Map My Walk App Instructions

We have been impressed with the way everyone has taken to our ZOOM meetings over the past several months. Most young people are more familiar with this type of technology, and much of it comes intuitively for them. Here is a step-by-step guide to the Map My Walk App. Feel free to contact Matt (423-715-0085) for any questions or issues with the App.

GETTING STARTED:

1. **Download the “Walk with Map My Walk” APP** wherever you get apps with your device. It is a purple icon with the U and A (standing for Under Armor) and it is free.
2. Once you have downloaded the APP, open it using your phone.
3. On the home screen, you should see a map with your location, and a big green button that says, “start workout”. Below this button there are four icons that you will use most of the time. Also notice in the upper left-hand corner, there are three lines that open a drop-down menu.
4. **You will need to allow the Map My Walk App to use your location and GPS to track your walks**. You can do this through the settings on your phone (APP settings or permissions), or the app will ask you to allow to use your location and GPS when you first download the APP.
5. **The first thing you need to do is click on the drop-down menu in the upper left-hand corner of the home screen (three straight lines).**  Once the menu drops down, locate and **click on “friends”** section. Once clicked, you should see a big green button at the bottom of your screen titled “search”. **Click “search” and search for “Matt Kyle”**. You will see many different profiles with that name, my profile should be one of the top results, and I have a profile picture of me climbing. **Click the blue icon out to the right of my profile to add me as a friend**. This way I can send you challenges, and you can be part of River’s Way Walking group. Once you receive a challenge invite from me, accept it and any walks you log will be entered so the entire group can view your walks. Once you become friends with me, you can search for other friends, and our group will start sending you friend requests. You can also invite friends to download the app via email or text under the section titled “invite”.
6. **You can also personalize your profile by linking it to Facebook** (the app will ask you early on if you want to do this). This is suggested so you can share your walks on Facebook if you like, and it will import your profile picture so other people can find you easily. If you don’t have a Facebook don’t worry, you can edit you profile by clicking on the menu in the upper-left hand corner, and your profile picture and name are at the very top of the menu. Click this and you can edit your profile picture and information manually.

TAKE A WALK:

1. **Open the May My Walk APP on your phone.** Make sure you allow Map My Walk permission to track your location and GPS. You should see the map with your location, and a big green button titled “start workout”. Before you start your workout, make sure you select “walk”. Do this by locating the menu in the upper left-hand corner of the screen and the Under Armor logo. Just below the menu (don’t click the drop-down menu), locate the text that says, “Choose Activity”. Once you click this, you can select from several different workouts. Select “Walk”.
2. **Click the green “Start Workout” button.** Start walking! The app will record your distance and time. You should notice the stopwatch start. Enjoy your walk! The app will notify you each mile you walk.
3. **When you are finished, click the red “pause” button.** You can pause and resume your workout at any time and keep your progress.
4. **Click and HOLD the red “Hold to Finish” button.** You should hear a voice saying, “workout finished”.
5. You can enter text and a picture to save along with your workout (optional). Your friends will be able to see any text or picture you add to each workout.
6. **The last step is to click “save” in the upper right-hand corner of the screen.**  This will save your workout so you can review your walks, track your progress, and your friends can view your workouts and like and comment on them!
7. There are many features of the app, so play around and get familiar with the options if you’d like. You can post your workouts to Facebook, and comment and like on your friends’ walks within the Map My Walk App. If you post to Facebook, feel free to tag @River’s Way in your post so we can share your walk to our Facebook Page.

CHALLENGES:

1. When you become friends with Matt, he will send you an invite to the River’s Way Walking Challenge. Once accepted, you will automatically be accepted into the group. No further action is required. Once you take a walk and save that workout, it will be automatically entered into the River’s Way Walking Challenge.

1. From the home screen, locate the trophy icon at the bottom of the screen (from four different icons) to view challenges and see how other people are doing with their walking. Once the trophy icon is clicked, two options appear “New Challenges” and “My Challenges”. Click “My Challenges” to access the “River’s Way Walking” Challenge and see who is in the lead and where you stand within the challenge.
2. The challenge is based upon number of walks you take, not the distance traveled on your walk. This encourages regular walking no matter the time or distance traveled. We recommend walks of at least 30 minutes, but a 15 minute walk is better than no walk at all.