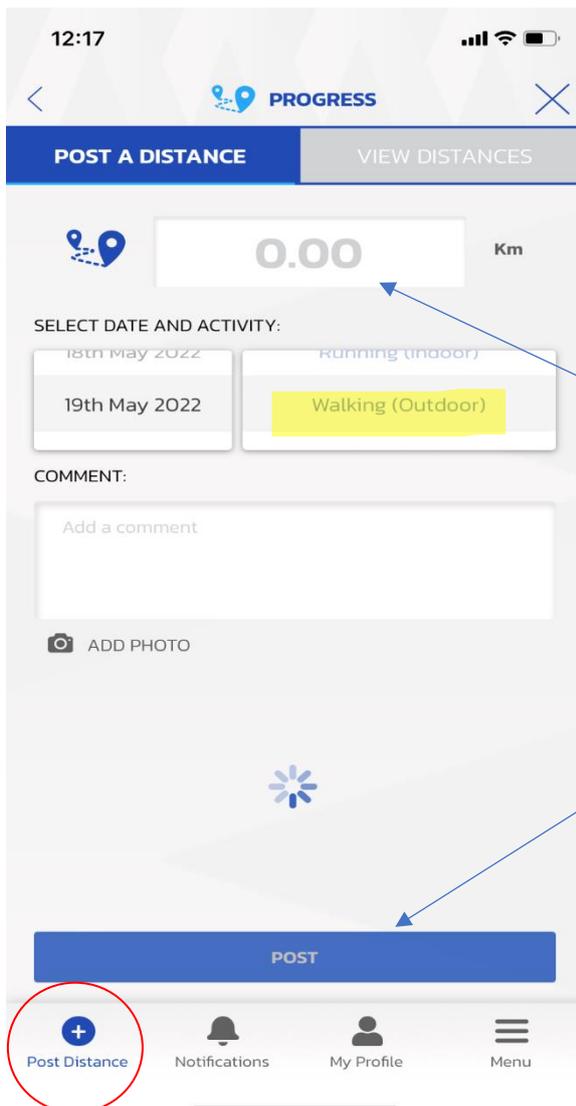


How do I add my distances walked?

Manually updating your distances using the app?



1. Click the '+ post distance' icon at the bottom left of the mission page
2. Select the **activity type** (steps or walking)
3. Enter your distance/step count in the space provided and select the activity date.
4. Add a comment or photo if you want to
5. Click 'post' and then 'confirm'

Using the website?

Go to www.myvirtualmission.com and click 'Log In' in the top right corner.

- Select your mission and scroll down until you see 'Post A Distance'
- Select the activity type (steps or walking)
- Enter your distance/step count in the space provided and select the activity date.
- Add a comment or photo if you want to
- Click 'post' and then 'confirm'

The screenshot shows the 'POST A DISTANCE' form on the website. The form is titled 'POST A DISTANCE' and shows '18,210.2 KM travelled so far on this mission!'. The form includes a distance input field with '0.0' and 'KM' units, a date selector set to '19th May 2022', and an activity type dropdown set to 'Walking (Outdoor)'. There is also a comment field and an 'ADD PHOTO' button. Below the form is a 'POSTING TO:' section with two options: 'Ryman Anzac Wellness Mission' (checked) and 'Ryman Virtual Coast to Coast'. A blue arrow points from the 'confirm' step in the list above to the 'POST DISTANCE' button. To the right of the form is a 'POST A COMMENT' section with a text area and an 'ADD PHOTO' button. Below that is a 'NEWSFEED' section with filter options for 'Just Me', 'My Team', and 'Everyone', and checkboxes for 'Distances' and 'Activity'. A newsfeed entry for 'Alex McNeillie' shows a distance of '2.0 km'.