

Wodify Import Process

You can download your performance records logged in Wodify using the following steps:

Step 1

Start here with how to export from wodify <https://help.wodify.com/hc/en-us/articles/115011773328-Downloading-your-Performance-History>

Step 2

Export from Wodify: **Metcons**: All Time and **Weight Lifting**: All Time as a csv file. If it only gives you option to export as xls, you will need to convert to csv in your spreadsheet tool before importing.

Step 3

Import into StreamFit per the video instructions below.
<https://youtu.be/OEJ40A09H98>