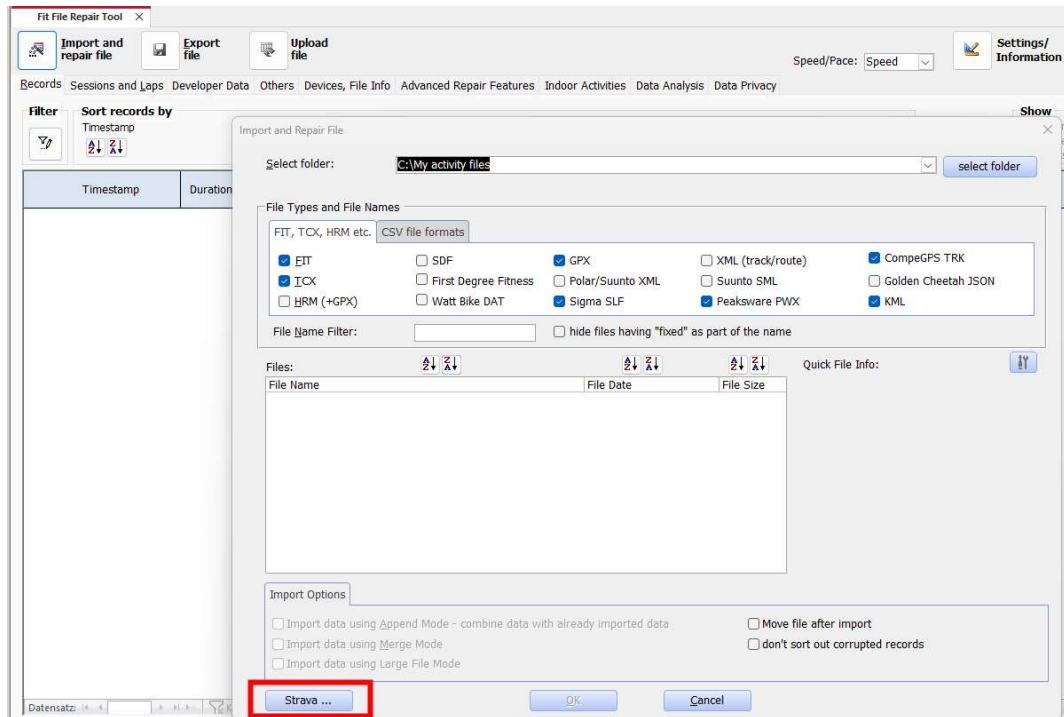


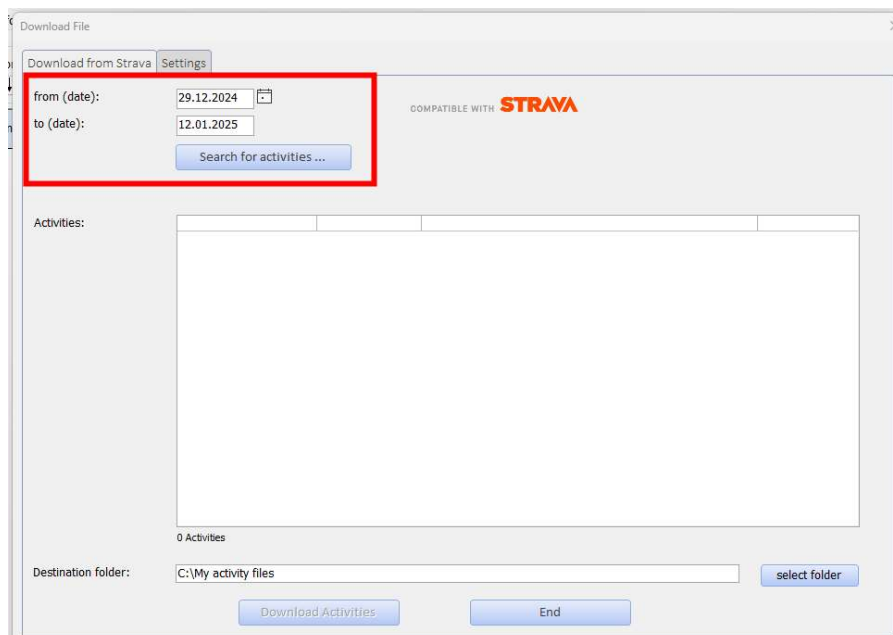
## Fit File Repair Tool: How to download activity files from Strava

Select “Import and repair file”

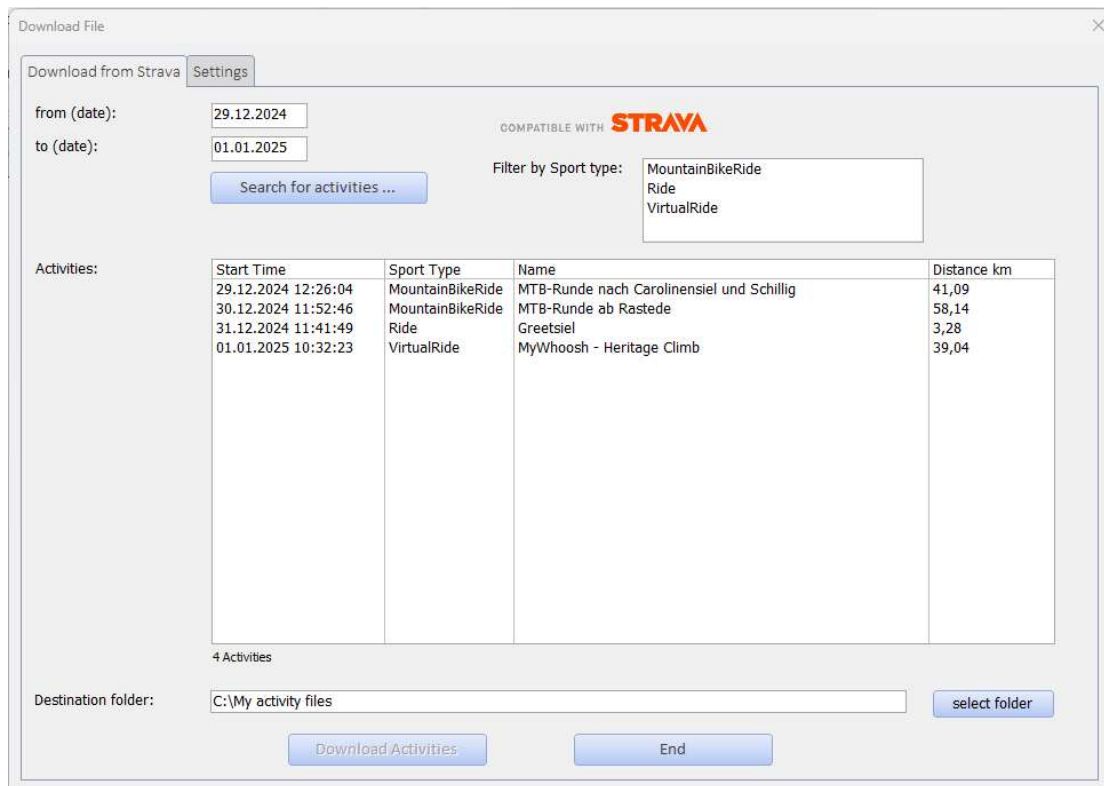


Click on the “Strava ...” command button.

Select a date range and click on “Search for Activities”.



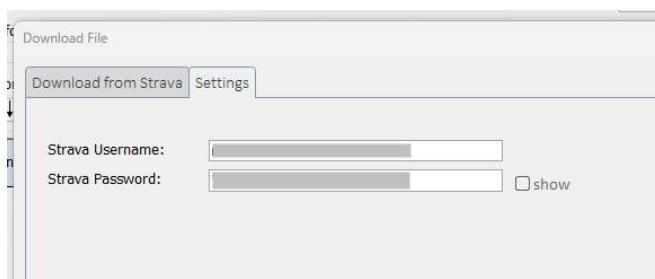
A list of your activities saved in Strava will be downloaded. You can filter this list by specifying one or more sports.



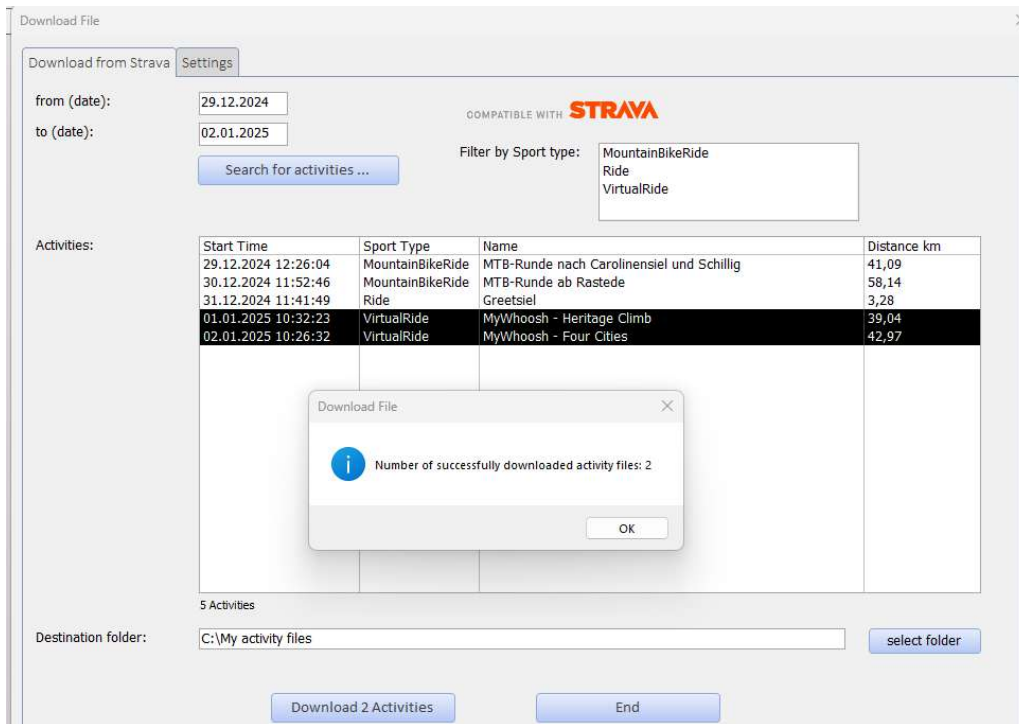
Select all the activities you want to download.

‘Destination folder’: This is the folder where your Strava activity files will be saved.

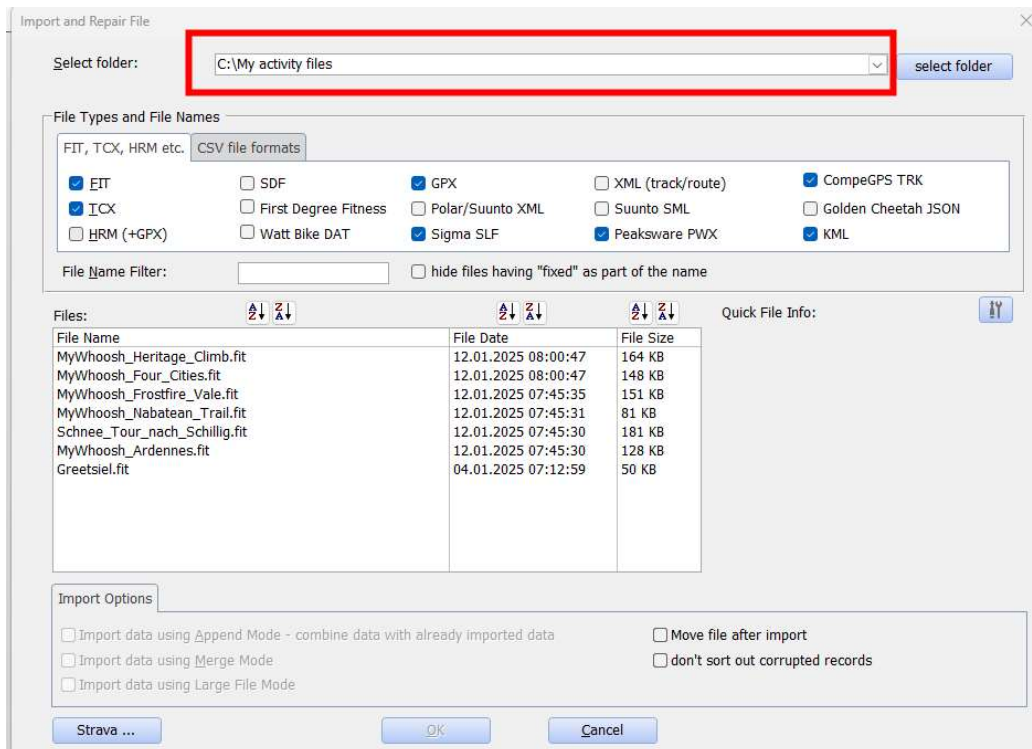
Please select the ‘Settings’ tab and enter your Strava username and password if you have not already done so.



Then click on “Download ... Activities”.



Finally, select “End” to return to the “Import and repair file” form.



The selected folder should contain and show the file(s) you downloaded from Strava.