Tips for using the Charity Miles App

**Select exercise mode:** Tap the "_circle" 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!*