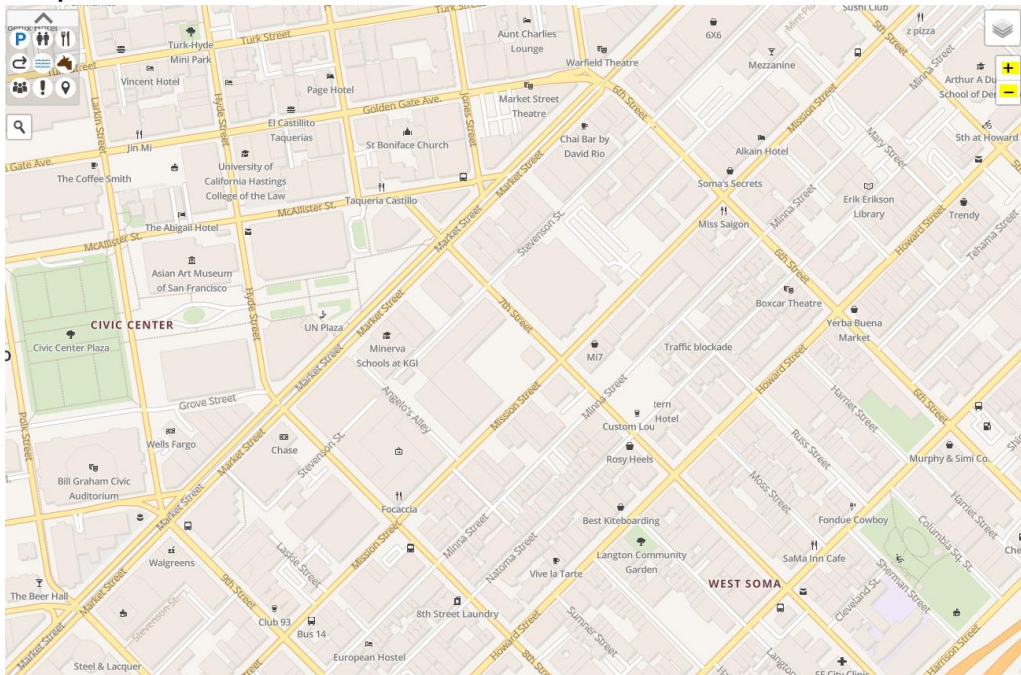
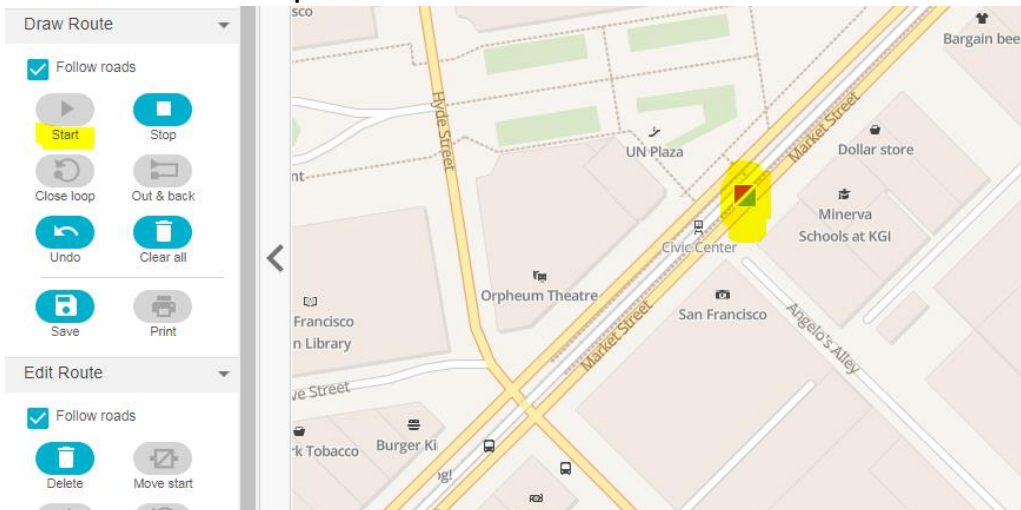


## How to Use Mapometer

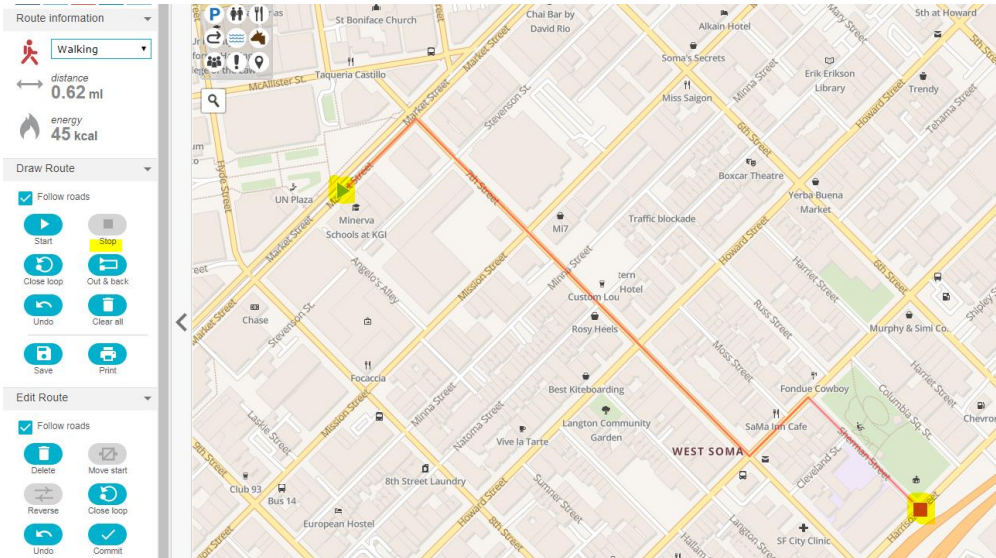
- Move the map to your workplace location. Use the plus and minus signs on the right top corner of the screen to zoom In and out of the map.



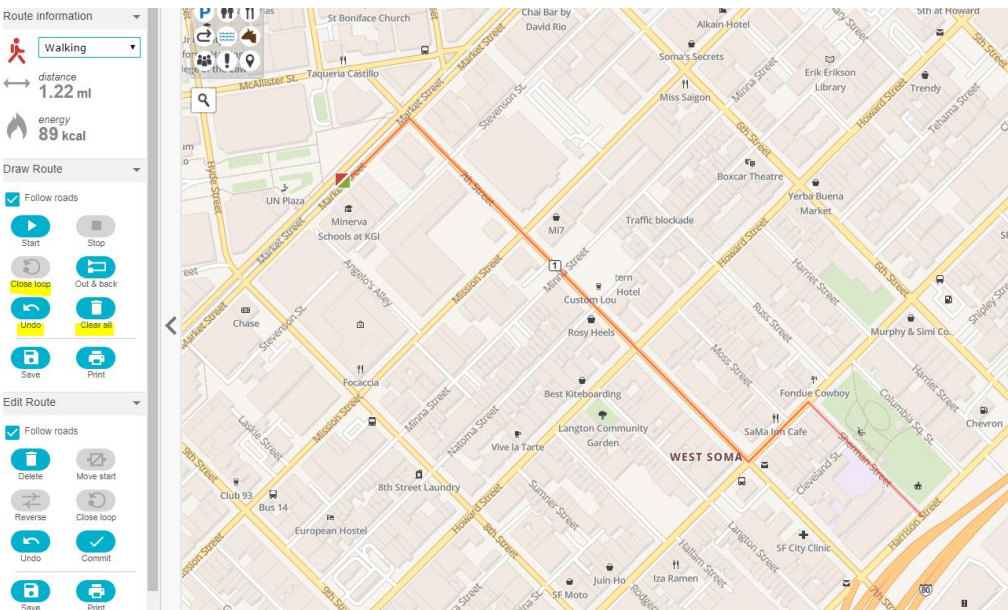
- In the Draw Route tab, click on start. Then, click on your workplace's specific location on the map. You should now have green and red arrows on the map.



- Move the map to your preferred destination, then click on the map to mark the specific end destination. You should have a red arrow on the location. Click stop.



- Click on close loop to map your route back to your workplace. Route information (distance & energy) reflects the trip to the destination and back to the workplace. Adjust the route by clicking on undo or clear all to start over if needed.





- Print and share with your walking group members! Encourage everyone to keep the printout to calculate the number of miles they walked!

