



# You Are On A Mission!

## A virtual walk through Uganda

### Information for participants.

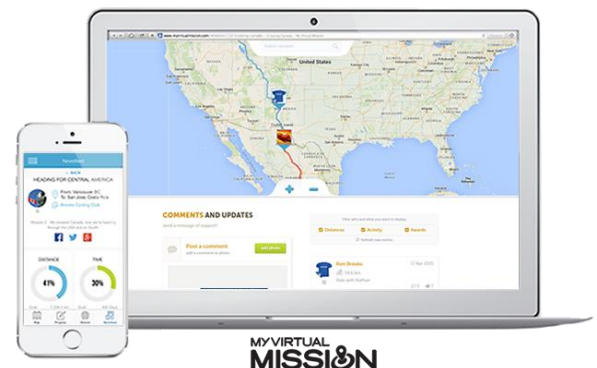
Although we cannot physically travel abroad, we can virtually. **My Virtual Mission** will allow you to track your progress through Uganda. Practice social distancing and get exercise all while connecting with others and helping those in need.

Each time you exercise, you or your team will advance along the pathway from the start to the finish line.

Distances can be posted to the mission via other fitness apps or they can be manually entered via the web and mobile apps.

**In this guide** (*Hold the Ctrl Key and click to go to a section*)

1. [Mission Information](#)
2. [How to participate in the mission](#)
3. [Download the Mobile App](#)
4. Post the steps walked (*Please only select one connecting method to avoid reporting duplicate miles.*)
  - a. [Automatically post distances from Strava to your mission](#)
  - b. [Manually post your distances to your mission](#)
  - c. [Automatically post distances from Apple Health / watch to your mission](#)
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## Mission Information

**Link to Mission page:**

<https://www.myvirtualmission.com/missions/48804/a-virtual-walk-through-uganda-fundraiser>

**Start date:** Monday, May 25th

**Completion date:** Monday, June 22nd

**Types of exercise allowed:** Walking, running and steps

**Connection methods:** Strava App, Apple App, FitBit or Manual Entry

**Questions/Support:** [sherryr@globalvillageconnect.org](mailto:sherryr@globalvillageconnect.org)



## How To Participate

1. Register for the walk at: [Global Village Connect](#)
  - Once registered, the GVC administrator activates your participation within 24 hours. However, you cannot post results until the walk begins on May 25th.
  - Now is a good time to install the My Virtual Mission mobile app onto your mobile device. Search for the My Virtual Mission app in the Android or Apple store and log in with your email and password, or opt for another app.
  - There is also the option to manually enter your miles on the website.
  - **Walk launches May 25!!!** You can now post miles, check your status, see how others are doing and get a picture view of where you are virtually walking in Uganda.
  
2. How to report your miles:
  - Strava: automatically posts distances walked.
  - Manually enter your data in the website
  - Apple Health/Apple Watch
  - Fitbit (Fitbit device or Fitbit)

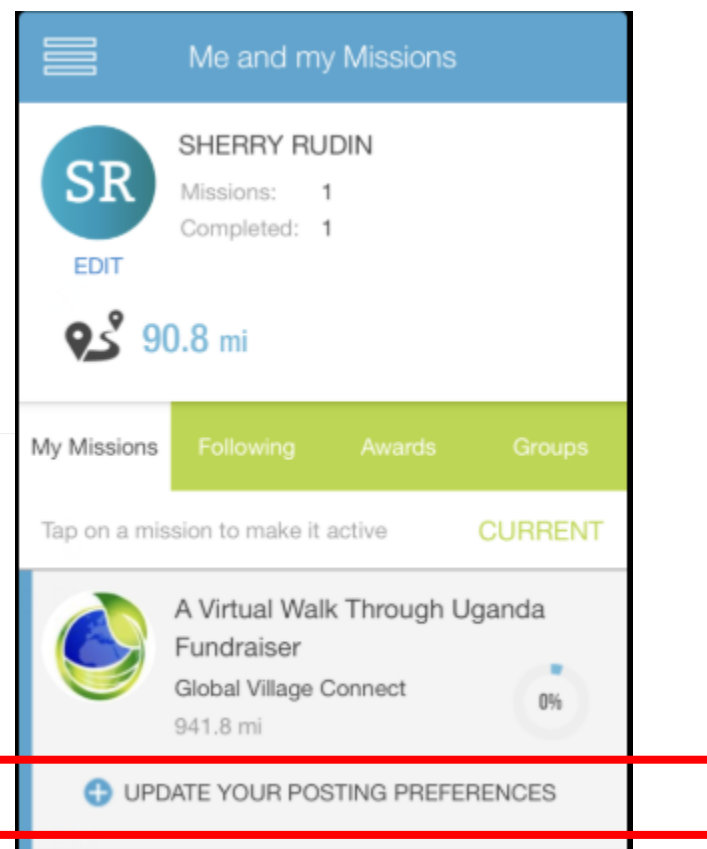
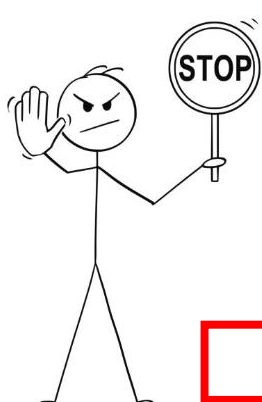
\*Please only select one connecting method to avoid reporting duplicate miles.



## Download & Use the Mobile App




1. Download My Virtual Mission from Android or Apple Store.
2. Login to your account. *(email address & password used to create the account)*
3. Do not change your method of posting miles from the “Me and my Missions” tab. Instead follow instructions below to automatically post miles.




Me and my Missions

**SR** SHERRY RUDIN  
Missions: 1  
Completed: 1  
EDIT

 90.8 mi

My Missions Following Awards Groups

Tap on a mission to make it active **CURRENT**

 A Virtual Walk Through Uganda Fundraiser  
Global Village Connect  
941.8 mi 0%

**+ UPDATE YOUR POSTING PREFERENCES**

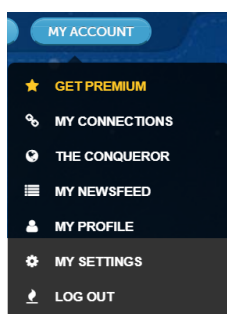


## How to Automatically Post Distances Using Strava

### Steps to set up Strava:



1. Download Strava App from the Android or Apple store
2. Create a Strava account
3. Go to your [mission page](#)
4. Go to the main menu (*Upper right-hand corner*) --> Click on My Account --> Click on My Connection --> Select Manage Strava Connection --> Save Changes.
5. Or from the Mobile App: Go to the main menu (*Upper left corner*) --> Click on My Connection --> Select Manage Strava Connection



### Using Strava: Log into your Strava App

1. Before you start exercising, click on the Record button (*bottom of App*) → Click on the Start button → enjoy your exercise.
2. When you are done exercising, Click the red stop button → Click on the finish button. Enter a name for your activity → Click on Save activity.
3. Your miles will automatically be entered into your walk. (*Note: If you forget to start the Strava app, you can always enter miles manually.*)

\*For additional information about Strava go to [strava.com](https://www.strava.com)



## Manually Post Your Distances


**Steps to manually enter your miles** *(Manually enter miles directly on the website or mobile app)*

1. Visit your [mission page](#) and scroll down below the map to the Post a Distance selection.
2. Select activity type, enter miles and date, select mission to post
3. Click on Publish button

### POST A DISTANCE

29.6 MI travelled so far on this mission!

Walking (Outdoor) ▾


0.0 mi  Tue, 5 May

Your Comment

Select missions to post this distance to:

TEST -Uganda

A Virtual Walk Through Uganda Fundraiser

 Add a photo from camera roll

**Publish**

### Steps to manually update from mobile app:

1. Go to mobile app. Click on the Progress button on the bottom of the app. Then follow the above steps.



## Enter Miles Using Apple Health/Watch

**Steps to set up Apple Health/Apple Watch tracking:** *(This must be done from the mobile app. It cannot be done on the website)*

1. Download My Virtual Mission from Apple Store.

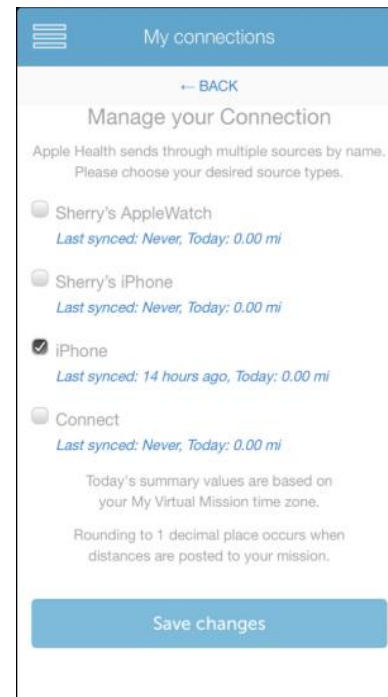


2. Login to your account. *(email address & password used to create the account)*
3. Click on the main menu *(Upper left corner)*. --> Select Settings --> Click on Apple Health --> Enable Apple Health Connection *(Slide to the right)*. --> Click Save *(See Figure 1)*
4. Click on the main menu *(Upper left corner)*. --> My Connection --> Click on Manage Apple connection --> Select either Apple Watch or iPhone *(Not both or you will duplicate miles)*. --> Click Save
5. Your apple device is now reporting your miles!!

**Figure 1**



**Figure 2**

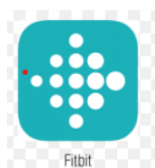




## Enter Miles Using Fitbit

**Steps to set up Fitbit tracking** *(If you do not have a Fitbit do steps 1 – 3; If you have a Fitbit start on step 4)*

1. Download Fitbit App from the Android app or Apple store.

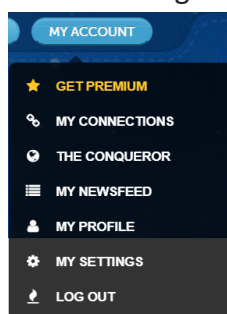


2. Create a Fitbit Account.

3. When asked which tracker you are setting up, choose "No Fitbit Yet" and follow the Mobile Tracking instructions.

4. Go to your [mission page](#) *(All Fitbit users, new & existing users)*

5. Go to the main menu (Upper right-hand corner) --> Click on My Account --> Click on My Connection --> Select Manage Fitbit Connection --> Save Changes.



### CONNECT WITH OTHER APPS AND DEVICES

You can automatically send distances to your mission via other apps using the services listed below.



Fitbit

Status: **Connected**

Manage Connection

***Fitbit can also be connected from your mobile app.***

1. Download [My Virtual Mission](#) from Android or Apple Store.



2. Login to your account. *(email address & password used to create the account)*

3. *Click on the main menu* (Upper left corner) --> My Connection --> Click on Manage Fitbit connection --> *Click Save*



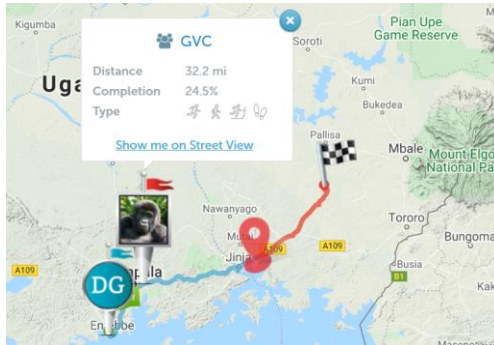


## Map and street view

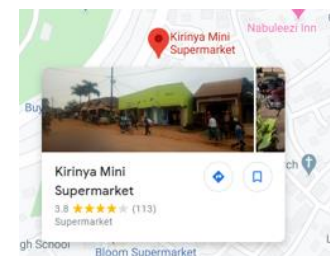
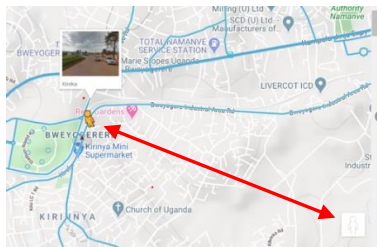
The map shows your team's progress along the mission path.

Each time you or someone on your team posts a distance, your marker will move along the pathway by that amount.

You can zoom in and view the street view to checkout your current virtual surroundings (if available at your virtual location)



To view more than your current location, drag the red peg onto the map to open a street view. Click on the arrows to move along the street or double click on labels on the map. Sometimes Google Maps has still pictures.



### Additional Fun Facts

The Virtual Walk uses Google Maps. Data is limited for Uganda. The link below has additional fun facts about Uganda and Global Village Connect:

<https://padlet.com/jodisabra/soyn5m1ho8eikejf>



# The Leaderboard

The leaderboard is very dynamic. Here are some things you can do with it

- You can view the leaderboard to show weekly, monthly and “All time” stats
- If you are on a team, you can click the “+” icon below the team name to expand the view and show the individuals within the team
- You can set the leaderboard to show individuals, teams, or all participants.

## MISSION LEADERBOARD

See how everyone has been contributing to the mission.

Showing WEEKLY leaderboard of EVERYONES total distances

↑ GO TO TOP



👤 GO TO ME

	<b>Nicky Burns</b>	
This week: 83.6 mi	All time: 232.6 mi	
Type: 🚶 🚴 🚲 🚸 🚹	Completion: 10%	
	<b>Kirils Boiko</b>	2
This week: 82.6 mi	All time: 2,163.6 mi	
Type: 🚴 🚲	Completion: 95%	
	<b>TEAM: Old Duck Tucks</b>	3
This week: 75.9 mi	All time: 1,555.5 mi	
Type: 🚶 🚴 🚲	Completion: 68%	

### Leaderboard settings and filters

Select the data that you want to show on the leaderboard

Who and when.		
<input checked="" type="checkbox"/> Everyone	<input checked="" type="checkbox"/> Individuals	<input checked="" type="checkbox"/> Teams
<input checked="" type="checkbox"/> Weekly	<input checked="" type="checkbox"/> Monthly	<input checked="" type="checkbox"/> All Time
<input checked="" type="checkbox"/> Average team distance (divide by team members)		
Refresh leaderboard standings		

### Activity Types

Select up to 3 activity types to show. If none selected then all will show.

Select activity type ▼

Add