

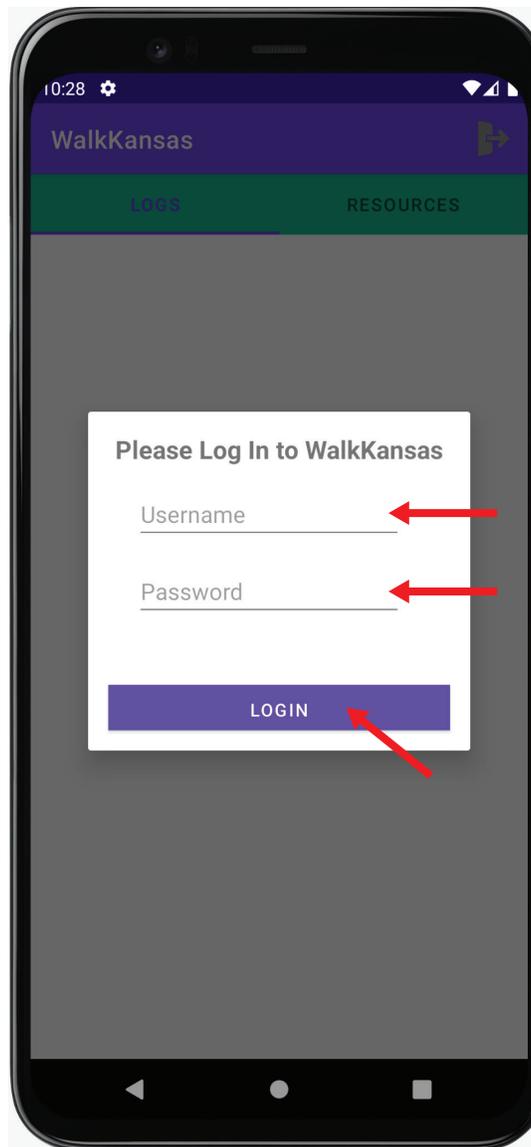
**APP INSTRUCTIONS:**

The Walk Kansas app is free and you can download it from the App Store. These instructions apply to the Android format for Android devices.

You cannot register for Walk Kansas through the app so wait until your account is set up online first. Then, you can access the app to log activity and view resources.

**2. Logging in / “Login” screen:**

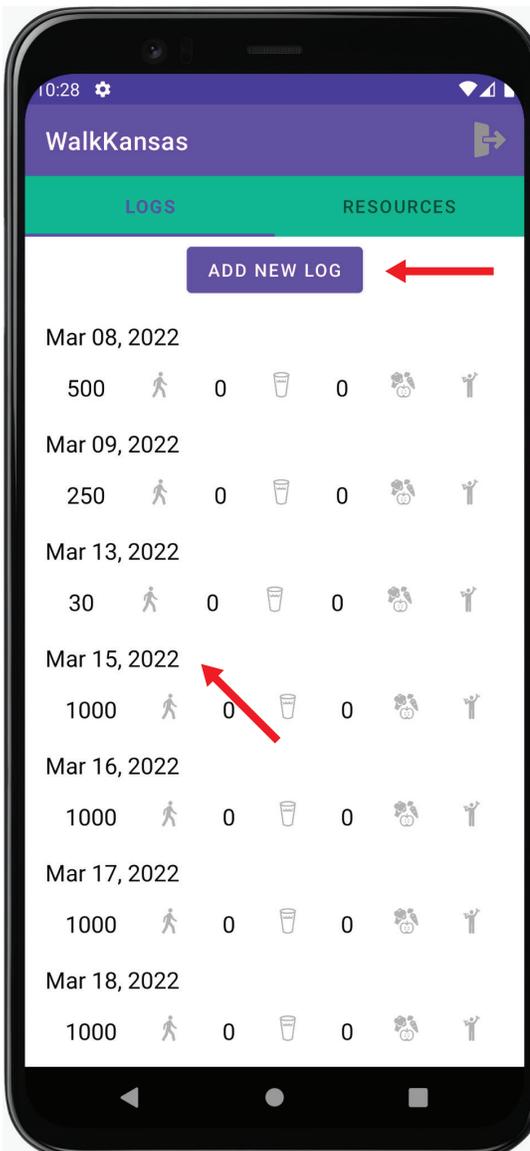
Once you have the app on your device, click the icon and login with your username and password. Remember, you need an account setup through the website first!



## 2. The log screen:

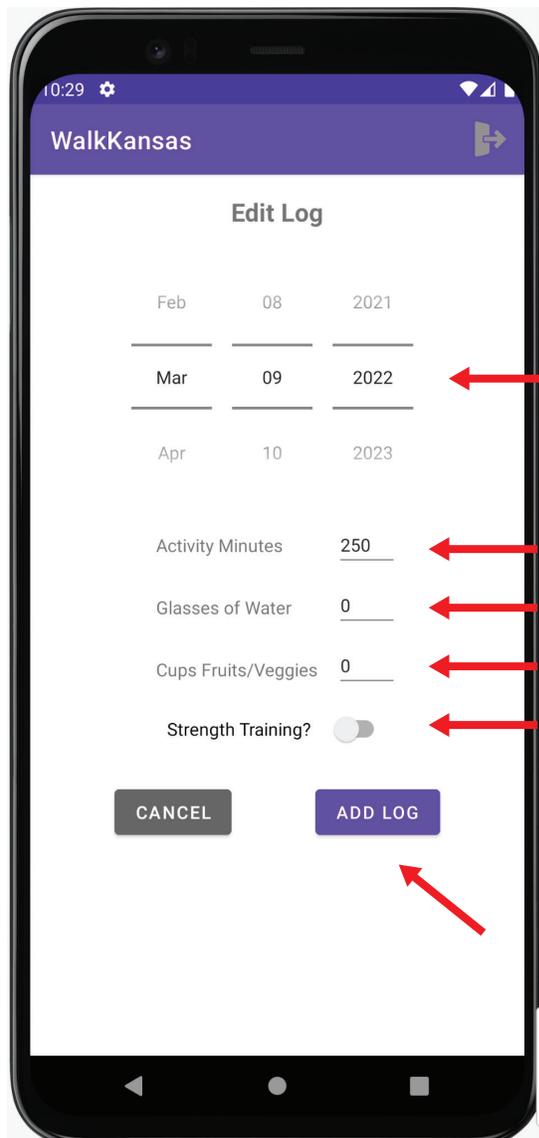
After you login, you'll be taken to the log screen. Before you log anything, the screen will look something like below - you'll see a running list of your logs, along with an "Add New Log" button.

- To add a new log, simply click the "Add New Log" button.
- To edit an existing log, simply tap the row you'd like to edit.



### 2a. Add or edit a log:

This is where you can enter a new log and track activity minutes, glasses of water, fruits/veggies, and strength training. Simply pick a date, enter any applicable information, and click "add log!"



**4. Resources review / “Resources” screen:**

To see a list of resources (global (for everyone)) and local (just for your group or county)) that are provided for your reference, simply swipe from the logs screen to get to the resources screen. First, you’ll see resource categories; click into a category that catches your interest, then scroll through what’s available!

