Task 5 - Day 9 (**Optiona**l Task)   23rd April 2021

Hello there, and welcome to day 9 of the study!

In today's task, you will be asked to play at least two rounds of the Platform Minigame.

Afterward, you will be asked to check your personal dashboard to see your performances from today's activity. Lastly, there is a short questionnaire for you to answer.

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

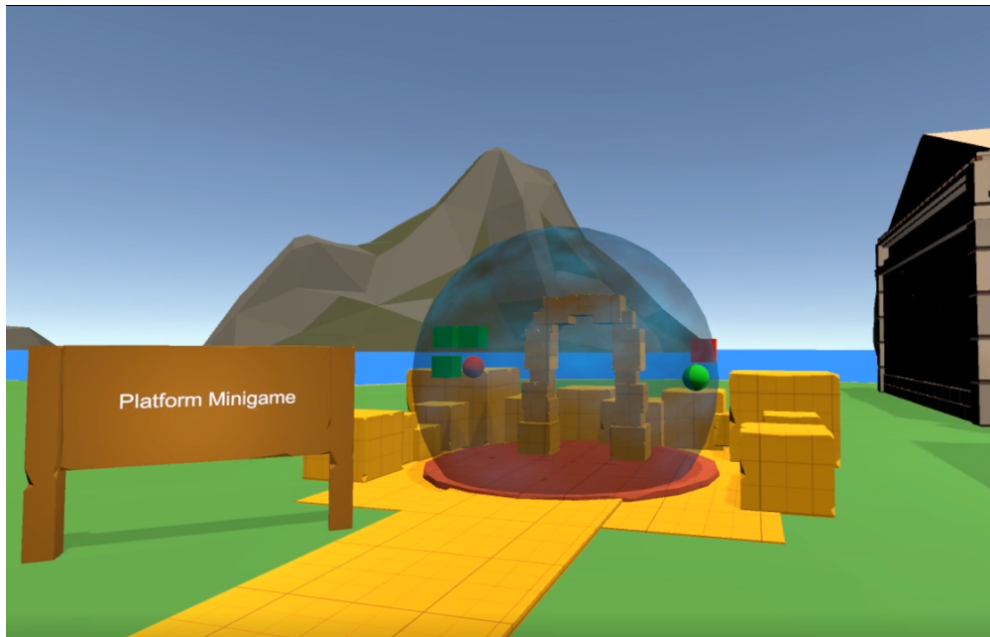## Part 1: Play two rounds of the Platform Minigame

Note: If you have already played a lot of *Platform minigame* and would prefer to play some rounds of something else, feel free to do so.
Step 1:
Boot up the "ExergameIsland.exe" VR application.

Step 2:
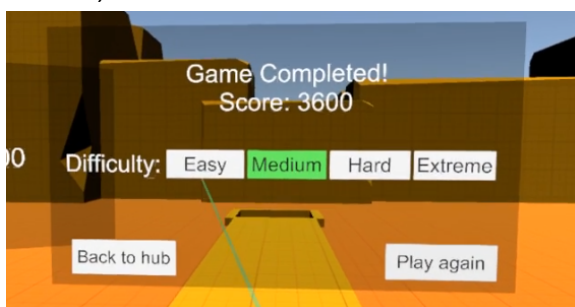Locate and enter the "Platform Minigame" game

Game explanation:

- Green and red objects will spawn and move towards you.

- Dodge red objects to not lose points.

- Hit green objects to score points.

- Objects can be hit with your hands and head.

Step 3:
Select difficulty and play at least two rounds of this minigame. (Feel free to play more if you want to)
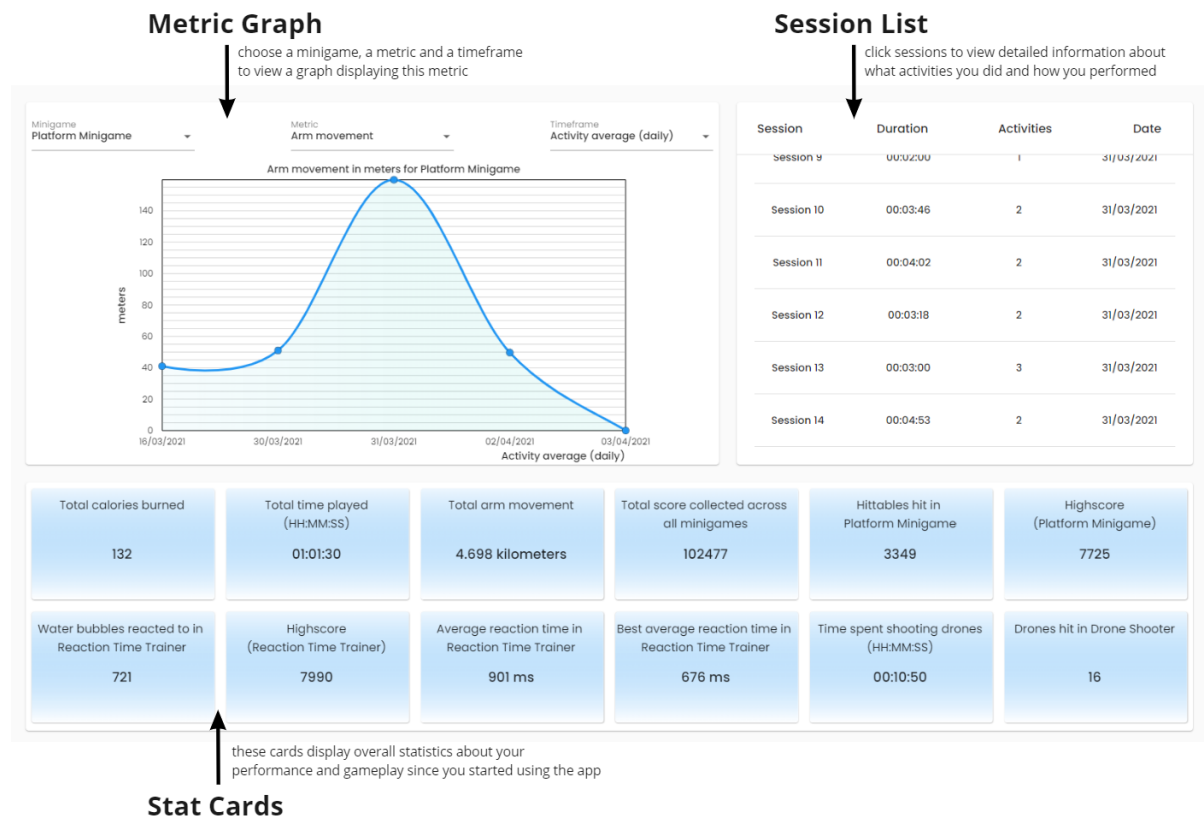
Part 2: Check your performance in today's activities in the dashboard

Step 1:

Log in to your personal dashboard on https://exerisland.com/

Step 2:

See your statistics regarding the *Platform Minigame* in the application.

Tip: Choose 'Platform Minigame' in the Metric Graph, and choose a metric of your choice to see a timeline with the specific metric.

Part 3: Fill out survey about online dashboard
Step 1:
Go to this link and fill out the survey questions:
https://nettskjema.no/a/task5-exerisland-db

That is all for today, you will receive the next and final task on Monday 26th April, this will be an *obligatory* task.