

Mind Over Miles Challenge 2022

Group step challenge

User guide for participants



mci
group



Dates

From **Monday 2** to
Tuesday 31 May
2022



Objective #1

Promote physical
activity, team spirit
and **well-being** in
general.



Objective #2

Connect with
colleagues through a
fun and inspiring
experience.



Objective #3 NEW THIS YEAR

Do something good
for your body and
mind **AND** for a
good cause.

How does it work? – The challenge at a glance



We are using Pacer, a step tracking app.

It works on both iOS & Android

No wristband or hardware is required but Pacer can be paired with most popular wearables.



Once you sign up and during the challenge period, the Pacer app will automatically track steps taken every day.

To be more inclusive we will accept manual entries for activities that can't be tracked (swimming, biking, etc.)



Every country has its own team.

If your office is not taking part, you can join the "Rest of the world" team.

Even though we will focus on country results, you can also view your progress as individual.



Share fun moments and pictures on Pacer app.

Use our dedicated Teams channel to ask questions and get challenge updates, wellness tips.

How to sign up

Join the challenge
via [this link](#) or scan
the QR code:



mci group invited you to join the Team!

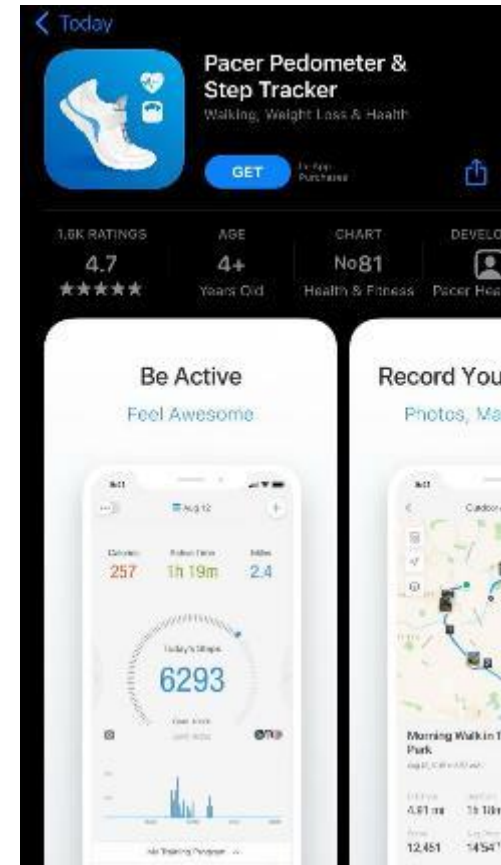
mci group is joining Pacer for Teams, a mobile fitness challenge platform. Follow the link to join in and start moving!

Accept and Join

[I already have Pacer](#)



Click "Accept and Join"



If you don't have the Pacer app already installed, it will prompt you to download it



Click "Start tracking"

How to sign up

The app gives you the possibility to personalise your profile. You can always skip these steps.

Personalize your Pacer

Tell us a little more about yourself so that we can more accurately calculate your exercise data and provide better recommendations.

Let's start with your gender:

Female

Male

What year were you born?

Year of Birth

1977

1978

1979

1980

1981

1982

Next >

How tall are you?

cm

feet & inches

cm

1	2 ABC	3 DEF
4 GHI	5 JKL	6 MNO
7 PQRS	8 TUV	9 WXYZ
	0	< X

Next >

How much do you weigh?

kg

lbs

kg

1	2 ABC	3 DEF
4 GHI	5 JKL	6 MNO
7 PQRS	8 TUV	9 WXYZ
,	0	< X

Next >

How to sign up

You're all set!

Let's create
your account

Sign up with Email

Create your account with
your company email

Avatar



Display Name

Dejanara Els

Continue

q w e r t y u i o p

Enter your full name (no
nickname) and pick an
Avatar

Enable "Motion & Fitness"
& Notifications

"Pacer" Would Like to Access Your
"Motion & Fitness" & Notifications

Let us track your activity and notify you
when you reach your goals

Don't Allow

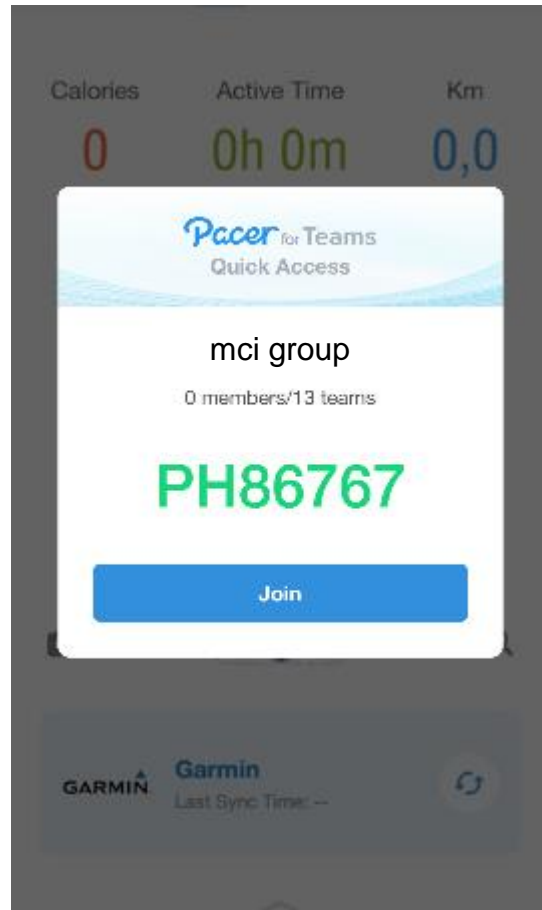
OK



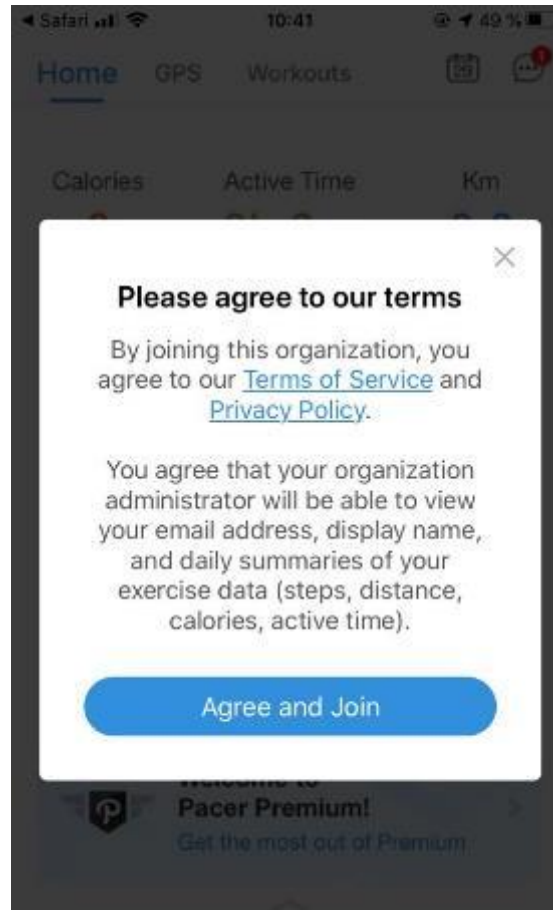
Continue

Choose OK for the app
to track your steps

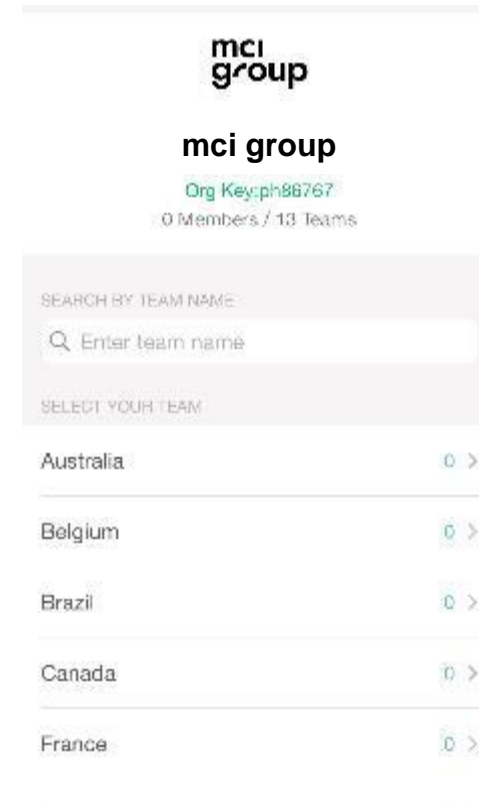
How to sign up



Click "Join" to join mci group Organization



Click "Agree and Join"



Select your country to join the relevant Team. If your office is not taking part, you can join the "Rest of the world" team.

And you're all set!

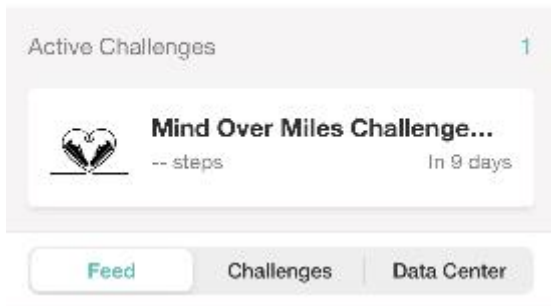
How to sign up

By joining mci group organisation, you are automatically added to our Mind Over Miles challenge.










mci group

1 Members, 13 Teams



This challenge is visible directly in the app home screen and in the mci group page.

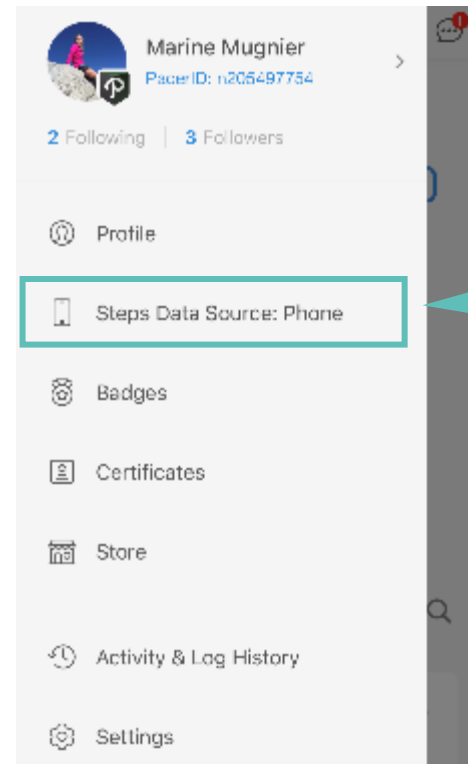
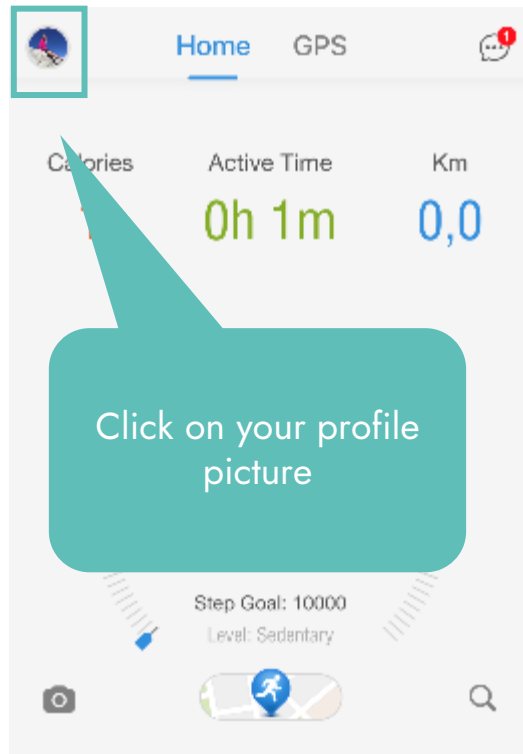
27 Days Left		15 Participants	
Individual		Team	
Ranking		Steps	Likes
1	 Eric Sales	57,841	0
2	 ns Engineering	38,423	0
3	 Mikey Human Resources	35,481	1
4	 Pacer Paul Sales	26,946	0
5	 李宇晗CosmosLee Human Resources	24,493	1
6	 国庆 Human Resources	23,215	0
7	 Sea monster	21,305	1

From Monday 2 May, the Individual steps leaderboard and Team average steps leaderboard will be live and automatically updated.

Track your activity automatically

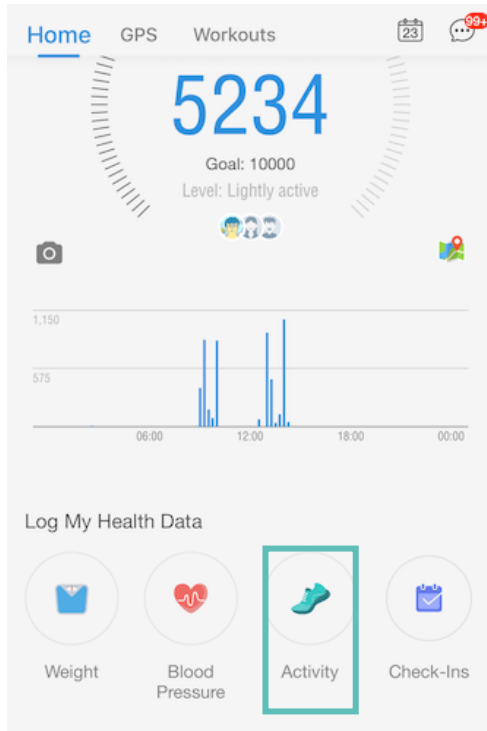
Once you sign up and during the challenge period, the Pacer app will automatically track steps taken every day.

It works with your phone's hardware to track steps and distance. You can also sync data directly with Apple Health, Google Fit, Fitbit, Garmin and other third-party apps if you prefer:

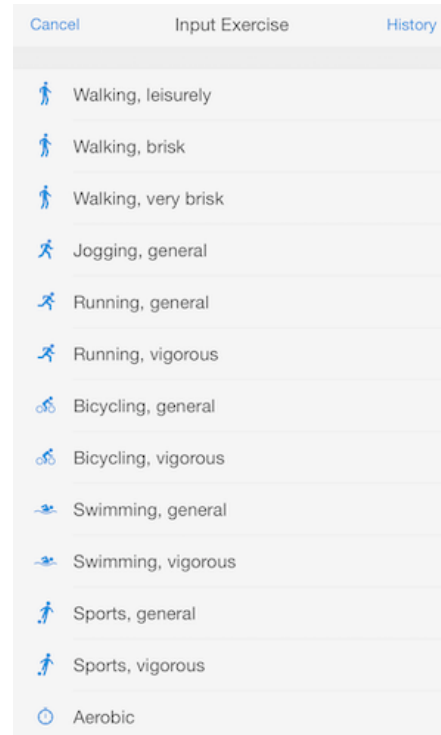


Manually add steps / activities

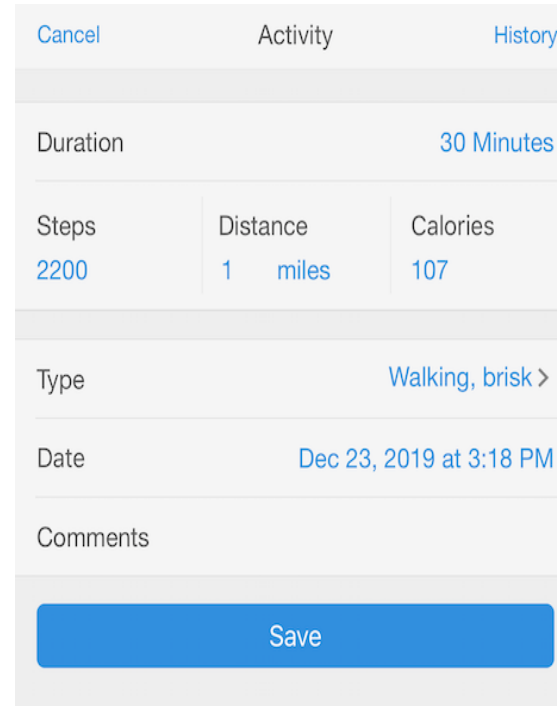
To be more inclusive, we also accept **manual entries** for activities that can't be tracked (swimming, biking, etc.) or for when you are not able to bring your device with you. To add steps manually:



From home screen, scroll down and tap "Activity"



Choose your activity type

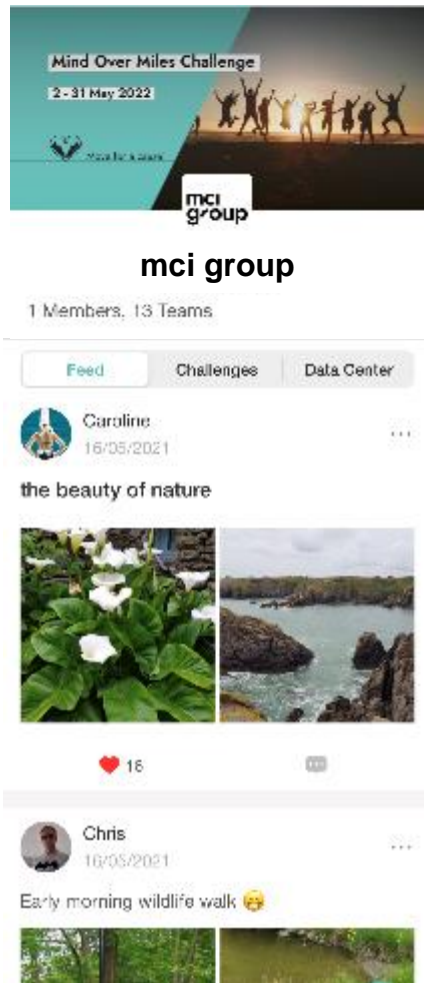


Add information and save.

For activities such as biking, swimming or yoga, you can **convert your exercise into steps** using [this table](#).

Join the fun and share

In the Pacer app:



Share your pictures and fun moments with all the participants in the "Feed" tab.

In MS Teams:



[Click here to join the Teams](#)

Ask your questions, stay updated about the weekly challenge stats or get wellness tips.

Move for a cause!

The top 3 countries with the best team average steps will get a chance to support a local charity programme of their choice.

HQ will make the following donations to the chosen charity programmes:

#1 > € 1,500

#2 > € 1,000

#3 > € 500



FAQ

- Which activities count for the challenge?

All types of activities are allowed. Pedometer and GPS tracked walks, runs and hikes, treadmill sessions and guided workout sessions will **automatically** be added to the challenge step count. For other activities (cycling, swimming, yoga, etc.), you can **manually** add these activities (on the home screen, scroll down to “Activity”) and enter the equivalent number of steps. You can convert your exercise into steps using [this table](#).

- I went for a walk but did not have my phone with me. Can I still add my steps to the total challenge count?

Yes, you can follow the same process as mentioned in the first question. The steps you enter will be added to the challenge total. Please note that Admins cannot add steps on behalf of participants so you will need to do it yourself.

- Until when can I join the challenge?

You can join the challenge at any time, even after the start date.

- How does the Pacer app collect my data?

There are a few possible data source options. The Pacer app works with your smartphone’s built-in hardware to detect movement, such as steps and distance. It can also sync data from Apple Health/Watch and Google Fit, Fitbit and Garmin devices.

- Does the app instantly sync data from my phone or wearable to the app?

Pacer app automatically tracks user data, but the app must be open occasionally to sync the data. Make sure to launch the app once every 1-2 days to ensure challenge activity data is up to date. The transfer should be very quick, but there could be a delay of a few hours. This is normal.

- How does the system rank the Team leaderboard?

The country / team leaderboard will display the average of each team member’s total steps. This is a fairer way to score as teams have different numbers of participants.

Let's move together!

**mci
group**

Shape the future. Share the future.



**black
flower
agency**



Ovation
Global DMC