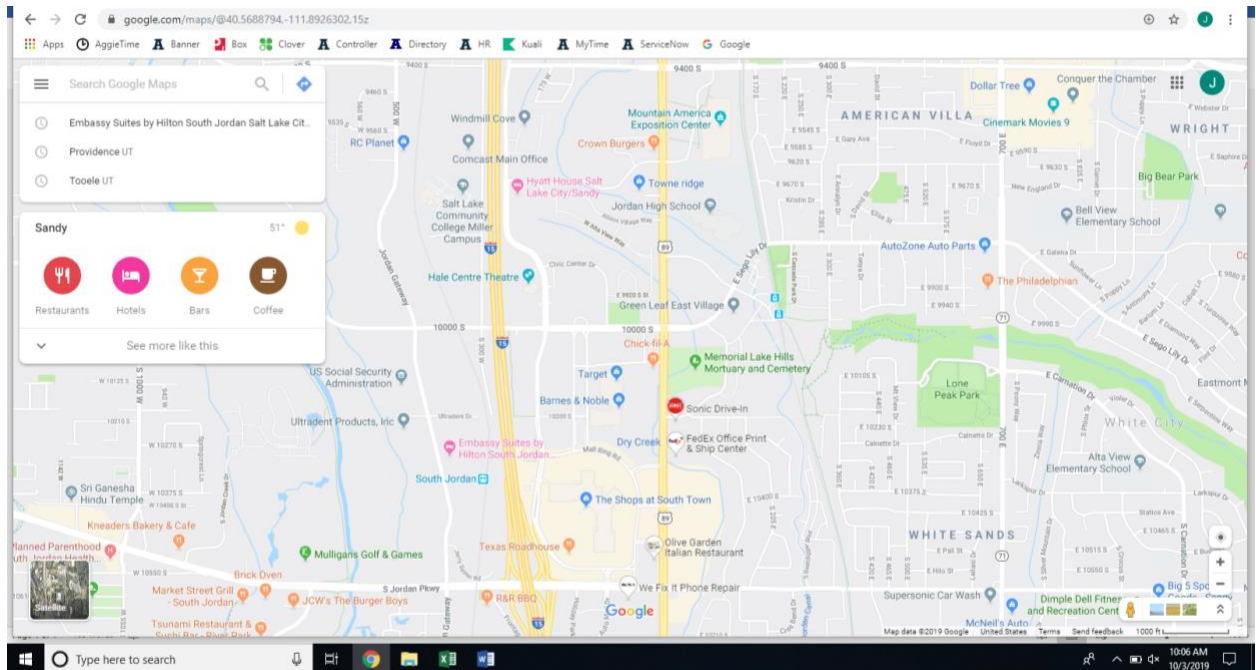
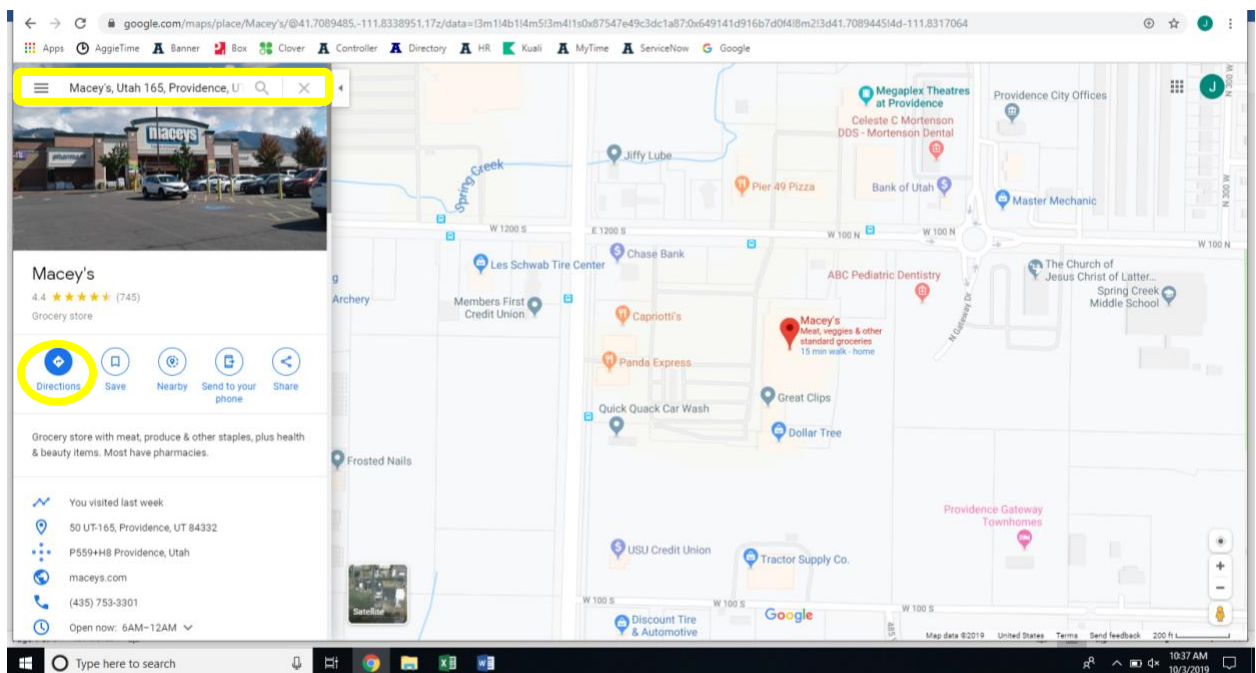


# Mileage Log...Google Map Instructions

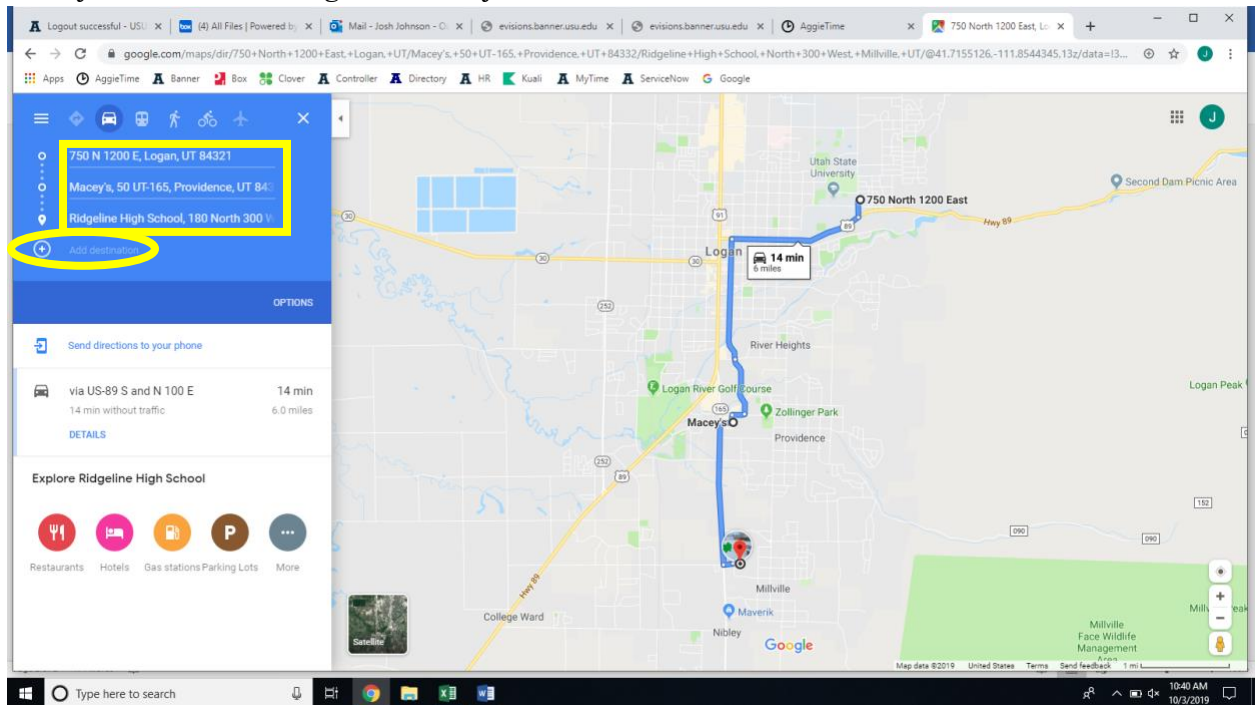
- 1) In a web browser go to [google.com/maps](https://google.com/maps)



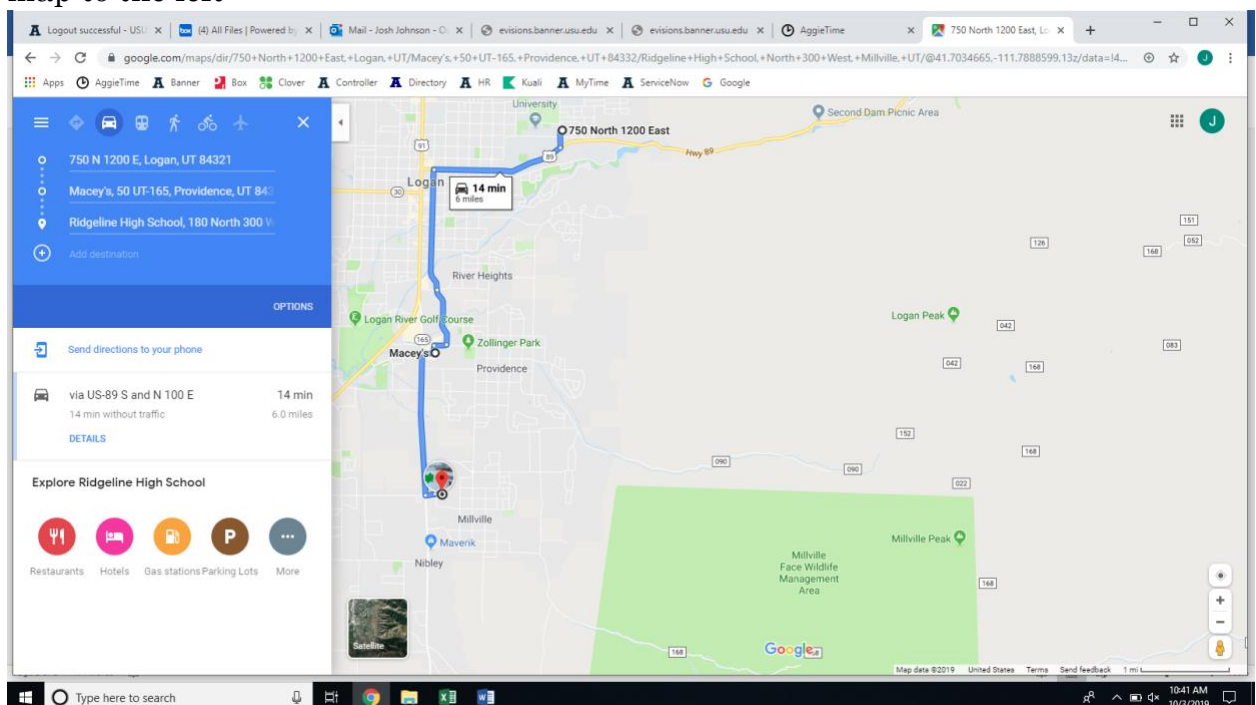
- 2) Type in the address of your first destination (or description...eg. "Salt Lake City Airport"), then click on "Directions" on the left



3) Add your Point of Origin and any other destinations



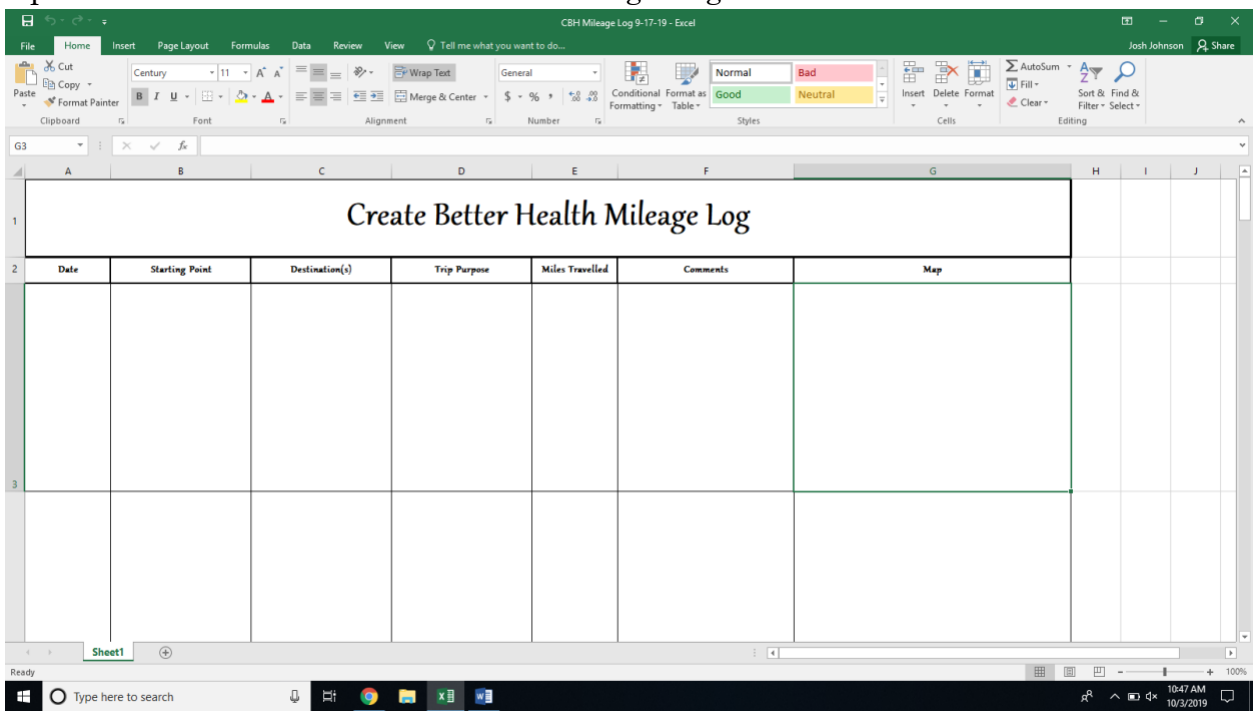
4) Manipulate the map to have the mapped route close to the information about the route on the left of the screen. Do this by clicking on, and dragging the map to the left



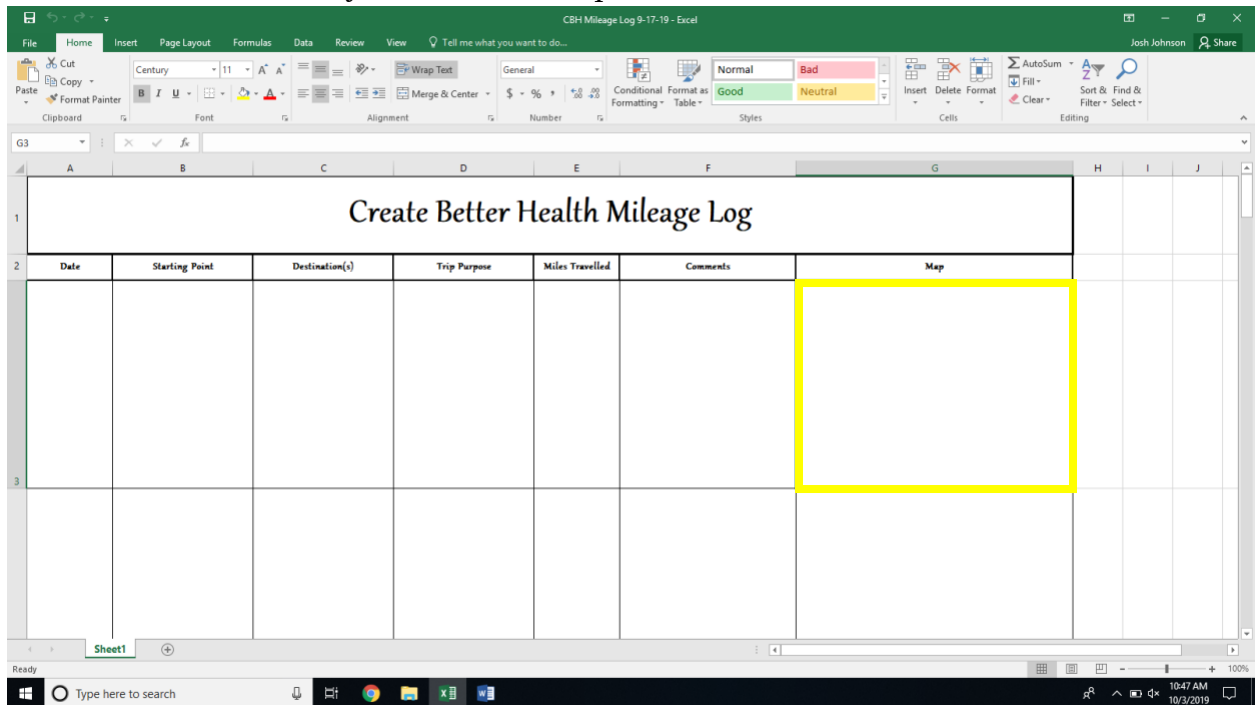
5) Use the PrntScrn key or function to take a snapshot of the screen



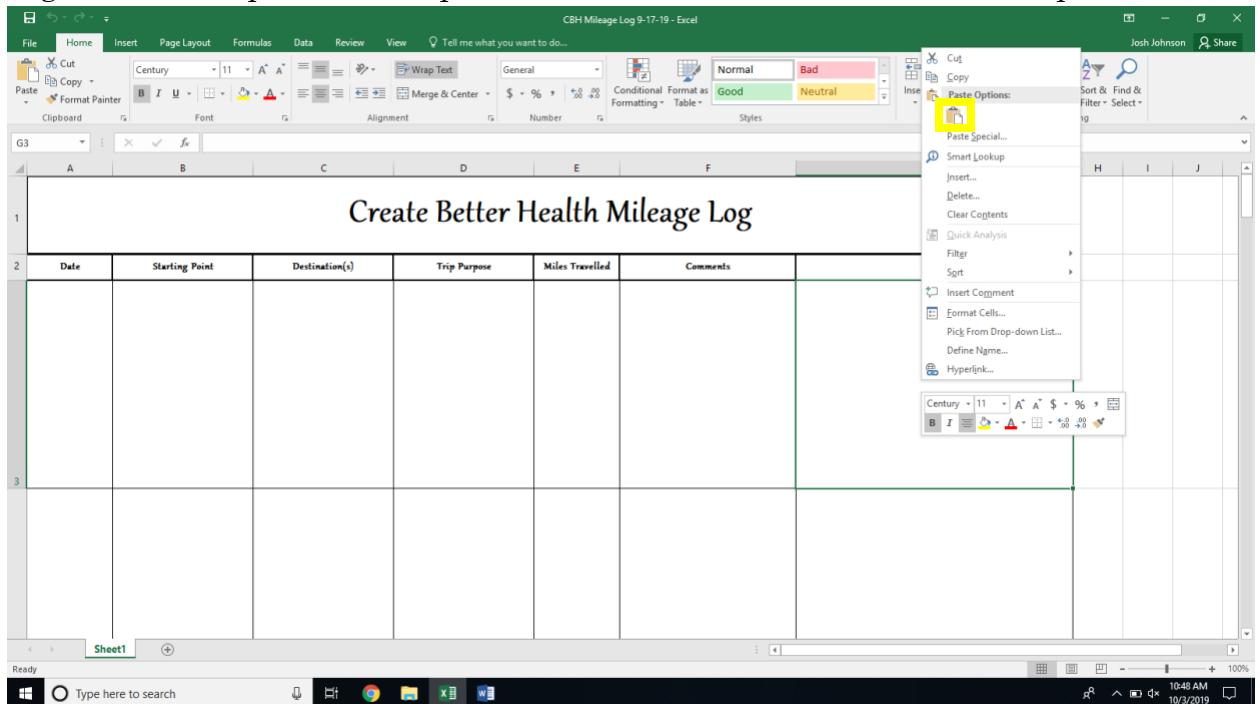
6) Open the new Create Better Health Mileage Log in Excel



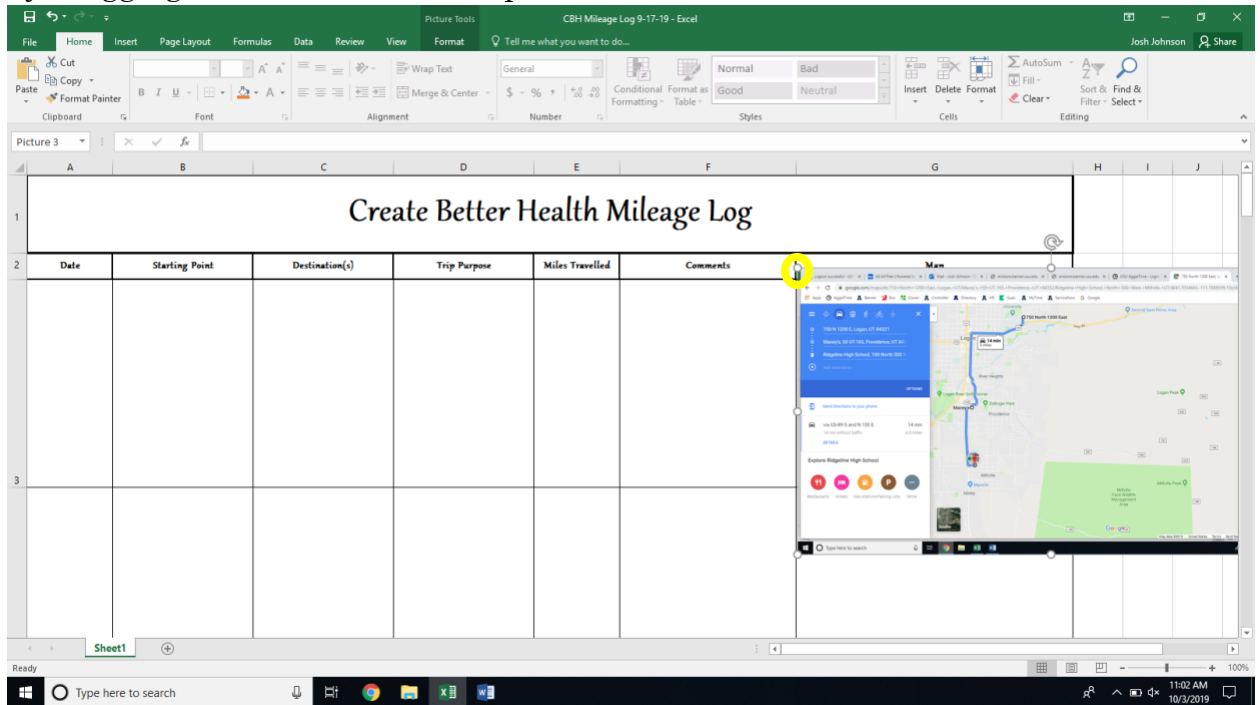
7) Click in the cell where you want the map



8) Right Click and paste the map in the cell (or use the Ctrl V shortcut to paste)



- 9) Make the map small enough to have the important information fit in the cell by dragging the corners of the map



- 10) If necessary use the "Crop" function in the "Picture Tools" to crop out information from the map that is unnecessary

