**Charity Miles**

1. Download the Charity Miles app onto your phone
2. Open the app and select “new,” and then “okey dokey” after the text prompt.
3. Sign up by entering your name, email, and a password.
4. You will then be given more text prompts. Select “Yes, lets do this!”
5. Select a charity for which you would like to raise money. There are many wonderful charities on the list. I personally will be running for St. Jude’s Children’s Research Hospital since they help a lot of children.
6. After selecting your charity, you will be given more text prompts. Select “Sure am.” This allows Charity Miles to track your distance.
7. The next prompt will be asking if you would like to receive notifications. Choose what you would like.
8. The app is almost ready to go.
9. SELECT A TEAM: Touch the three dots at the top left of your screen and then select “Teams.” You can then search for our team “Pregnancy and Infant Loss Awareness” and then select it. Hit the green “Join Team” button. You are now officially a member of the team! As our team grows, you can see the leadership board, members, and how many miles we have run together. The app also allows you to share your workout on social media to help raise awareness.
10. If you would like to change your name (I changed mine from Sarah to Isabelle’s mom), simply select the three dots again. Choose profile, select the pencil, and then make any adjustments to your profile. You can also add a picture.
11. Every time you run, walk, or bike, simply turn on the app, select your type of workout, and then select “tap to start.” When your workout is finished, simply select “finished.”