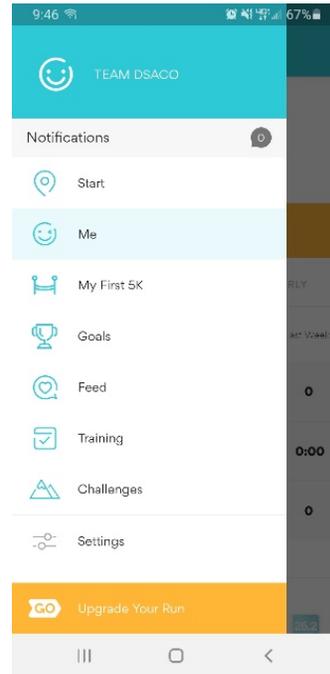


Run Keeper App (For participants):

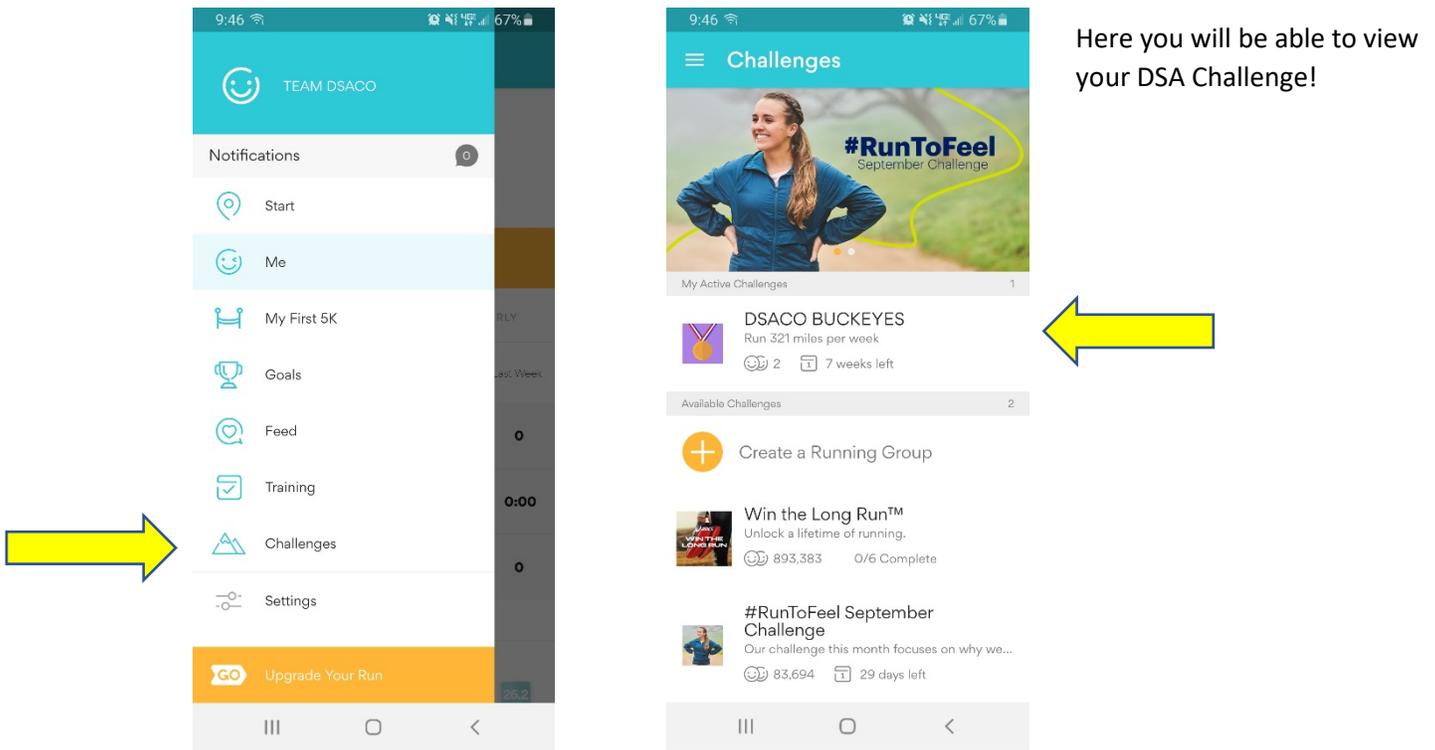
Step by step instructions for how to log miles in the Run Keeper app.

1. Create an account in the app Run Keeper. Once you have created your account, either search and add DSAWM as a friend in the Me section or let DSAWM know the account has been created by emailing victoria@dsawm.org. DSAWM will send you a request through the app to be friends on the app and to join the DSA Challenge. ***NOTE:** *It is important to create an account and accept the friend requests as soon as possible. Waiting to make an account or accepting the request will delay being able to participate in the challenge.*

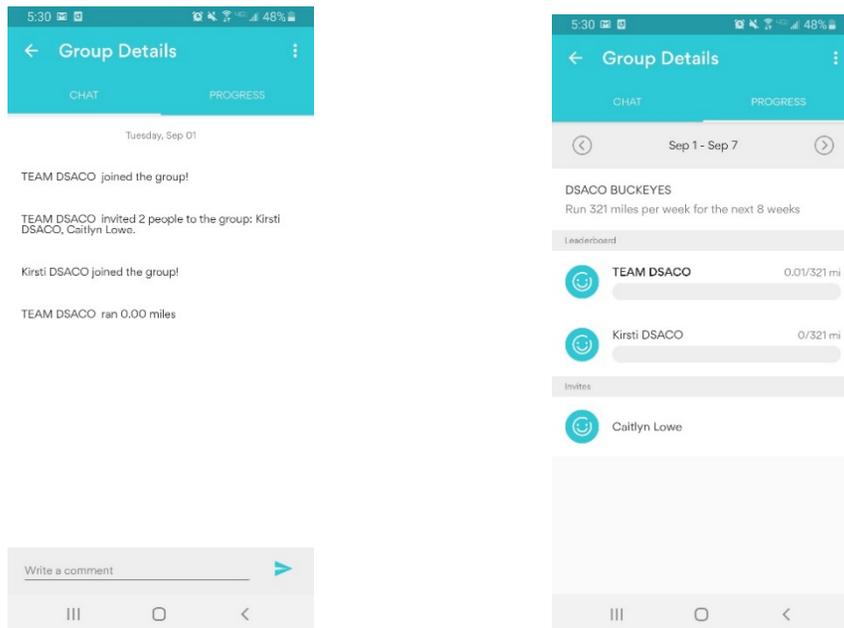
Once the account is created, you will confirm your friend request and request to join the DSA Challenge by checking your notifications.



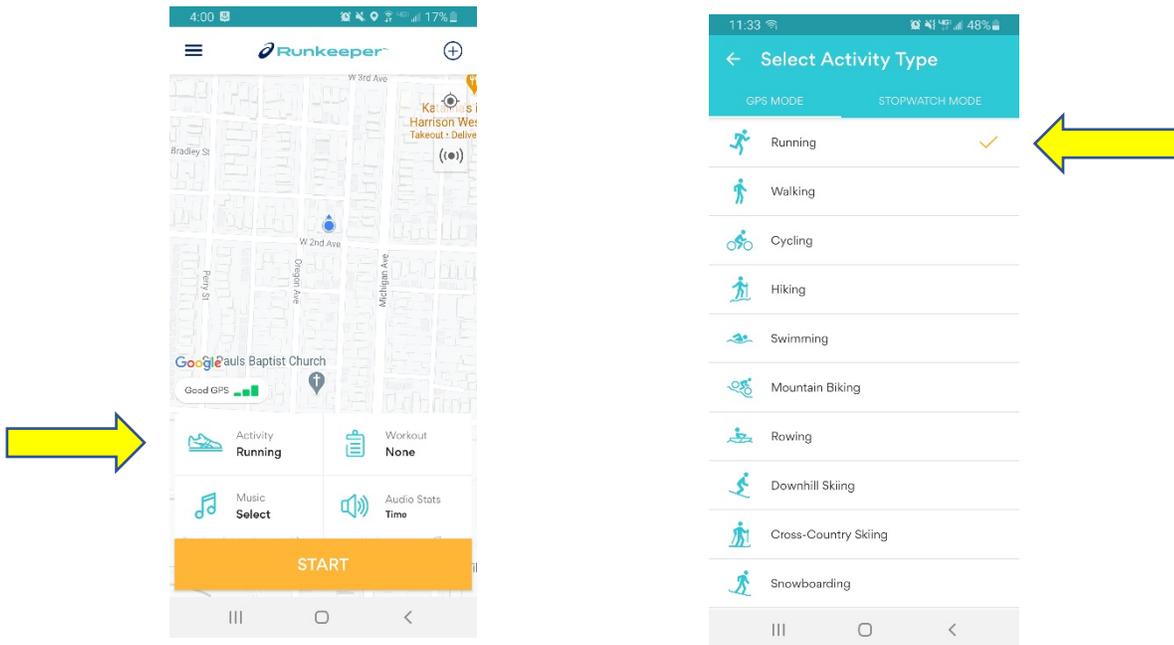
2. Once you have accepted the DSA friend request and have accepted to joining the challenge, you will be able to view the challenge and your team's progress by selecting "Challenges" on the home screen.



3. On the Challenges page, you will be able to see all members activity and progress in the group! On the "CHAT" side you will be able to see updates on group members who are joining the group and logging workouts. This area also allows for group members to post comments and chat with others in the group. The "PROGRESS" side will show you an overview of each participant's progress by displaying how many total miles each team member has completed.



4. To log a workout, start on the main home page. Before you start, be sure to select the type of activity you are tracking.



5. Once you select the activity you are tracking, you can begin your workout! Once your workout is completed, you will hit the pause button. You will then Review and Save your workout! Once your workout is saved, it will be added to the DSA Challenge for the week.

