#### 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.

nii tesco <del>,</del> <	13:48		© 14% 🖸	
	Move f Bramle Associa 2021	or Miles y Schoo ation	with	
🔠 🔄 Message Group 🔿 Join				
Dashboard				
⑦ 0 miles Ⅲ 1 walk				
& 2 members	Ø Bramley, Hampshire, United Kingdom			
About the Group Formed 2016				
Help us to virtually travel half way across the world from Bramley, Hampshire to Bramley, Australia.				
We need to collectively move 9,089 miles to get there. You can do this by walking, running,				
û	$\oplus$	এ	ŝ	

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'.

••I TESCO •	13:49 Bramley, J Bramley, J Bramley S Associatio 0 / 9395 mile	© 14% EVENTIALIA VILES with chool as		
Bramley, UK to Bramley, Australia 9,395 miles 19 milestones				
Description Australia: Fancy going w of a challenge? Well, this sixth-largest country and inhabited continent migh for.	valkabouts? Loo s epic walk arou d its oldest, flat nt be just what	oking for a bit und the world's test, and driest you are looking		
This one's for Amelia in Victoria.				

#### 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'.



☆ ⊘	÷ .	<u>Ŋ</u>
-----	-----	----------