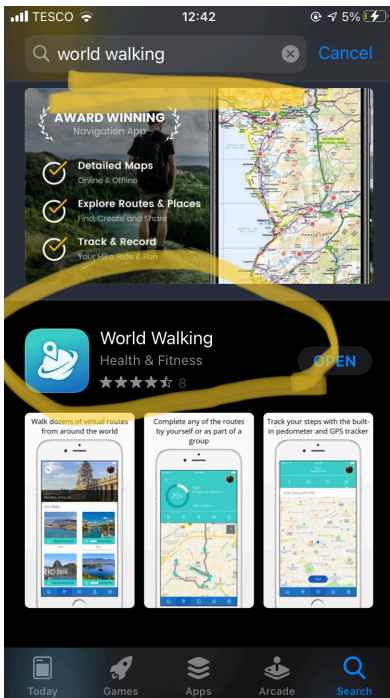


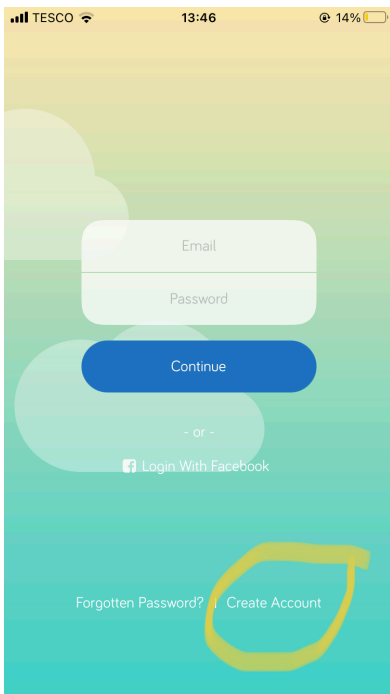
Section A JOIN THE GROUP WALK  
Section B RECORDING YOUR MOVEMENT

**SECTION A**

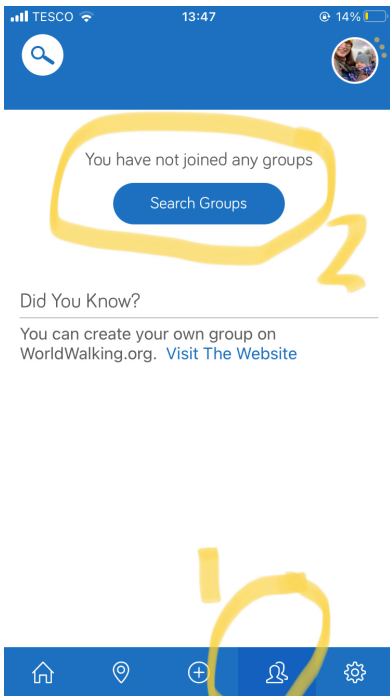
1. Download the world walking app from your device's app store.



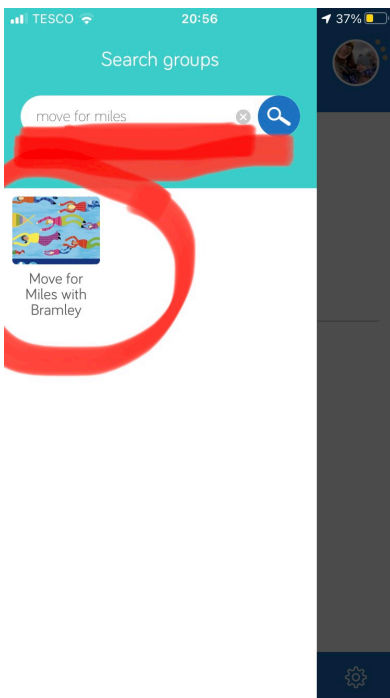
2. Create an account (it's free).



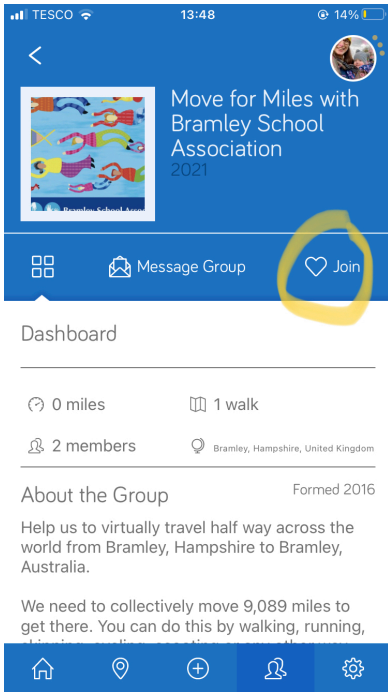
3. After logging in with your new account details, select (1) the highlighted group icon on the bottom task bar and then (2) click 'Search Groups'.



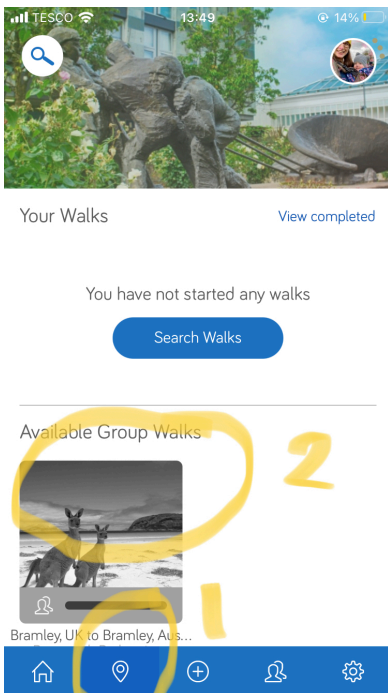
4. Type 'Move for Miles' into the search bar and click on the group when it appears.



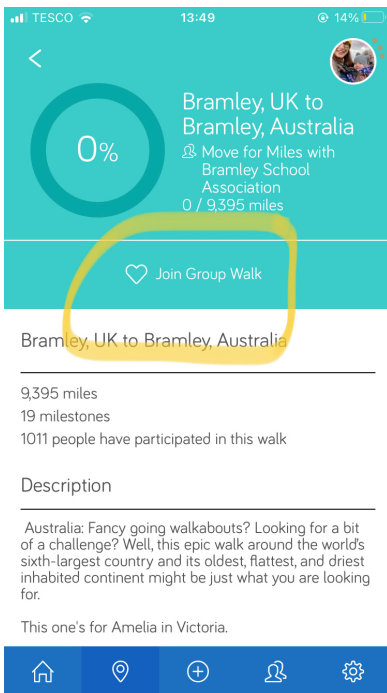
5. Click JOIN.



6. Click the highlighted (1) location icon and the group's walk will appear. (2) Select it (Bramley UK to Bramley Aus...).

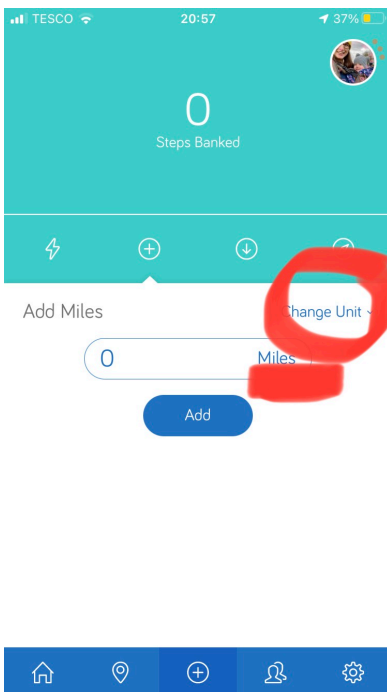


## 7. Select 'Join Group Walk'.

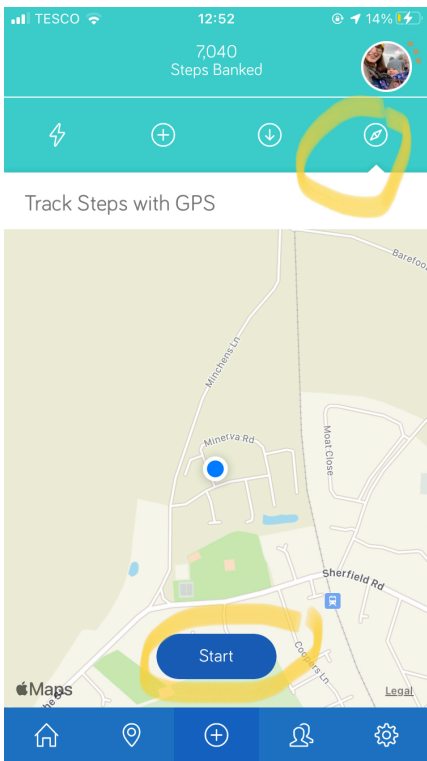


## SECTION B RECORDING YOUR MOVEMENT

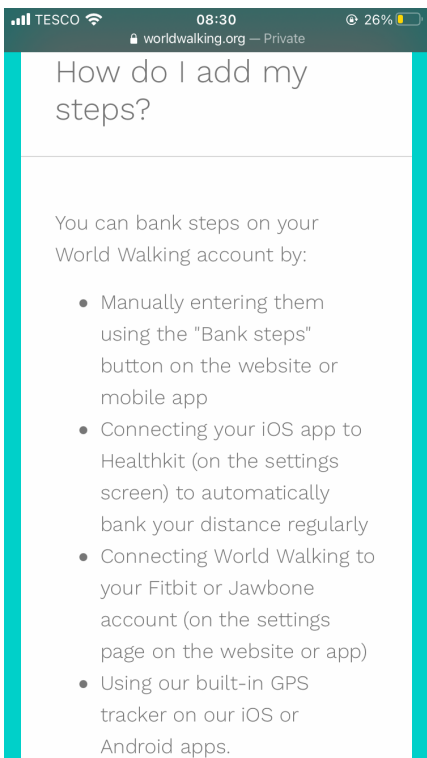
8. Add your steps / miles manually by pressing the '+' icon along the bottom bar. You can change between steps, miles and km depending on your method of movement by selecting 'Change Unit'.



Or you can choose the GPS tracker before starting your daily exercise.



Or connect your app to another device such as a Fitbit.



9. Spend your recorded steps / miles on your travel to Bramley, Australia by selecting the 'download icon' and choosing 'Bramley, UK to Bramley, Aus'.

