

# Tips for using the Charity Miles App

**Select exercise mode:** Tap the "📍" icon and select from the options: RUN, WALK, BIKE, Indoor/Outdoor.

**Enable GPS:** When prompted, grant access:

- ➔ To motion and fitness activity tracking.
- ➔ To GPS.

**Start your activity!**

**When finished:** Click "Finish" on the app.

## Share your activity!

- **Add a photo** or use the Leukemia Research Foundation logo.
- **Select a message** by copying a pre-set message before hitting the "Easy Share" button, or writing your own later.
- **Select your social media channel.**
- **Paste the message here**, the copied one or your own message.
- **Personalize your post** by adding a feeling, tagging a person, or checking in with icons at the bottom of the page.
- **Click "Post."**

**It's as simple as that!**



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