How do I add my distances walked?

Manually updating your distances using the app?
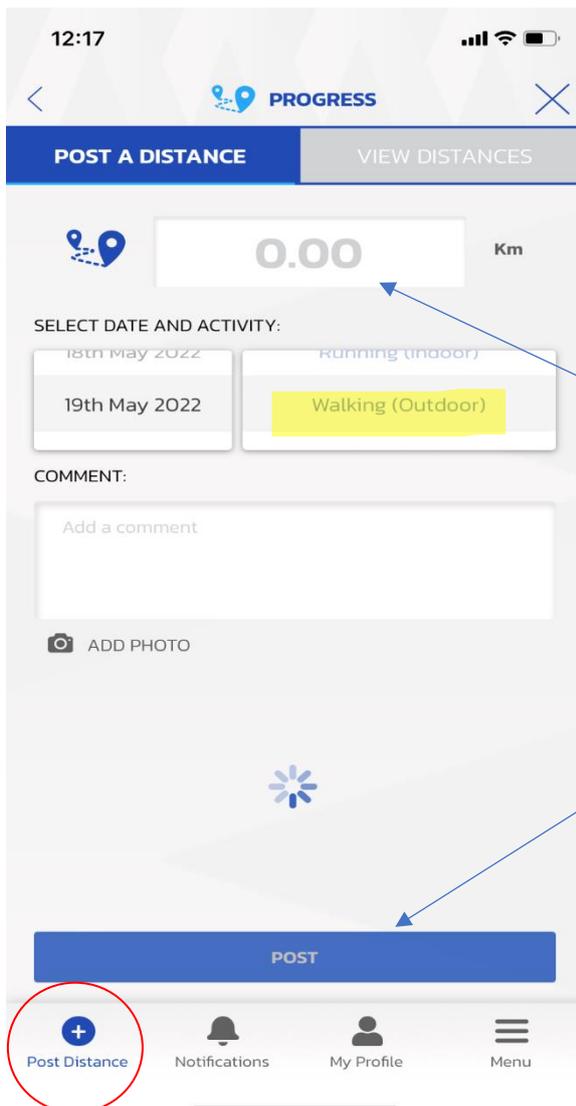
1. Click the '+ post distance' icon at the bottom left of the mission page

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'