# 如何上載步行紀錄 How to Upload Record

(以下截圖只供參考，文字及圖片以實際版本為準)
(The screenshots on this guideline serve as reference only)

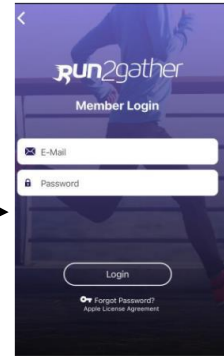參加者於活動期間(2022 年 1 月 9 日至 1 月 23 日)內可登入活動平台 Run2gather，用以下方式記錄及上載步行紀錄：

Participants can login to our designated event platform Run2gather during the event period (9 – 23 January 2022), record and upload their walking records by choosing one of the following methods:

**(A) 上載截圖紀錄**     **Upload Screenshot Record**
**(B) 開啟 GPS 功能**     **Turn on GPS**
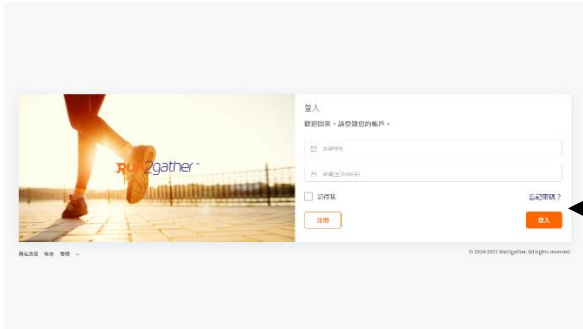
輸入已登記的電郵地址和密碼
Enter your registered email address and password

**1. 活動平台網站 Event Platform website**
https://run2gather.com/login

**2. 手機應用程式 Mobile App**

→影片教學 Video Demonstration:

**https://www.commchest.org/event/vwalk2022/gpsvideo**

## (A) 上載截圖紀錄 Upload Screenshot Record

1. 使用任何智能手錶或手機之應用程式*將活動紀錄 (JPEG, PNG, GIF) 截圖並上傳到活動平台 Run2gather 網站或手機應用程式
   Use any smart watch or mobile app*to record your steps and upload the screenshot (JPEG, PNG, GIF) to our designated event platform Run2gather website or mobile app

*或其他可顯示時間、步數的手機應用程式
*Or other mobile apps that can display time and steps

### 建議軟件 Suggested Apps*

計步器：免費計步器 & 卡路里追蹤工具
Pedometer – Step Counter Free & Calorie Counter

計步器 – 卡路里計算，運動時間、距離記錄，步行伴侶
Step Counter – Pedometer Free & Calorie Counter

計步器 - 免費計步器及卡路里計算器
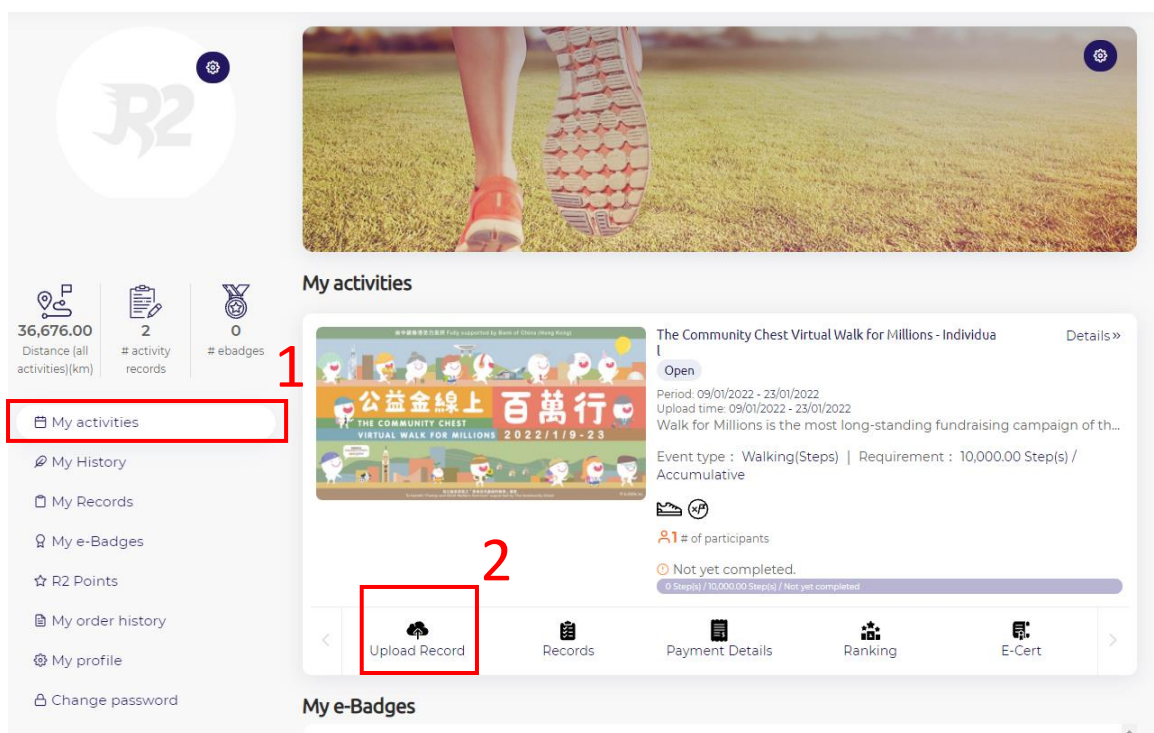Pedometer – Step Counter Free & Calorie Burner

WeRun 微信運動
WeRun on We Chat

iPhone 健康 app
Health on iphone

2. 登入您的個人主頁後，點擊「我的活動」，然後按「上傳紀錄」
   After login to your account, click "My activities" and then press "Upload Record"

3. 點擊「上傳紀錄圖像」
   Click "Upload record image"

選擇您想上傳的步行紀錄截圖
（截圖需包括步行的**日期**和**步數**）

### 我的活動介面

- 我的活動
- 過往活動
- 活動紀錄
- 我的徽章
- R2 里數積分
- 活動登記情況
- 個人資料
- 更改密碼

**注意事項**
- 您的記錄必須是在活動期間進行
- 每次上載的里數不可少於一公里/1000步
- 上載的截圖必須清楚顯示：日期、距離、完成時間及路線圖
- 閣下的記錄必須是使用我們認可的手機應用程式來記錄（參加者必須使用的手機應用程式）
- Run2gather如發現閣下上載的資料與事實不符，將有權刪除該次記錄。

上載紀錄圖像 *

**上載紀錄圖像**
拖放圖像或點擊上載
（格式：png/jpeg/jpg/gif、檔案大小：
10MB 以內）

上載其他圖像

**上載其他圖像**
拖放圖像或點擊上載
（格式：png/jpeg/jpg/gif、檔案大小：
10MB 以內）

上載其他圖像

**上載其他圖像**
拖放圖像或點擊上載
（格式：png/jpeg/jpg/gif、檔案大小：
10MB 以內）

參加者可自由選擇輸入完成活動所需的時間及感想
(如忘記所用的時間，可在各欄輸入"1" 略過)

| 時* | 分* | 秒* | 步* |
| 0 | 0 | 0 | 步 |

有何感想 *

☑ 確認你上傳的資料是正確

提交

Select the record you want to upload
(the screenshot should include the
**step count** and **date**)

- My activities
- My History
- My Records
- My e-Badges
- R2 Points
- My order history
- My profile
- Change password

**Notes**
- Your record must be during the event
- The number of miles/steps per upload must not be less than one kilometer/1000steps
- Uploaded screenshots must be clearly displayed: date, distance/step, completion time, and roadmap
- Your record must be recorded using our approved mobile app.（Mobile application that participants must use）
- If run2gather finds that the information you uploaded does not match the facts, it will have the right to delete the record.

Upload record image *

**Upload record image**
Drag and drop an image or click to upload
(format: png/jpeg/jpg/gif, file size: within 10MB)

Upload other image

**Upload other image**
Drag and drop an image or click to upload
(format: png/jpeg/jpg/gif, file size: within 10MB)

Upload other image

**Upload other image**
Drag and drop an image or click to upload
(format: png/jpeg/jpg/gif, file size: within 10MB)

Participants are optional to submit the hours spent on achieving the task and share their walk experience.
(can ignore the time spent by simply input "1" in each box)

| Hour* | Minute* | Second* | Step(s) * |
| 0 | 0 | 0 | Step(s) |

How do you feel? *

☑ Confirm your upload record is corrected

Submit

3

4. 提交紀錄
   Submit the record

**我的活動**
**過往活動**
**活動紀錄**
**我的徽章**
**R2 里數積分**
**活動登記情況**
**個人資料**
**更改密碼**

注意事項
- 您的記錄必須是在活動期間進行
- 每次上載的里數不可少於一公里/1000步
- 上載的截圖必須清楚顯示：日期、距離、完成時間及路線圖
- 閣下的記錄必須是使用我們認可的手機應用程式來記錄（參加者必須使用的手機應用程式）
- Run2gather如發現閣下上載的資料與事實不符，將有權刪除該次記錄。

上載紀錄圖像 *
**上載紀錄圖像**
拖放圖像或點擊上載
（格式：png/jpeg/jpg/gif、檔案大小：10MB 以內）

上載其他圖像
**上載其他圖像**
拖放圖像或點擊上載
（格式：png/jpeg/jpg/gif、檔案大小：10MB 以內）

上載其他圖像
**上載其他圖像**
拖放圖像或點擊上載
（格式：png/jpeg/jpg/gif、檔案大小：10MB 以內）

時 * | 分 * | 秒 * | 步 *
0 | 0 | 0 | 步

有何感想 *

☑ 確認你上傳的資料是正確

提交

填上總共完成的步數，然後點擊「確認你上傳的資料是正確」並按 "提交"。參加者可分開數次完成 10,000 步。

**My activities**
**My History**
**My Records**
**My e-Badges**
**R2 Points**
**My order history**
**My profile**
**Change password**

Notes
- Your record must be during the event
- The number of miles/steps per upload must not be less than one kilometer/1000steps
- Uploaded screenshots must be clearly displayed: date, distance/step, completion time, and roadmap
- Your record must be recorded using our approved mobile app. ( Mobile application that participants must use )
- If run2gather finds that the information you uploaded does not match the facts, it will have the right to delete the record.

Upload record image *
**Upload record image**
Drag and drop an image or click to upload
(format: png/jpeg/jpg/gif, file size: within 10MB)

Upload other image
**Upload other image**
Drag and drop an image or click to upload
(format: png/jpeg/jpg/gif, file size: within 10MB)

Upload other image
**Upload other image**
Drag and drop an image or click to upload
(format: png/jpeg/jpg/gif, file size: within 10MB)

Hour* | Minute* | Second* | Step(s) *
0 | 0 | 0 | Step(s)

How do you feel? *

☑ Confirm your upload record is corrected

Submit

Fill in the total steps achieved and then click "Confirm your upload record is correct". Press "Submit". Participant can complete 10,000 steps on a cumulative basis.

## (B) 開啟 GPS 功能  Turn on GPS

1. 使用 Run2gather 手機應用程式，開啟 GPS 直接紀錄步數，選擇「步行(戶外)」
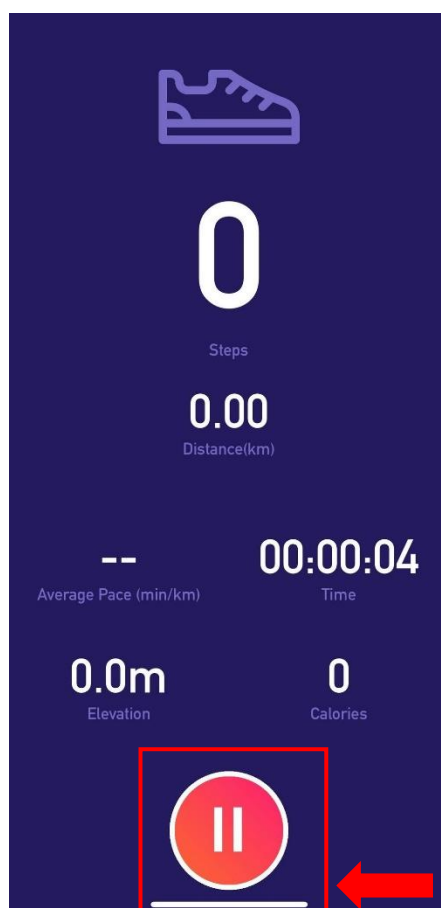   Turn on GPS by using Run2gather mobile app to record your steps directly. Select "Walking (Outdoor)"
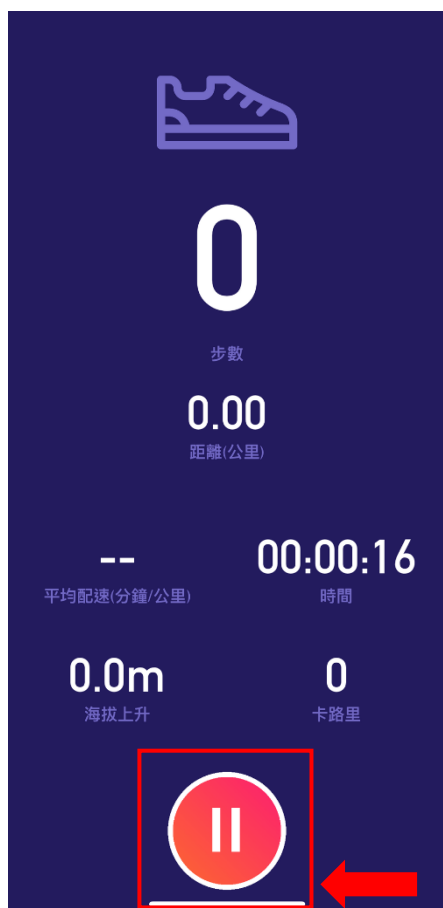


2. 按下圖的按鈕開始步行活動
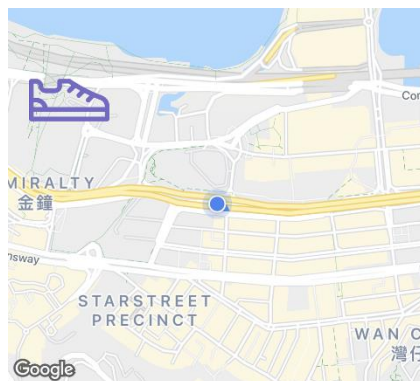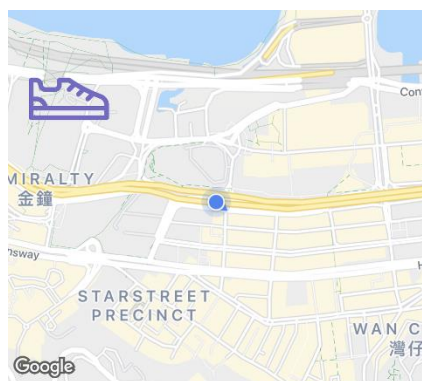   Press the button below to start your walking activity

3. 此應用程式會開始紀錄您的步數，完成後請按停止
   The app will start recording your steps count and please press "Stop" when you finish your walk
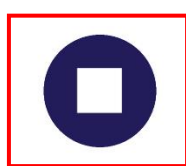


4. 長按暫停鍵以停止計算
   Hold the "Stop" button for a while to end the tracking
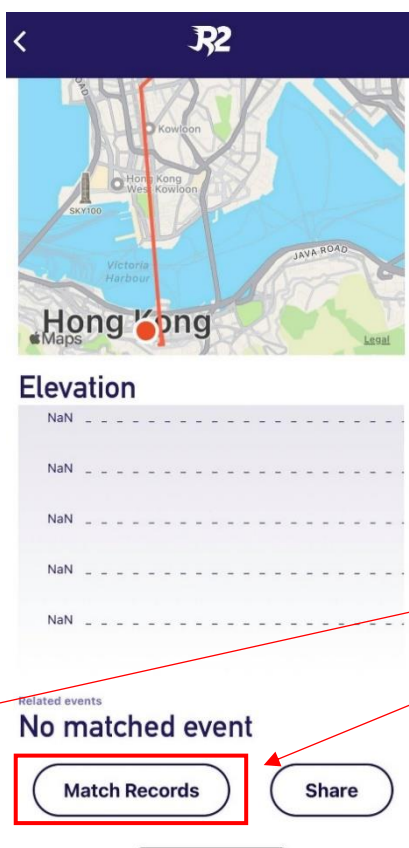
5. 應用程式會顯示步行的日期和最終的步數
   The app will display the date and the final steps achieved
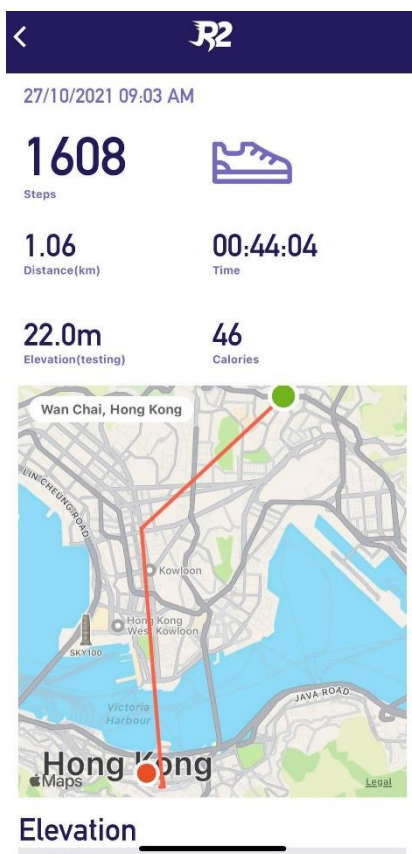




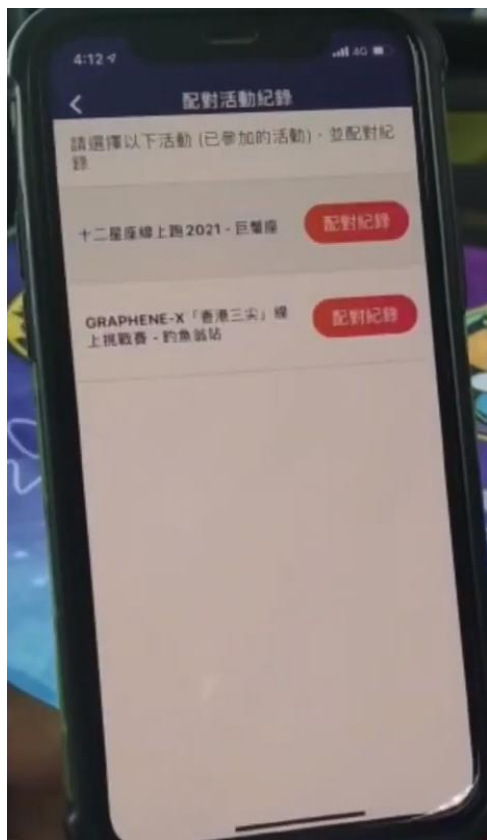6. 選擇「公益金線上百萬行」，然後按「配對紀錄」
   Choose "The Community Chest Virtual Walk for Millions and press "Match Record"
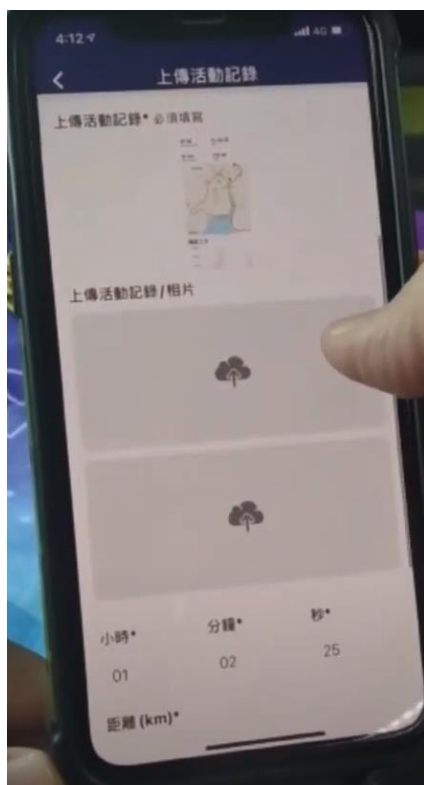




按「配對活動紀錄」
Press "Match Records"

7

7. 參加者可配對此步行紀錄到「公益金線上百萬行」
   Participants can match the step records to "The Community Chest Virtual Walk for Millions"



8. 填寫相應的活動紀錄，然後按「上傳紀錄」
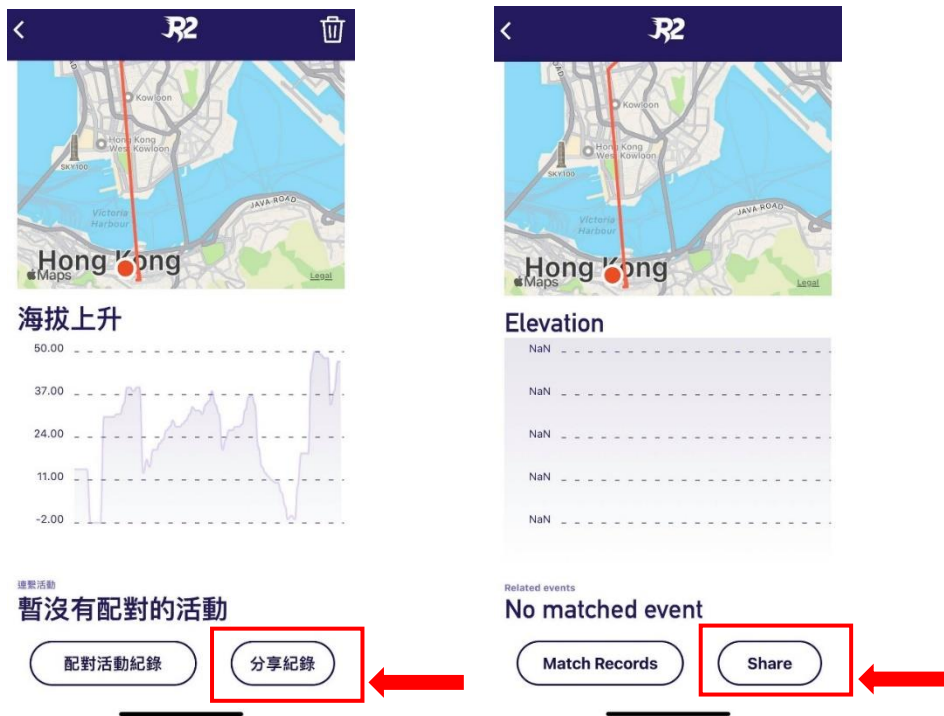   Fill in the information and press "Submit Record"

## 新增功能(相框)
## New Feature (Photo Frame)

Run2gather 應用程式內設有公益金線上百萬行特色相框，參加者可用作拍照並透過不同社交平台分享你的步行活動。

To use the feature photo frame in Run2gather mobile app to take photos and share through your personal social media platforms.

1. 按「分享紀錄」
   Press "Share"



2. 選擇照片，然後再選擇相框，並按「分享紀錄」
   Choose the photo and then choose the photo frame. Press "Share"



拍攝或選擇照片
Take or choose the photo

選擇相框
Choose the photo frame
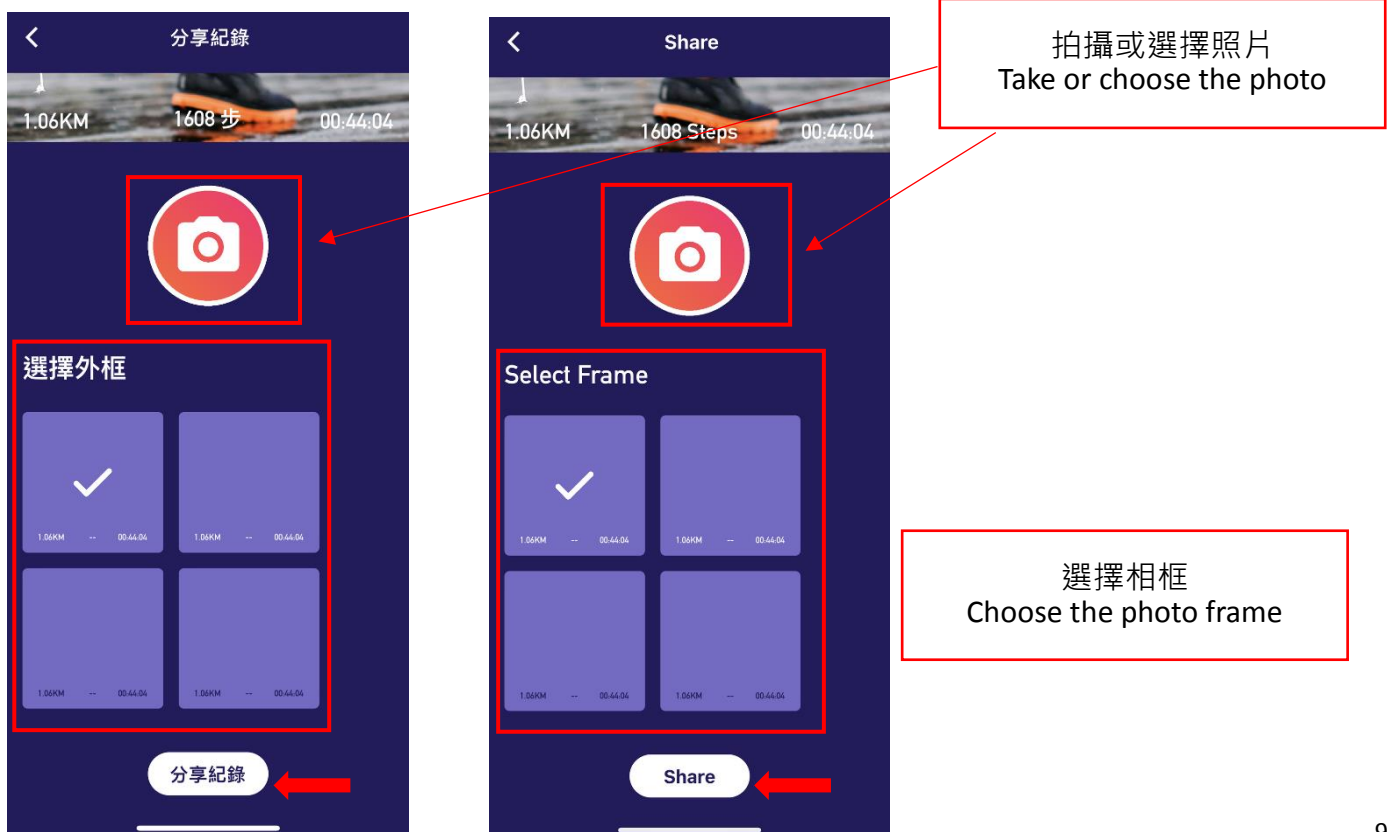
3. 分享到個人社交平台
   Share to your personal social media