

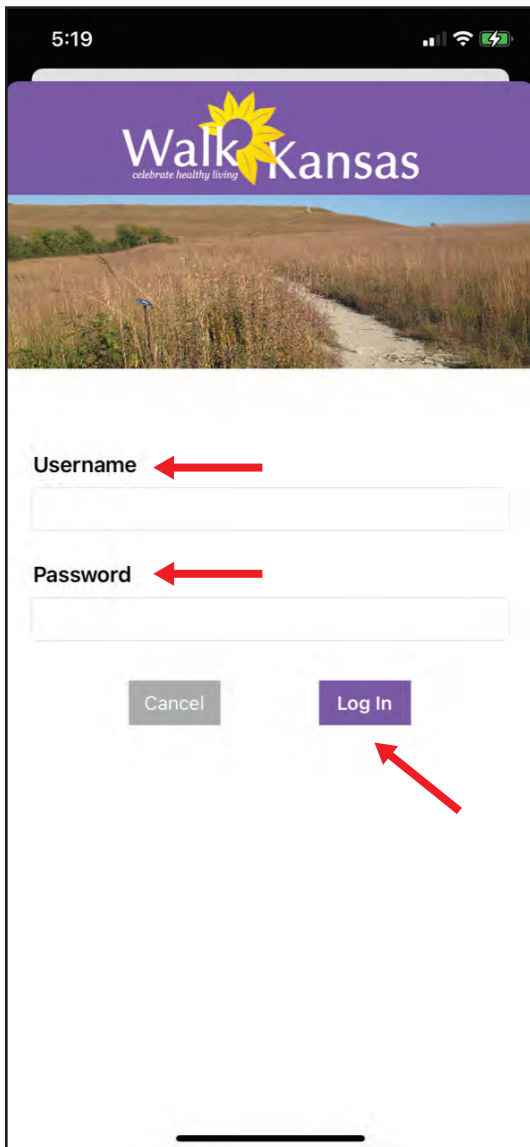
APP INSTRUCTIONS:

The Walk Kansas app is free and you can download it from the App Store. These instructions apply to the iOS format for iPhone and iPad.

You cannot register for Walk Kansas through the app so wait until your account is set up online first. Then, you can access the app to log minutes, chat with your team, and more.

2. Logging in / “Login” screen:

Once you have the app on your device, click the icon and login with your username and password. Remember, you need an account setup through the website first!



2. Logging activity / “Activity Logs” screen:

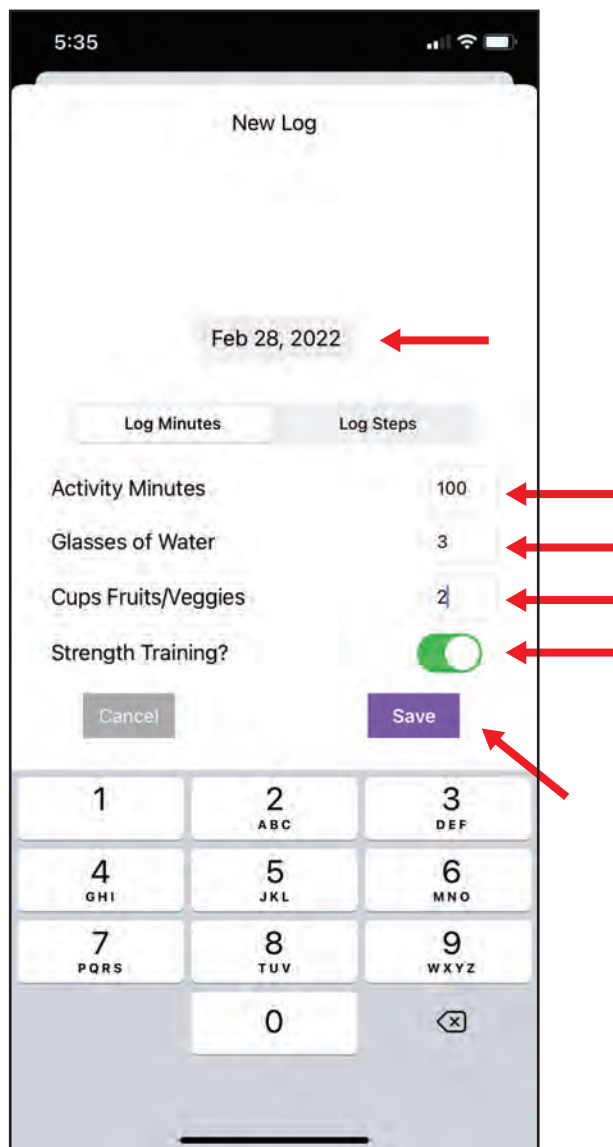
After you login, you’ll be taken to the log screen. Before you log anything, the screen will look something like below - you’ll see a tally of your activities at the top of the screen (including your total team miles walked) and your current waypoint. In addition, you’ll see a series of tabs at the bottom of the screen that correspond to different actions you can take in the app.

To create a new log, click the “New Log” link at the top right of the screen. This will open your log screen.



2a. Create a new log / “New Log” screen:

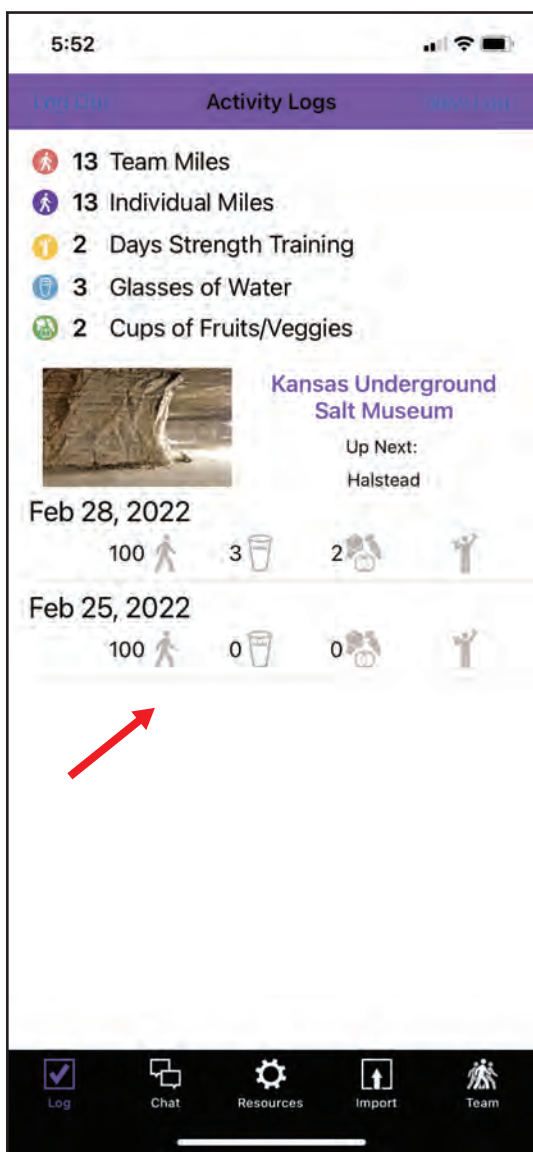
This is where you can enter a new log and track activity minutes, glasses of water, fruits/veggies, and strength training. Simply pick a date, enter any applicable information, and click save!



2b. Updated “Activity Logs” screen:

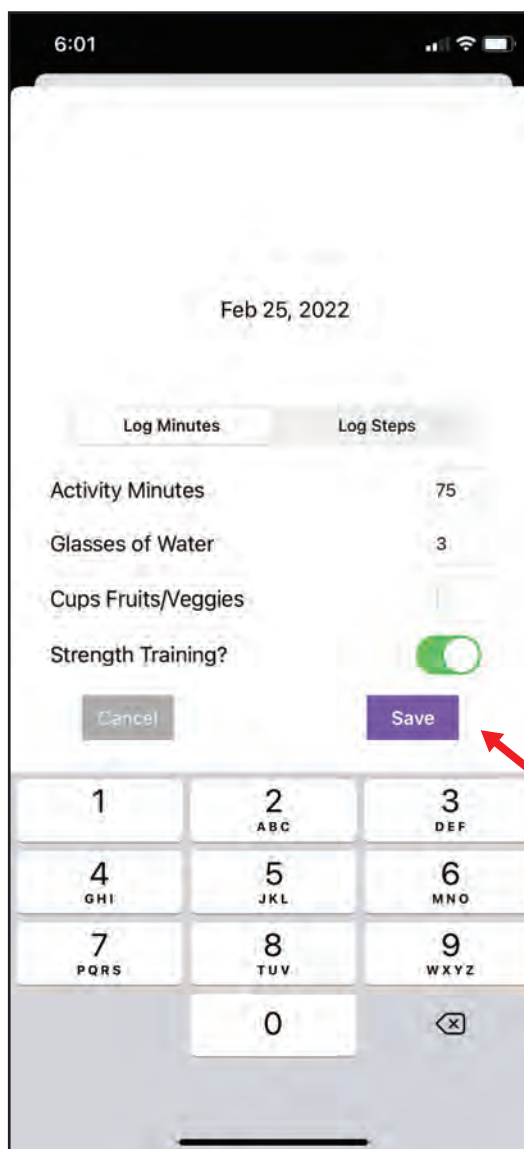
After you’ve created a new log, you’ll be taken back to your “Activity Logs” screen. Now, you’ll see that your totals at the top of the screen have been updated to reflect your personal logs (as well as the total team miles walked if your teammates have been logging their activity minutes). You’ll also see an updated waypoint if you’ve gotten to a new destination, and you’ll see a running log history of all the logs you’ve made over time.

In the case below, this user has made logs on 2.25 and 2.28. To edit these logs, simply click on the row you’d like to change.



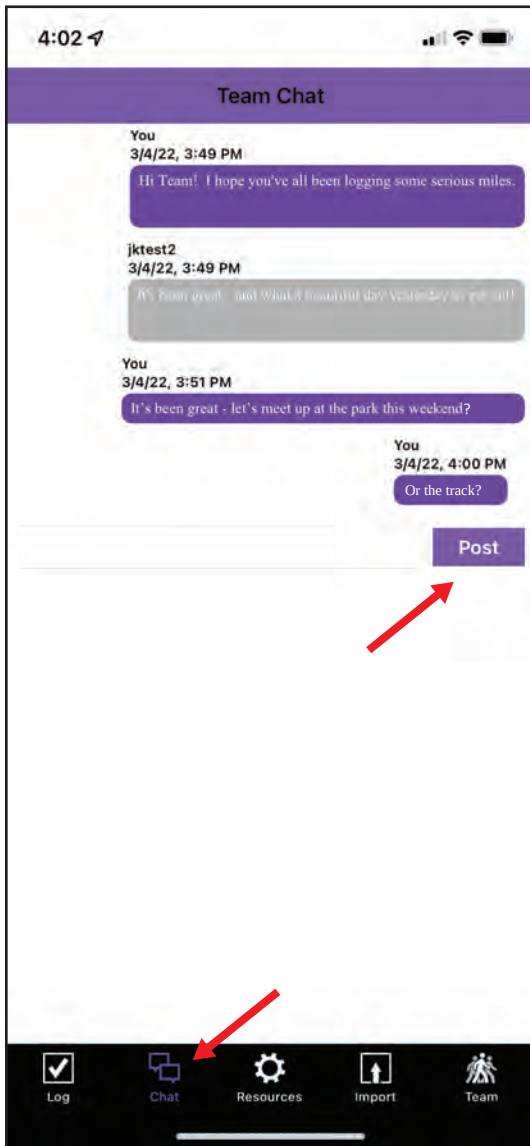
2c: Edit an existing log / “Edit Log” screen:

If you click a log history row, you’ll be able to edit any of the information you entered for the date you selected. In this case, the entry for 2.25 is being changed to 75 minutes of activity and 3 glasses of water. Once saved, the “Activity Logs” screen will update with the new information.



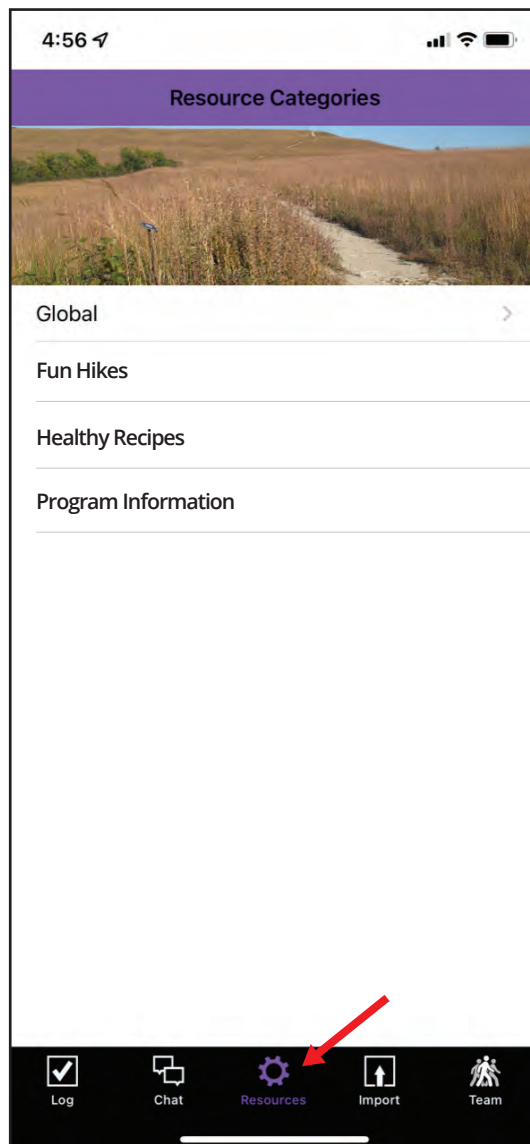
3. Team or solo team chat / “Chat” screen:

If you’re on a team with other people, the “Chat” function will allow you to have ongoing dialogue with your team members. If you’re on a “solo team” then the chat will connect you to other people who are doing the solo team challenge. To get chatting, simply click the icon at the bottom of the app, type in the text box, and click the “Post” button.



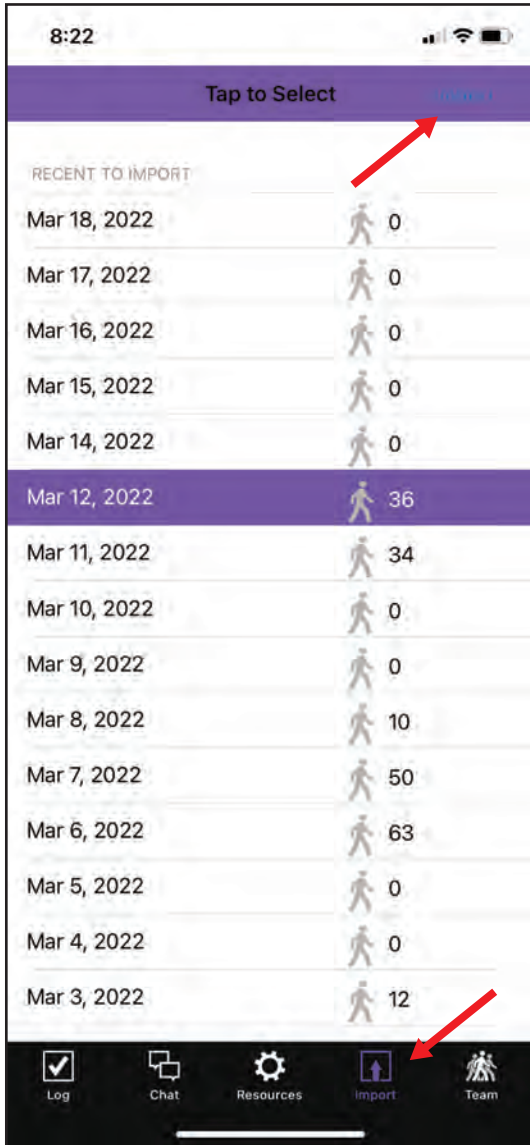
4. Resources review / “Resources” screen:

To see a list of resources (global (for everyone)) and local (just for your group or county)) that are provided for your reference, click the icon at the bottom of the app. First, you’ll see resource categories; click into a category that catches your interest, then scroll through what’s available!



5. Import data / “Import” screen:

The Walk Kansas app will sync with fitness trackers like your Apple Watch. To use the import function, first be sure your app is synced with Apple Health (you will get a prompt from the app when you click import for the first time to turn on this function). Then, to import your data, simply click the date or dates you wish to import, click “import” on the top right of your screen, and the activity from your fitness tracker will be moved to your log screen!



6. Logging for team members / “Team” screen:

*This function is for team captains only. As a captain of a team, you may review your team’s logs via the Team screen, but you can also log for your team members if desired. Simply click the “Team” icon, then click “New Log” on the top right of the screen. Select the team member you’d like to log for, enter the data, and click “Save” - all done! If you’re not a captain, the Team screen will show you your team members’ names and emails to remind you who you’re walking with and how you can get in touch!

