

In summary, the steps are:

1. Download the app and save to your phone
 - if you dont have a smartphone, do step 3 at home on a computer
2. Go to a monitoring spot (one of ours or your own choice)
3. Take a photo and upload it via the app
4. Optionally repeat 2 & 3 at other spots
5. Carry on with your daily exercise
6. Go home.
7. Repeat 2-6 another day, another week, until December.

In more detail:

1. This is the link to the [app](#), which is a survey form for ArcGIS (mapping software)
 - Once you have opened it, save it to your phone by clicking on menu (3 dots at top right on Android phones) and click the option 'Add to home screen'.
 - You can bookmark it on a computer browser instead if you plan to do the reporting at home
2. The monitoring points are shown on this [map](#) (sorry it is not embedded in the app)
 - You can save the map to your phone in the same way. Open the link in your browser, then click on menu and 'Add to home screen'
3. Take photo and upload
 - Take the photo first
 - Open the app, fill in your name
 - Time is automatic unless you are doing it later at home
 - Instructions for map are just above it.
 - Carry on through the questions in the app!
 - If you have a poor signal it may not upload the photo. Unfortunately you can't save a draft report so, if stuck, best to cancel and do it later. This is why you take photo before opening app.
- 4, 5, 6 and 7. As in the summary. Enjoy your walk/ride/run/dog walk!