

Task 2 - Day 2 (Obligatory Task)

16th April 2021

Hello dear participant! Welcome to the second day of the study, today's task is to play two rounds of the Reaction Time Trainer game in the VR application and answer some quick questions afterward.

If you at any time have any questions, do not hesitate to contact me on my e-mail nikolaaa@stud.ntnu.no.

From the next page, you will see the description of today's task in as good detail as possible.

Best of luck!

Regards,
Nikolai Åkerholt, MSc Student, NTNU Gjøvik

Part 1: Play two rounds of the Reaction Time Trainer game

Step 1:

Boot up the “ExergameIsland.exe” VR application you installed previously.

Step 2:

Locate and enter the “Reaction Time Trainer” game

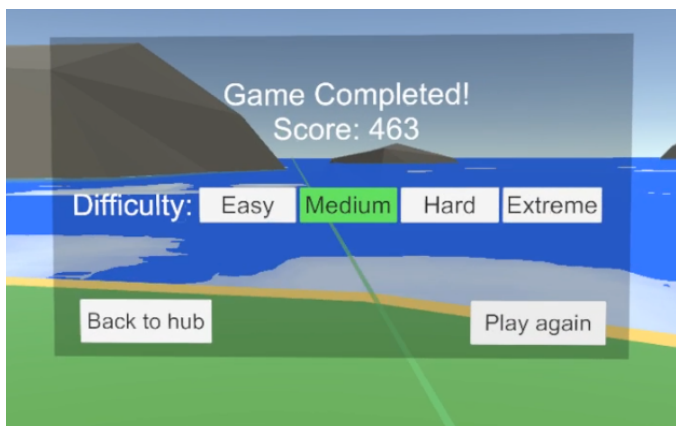


Game explanation:

- 8 orbs float in front of you, whenever one of these *enables*; they turn green and make a sound. The game lasts forever until you have no lives left.
- When activated, hit the orb with either of your **hands** before it deactivates.
- If you hit an inactive orb or an orb deactivates before you hit it, you lose 1 life.

Step 3:

Select difficulty and play at least two rounds of this minigame. (Feel free to play more if you want to)



Part 2: Fill out a small survey about today's task and game

Step 1:

Go to this link and fill out the survey questions:

<https://nettskjema.no/a/task2-exerisland-rtt>

That is all for today!

You will receive the next task on Monday 19th April, this will be an *optional* task, so you can decide if you want to do it or not.

Although there are some days without tasks to do, you are free to roam around in the VR app or play any of the games whenever you want to.