



# FITNESS CHALLENGE

PARTICIPANT INFORMATION

**PROMOTE WELLBEING**

Virtually anywhere.



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# You're on a mission!

My Virtual Mission virtual fitness challenge platform information for participants

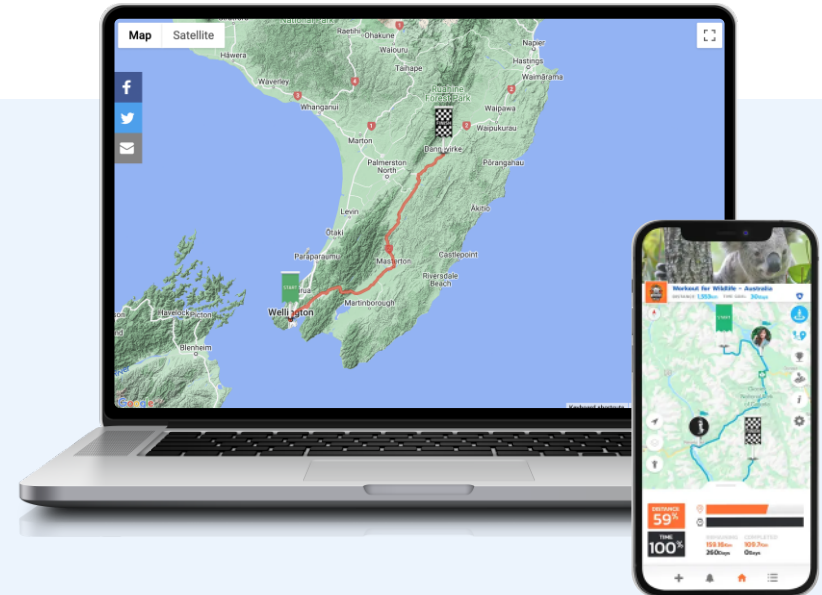
My Virtual Mission is a virtual fitness challenge platform that will get you moving more and striving to work towards a S.M.A.R.T fitness goal.

Your mission administrator has created a “mission” for your organization, which is a long distance pathway between a start and finish point on a map.

Each time you exercise, you or your team will advance along the pathway from the start towards the finish line.

Distances can be posted to the mission via other fitness apps and trackers or they can be manually entered via our web and mobile apps.

Your group mission admin person will let you know what types of exercise can count towards the mission. For example, they may only allow walking distance or they may allow all types of distances.



# Mission Information

Link to Mission page:

Mission Code:

Mission type:

Start date:

Completion date:

Types of exercise allowed:

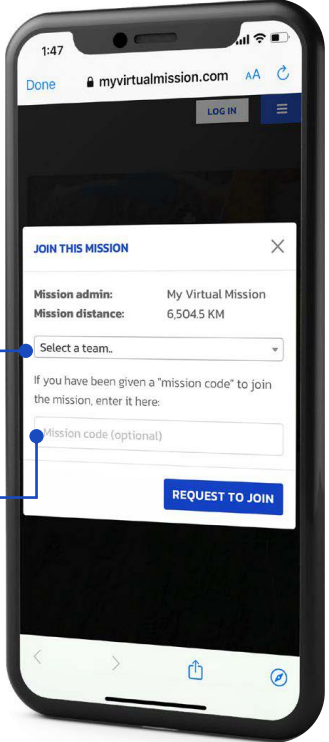
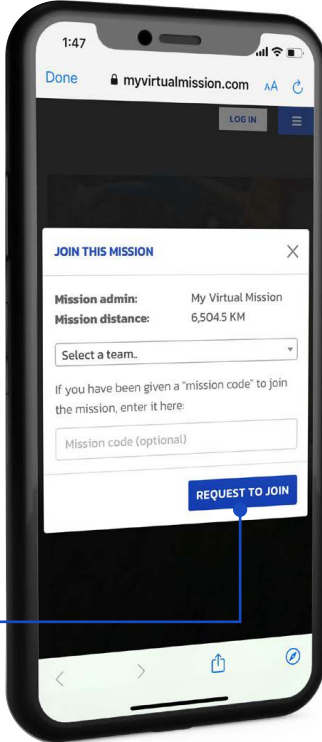
Mission administrator:

Other notes:

# How to join the mission

It's easy to join your mission, and we're here to help if you need it

- 1** Visit the My Virtual Mission website and create an account, or log in with your existing credentials  
 This step is important as you won't be able to join if you are not logged into an account
- 2** Open the mission link on your mobile phone or desktop and then click the 'join' button  
 Find your mission link on page 2
- 3** Select your relevant team if required
- 4** Enter the '*mission code*' if your mission admin has provided one
- 5** Download the '*My Virtual Mission*' app for Apple or Android

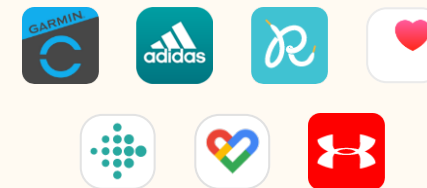
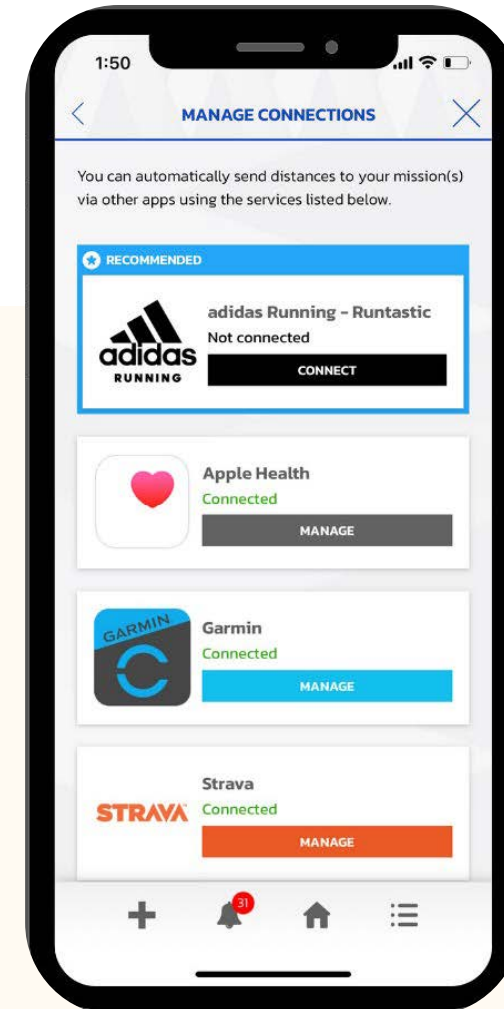




# How to participate

## How to set up up a mission and get going.

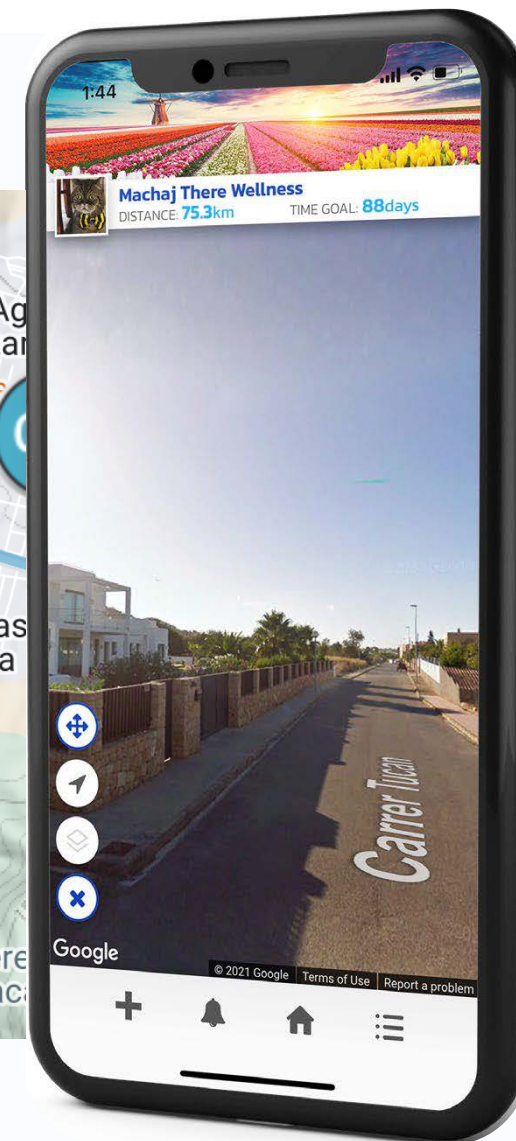
- The mission will usually be in an un-launched state when you join, meaning you can't yet post distances to it.
- At this point you may wish to install the My Virtual Mission app onto your mobile device. You can search for the My Virtual Mission app in the App Store and Play Store and log in with your email and password.
- Before the mission is launched you can connect a fitness app or device via **'My Connections'** on the My Virtual Mission app. These third party services will automatically post distances towards your mission, either after your workout, or at various times throughout the day.
- Your mission admin will let you know what types of activities can be added to your mission, or if there are any connections that won't be available for your mission.
- Distances can be manually posted to the mission via the 'progress' section on the app, or just beneath the map on desktop/mobile web view.  
**Note:** Mission admins have the option to disable manual entry for their mission, and participants will be informed if manual entry is not accepted.
- If required, distances can be deleted by clicking the small 'x' next to the distance on the mission newsfeed.



Sync with your favourite fitness tracker

# Map and Streetview

The map shows your (or your teams) progress along the mission path.  
Explore Streetview along the journey.



## Ongoing support

Contact us for support and technical queries.

We have a comprehensive knowledge base which should be your first port of call if you require support. We also have a support team who are available to assist with any technical queries.

If you need support during your mission, you can contact [mvmsupport@myvirtualmission.com](mailto:mvmsupport@myvirtualmission.com)

You can also access it via the MVM App via the Main Menu, then “Support”.

