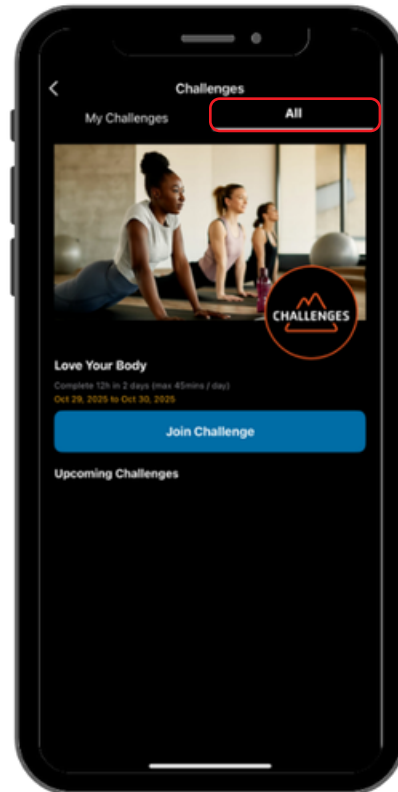


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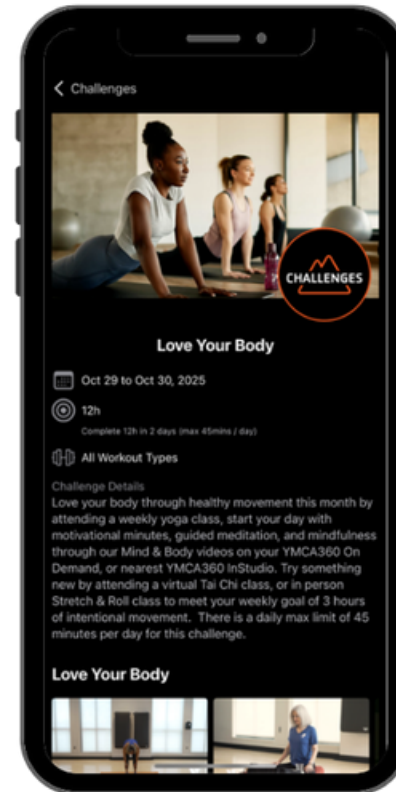
How to Join a Challenge



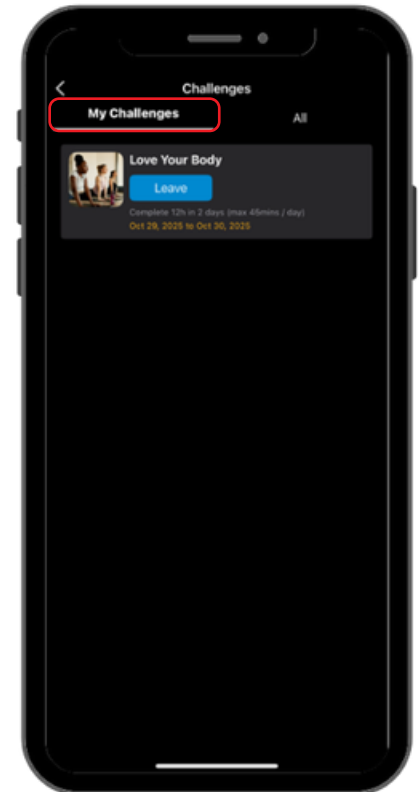
Click “My Challenges”



Click on the “All” tab to see all eligible Challenges.
Select “Join Challenge”



You can click on the Challenge to see the Challenge details.

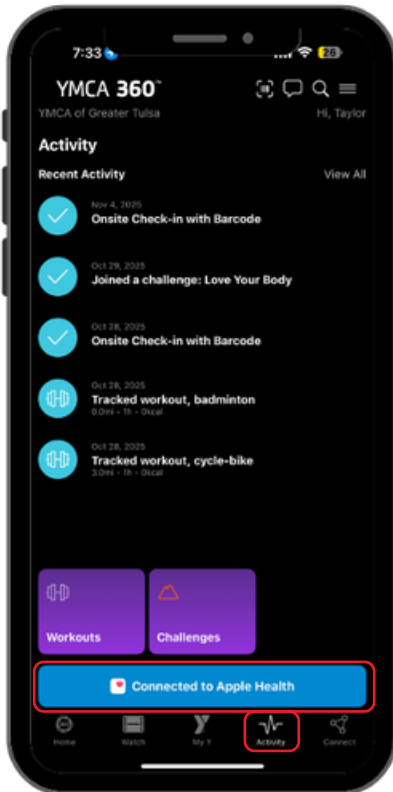


The Challenges you are participating in will show in the “My Challenges” tab.

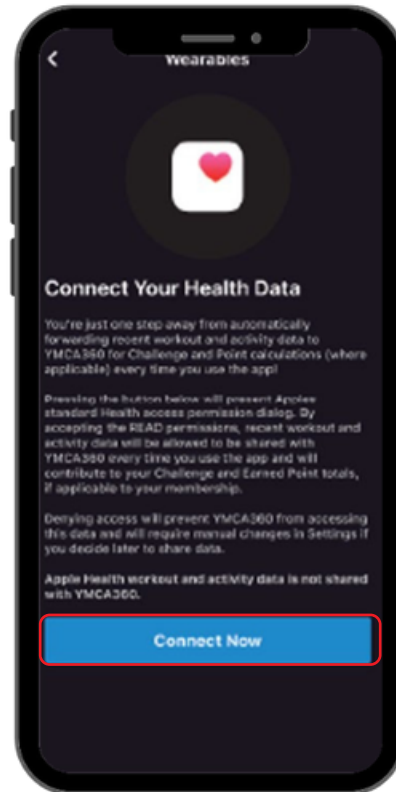


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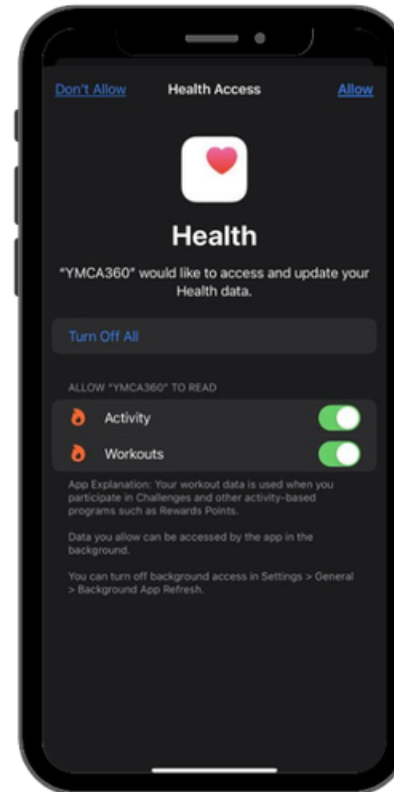
How to connect to a wearable device – Apple



Select the Activity Page and click "Connect to Apple Health"



Read the information and if you want to proceed, click on the blue "Open Health Connect Settings" button to go to settings



Toggle what information you want to allow YMCA360 to have access to.

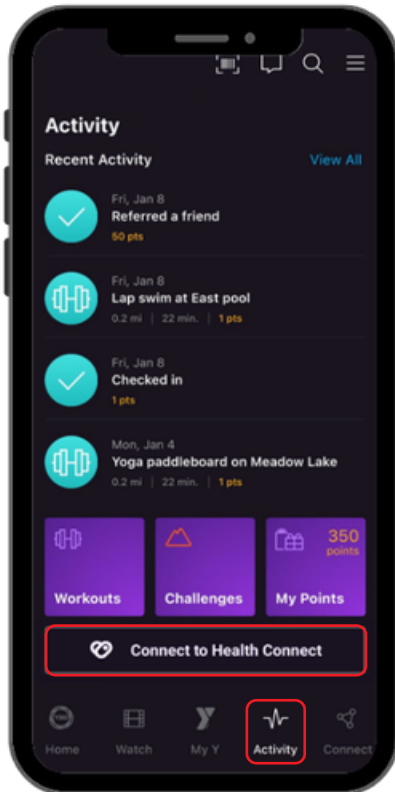


Once successfully synced, you can edit access anytime by clicking the blue button.

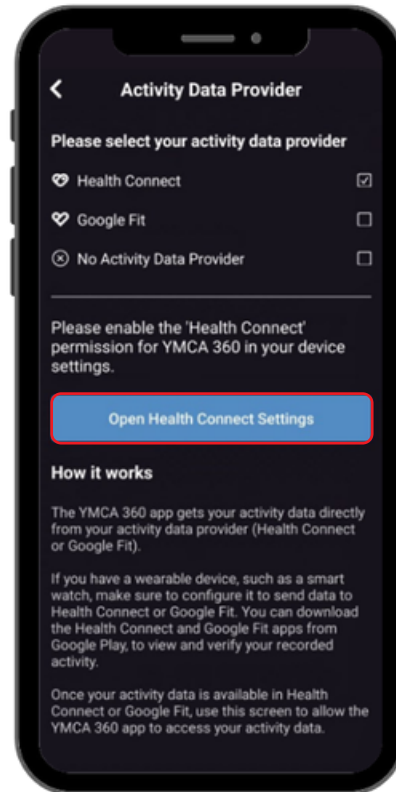


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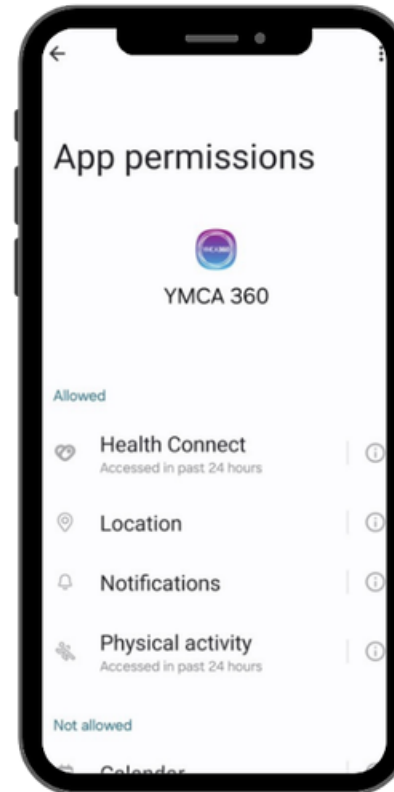
How to connect to a wearable device – Android



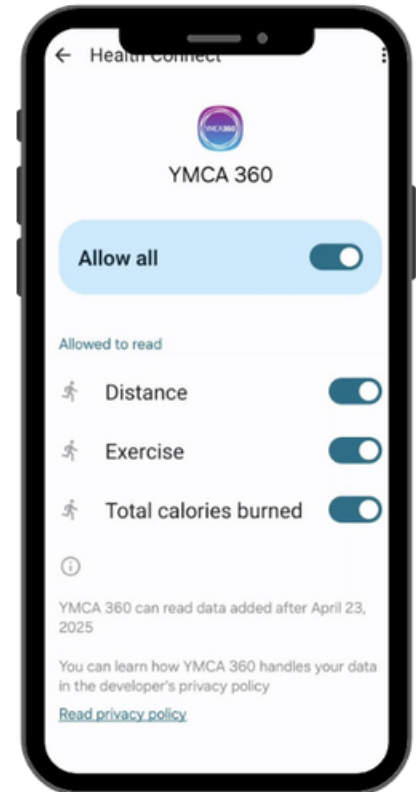
Select the Activity Page and click **"Connect to Health Connect"**



Read the information and if you want to proceed, click on the blue **"Open Health Connect Settings"** button to go to settings



Click on Health Connect or Google Fit under **"App Permissions"**



Toggle what information you want to allow YMCA360 to have access to.