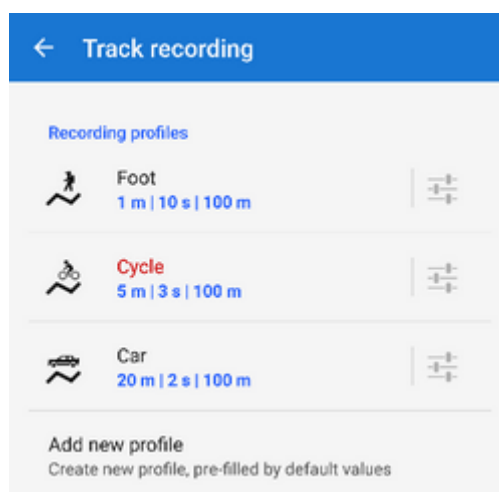# Track Recording Settings

- Menu > Settings > Track recording

Recording profiles

- **Foot** - pre-defined profile. Frequency of trackpoints: 1m and 10sec. GPS accuracy: 100m. Tap ⚙ to edit the profile.
- **Cycle** - pre-defined profile. Frequency of trackpoints: 10m or 5sec. GPS accuracy: 100m. Tap ⚙ to edit the profile.
- **Add new profile** - available only for Locus Map Pro users. Allows to define a completely new profile based on default values.

> 💡 **More about creating and editing recording profiles here >>**

Global

- **Personal information** - available only for Locus Map Pro users - settings necessary for calculation of your **energy consumption** during activities - sex, age, height and weight
- **Style of track recording panel** - selection between full-featured, dashboard-like sliding side panel or simple compact bottom panel

- **Automatic start** - available only for Locus Map Pro users - starts track recording automatically after each Locus Map startup. Useful for thorough mapping of your training but demanding a lot of data space.
- **Training manager** - limited use in Locus Map Free - turns Locus Map into a full-scale sport-tracker. This opens a list of **available audio schemes and their settings >>**

Side panel

- **Auto-hide side panel** - hides side sliding panel automatically after start/stop of recording to free screen space for map
- **Number of track monitoring items** - defines number of visible track monitoring items in a grid on the panel
- **Start with countdown** - starts track recording with a pre-defined countdown from 5 to 30 seconds