

Task 4 - Day 8 (**Obligatory** Task)

22nd April 2021

Hello there! Today is the start of the second week of the study.

In today's task, we will be taking a look at your personal online dashboard.

This dashboard is linked to your VR game application, in which you can see personal statistics and metrics from game sessions.

Afterward, there will be a short questionnaire for you to fill out.

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

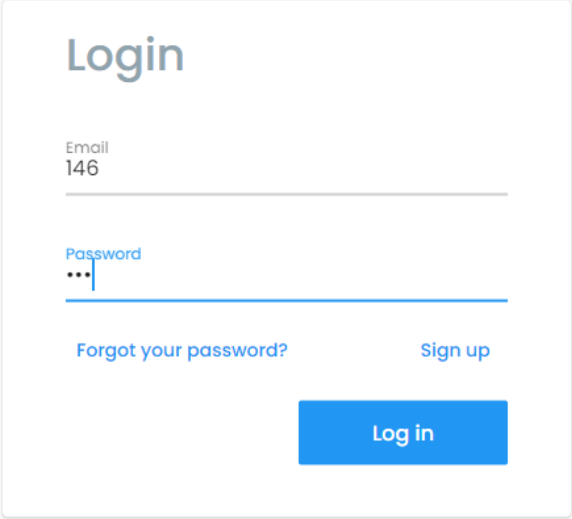
Part 1: Login and view personal online dashboard

Step 1:

Go to this link: <https://exerisland.com/>

Step 2:

Log in by entering your personal 3-digit ID. This ID will work as both your username/email and is also your password.

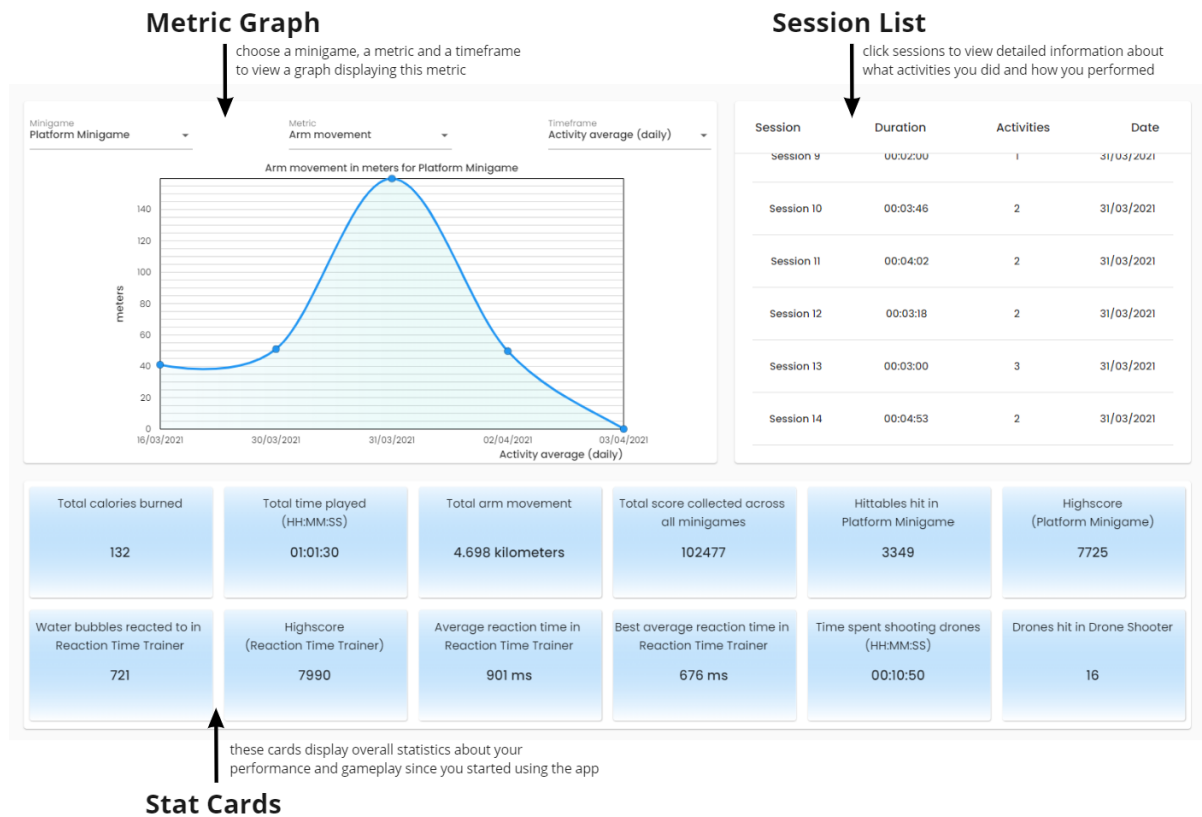


The image shows a login form titled "Login" in a light blue font. Below the title, there are two input fields. The first field is labeled "Email" in a small grey font, with the text "146" entered. The second field is labeled "Password" in a small blue font, with three dots "..." entered. Below the password field, there are two links: "Forgot your password?" and "Sign up", both in blue text. At the bottom right of the form is a blue button with the text "Log in" in white.

Note: The dashboard application works best with 1920x1080 resolution or higher. Smaller screens or a smaller dashboard window may cause a worse experience using the web app.

Step 3:

Welcome to your dashboard, it should look somewhat like this:



Step 4:

Get yourself familiar with the online dashboard by exploring the different features as seen in the picture above. When you feel you are done exploring your statistics and options, proceed to answer the survey in the next part.

Part 2: Fill out mid-study evaluation survey

Step 1:

Go to this link and fill out the survey questions:

<https://nettskjema.no/a/task4-exerisland-midstudy>

There is no VR game task for today, although as always, you are free to play some games in the app if you want to.

That is all for today, you will receive the next task tomorrow, Thursday 23rd April, this will be an *optional* task.