

Hi Community!

As you already know, we are migrating over to Streamfit.

What about your past PR's and Benchmarks?

Step 1: Exporting Your Data from SugarWOD

1. Login to the SugarWOD app and navigate to the whiteboard
2. Select the Options button in the top left (three lines)
3. Tap on the "Tools & More" button
3. Scroll down to the "Tools and Resources" section, and tap on "Export Workouts".
4. A screen will pop up asking you to either confirm or cancel your request to export your workout data
5. An email will be sent to you with a csv attachment with all of your workout data. It will send this workout data to the email that you have associated with your SugarWOD account
6. Download csv file

Step 2: Importing your data into Streamfit

1. [Login to Streamfit](#) on a computer (not the app).
2. On the top, you are going to see PRs, Benchmarks and Workouts.
3. Go to the PR tab and click import.
4. From the top drop-down, select "SugarWOD".
5. Select the csv file containing your SugarWOD data and click preview
6. The system will show you all PRs that need to be fixed (where the naming differentiates between the two systems).
7. Click import.
8. Next up, go to Benchmarks and Workouts and repeat steps 5-7.

PRs, benchmarks and workouts might get a little mixed up, however ALL workouts should transfer, so you may have to search to find your respective PRs in one of the 3 categories.