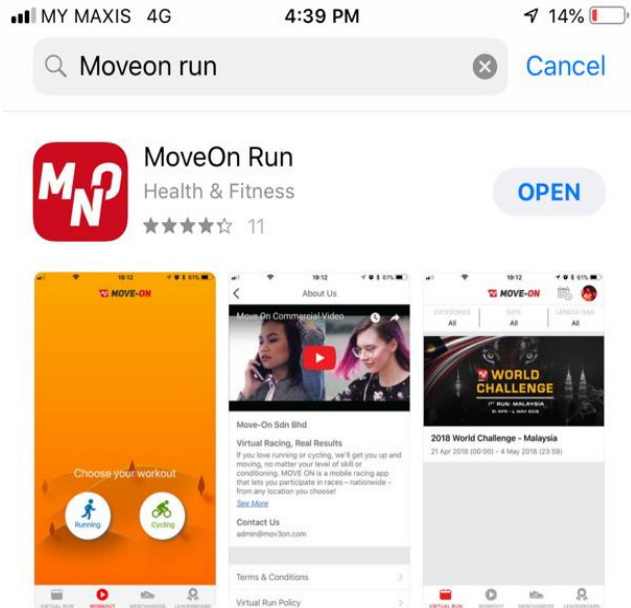
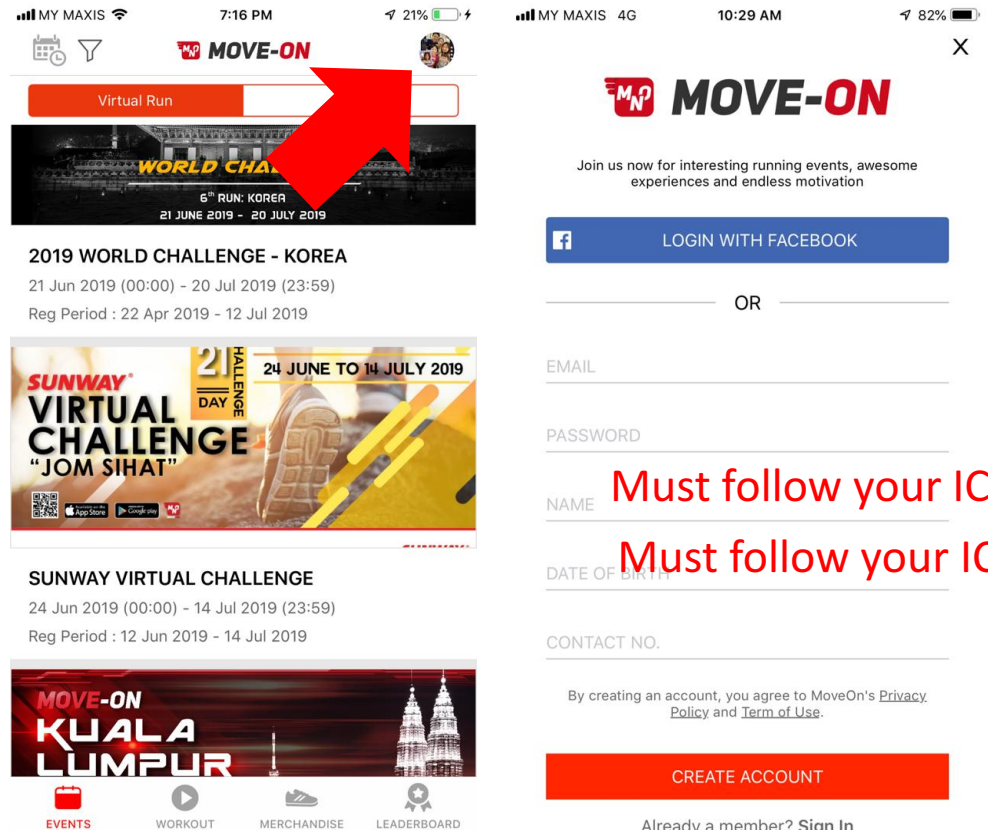


1. Download and register

Step 1 : Download MoveOn Run app from Google Play Store or Apple App Store



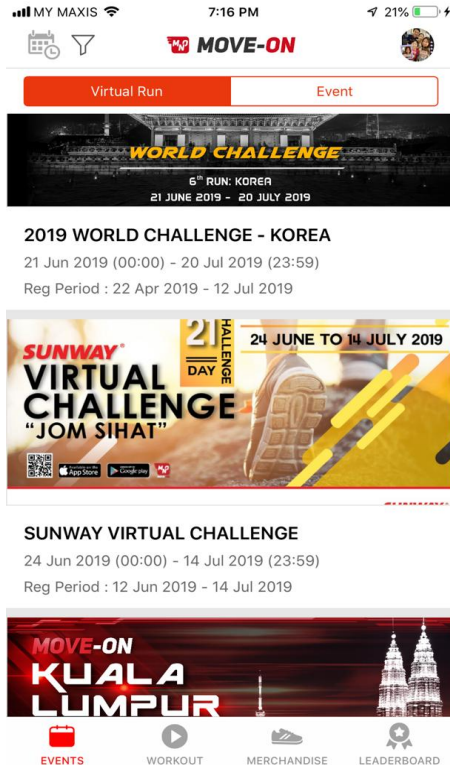
Step 2 : Sign up as a MoveOn member via Facebook or email



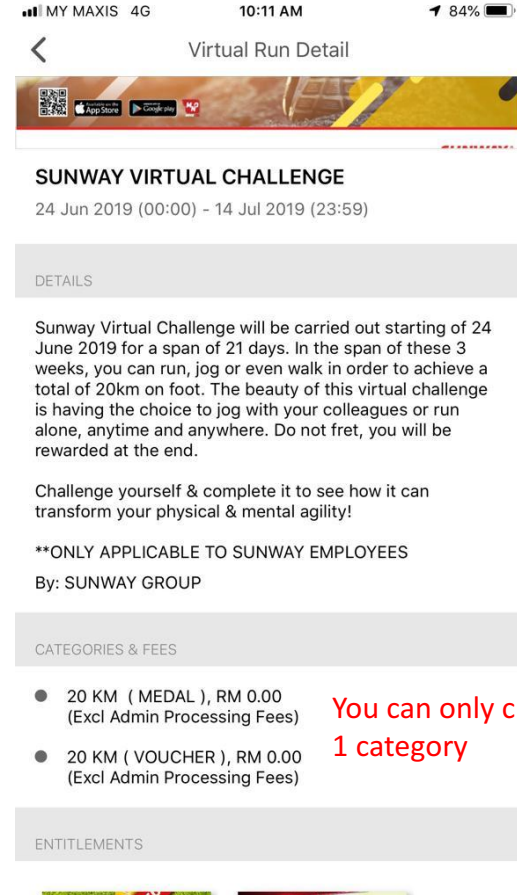
2. Participating in the event

Step 1 : Click on (event you wish to join)

Example : Sunway Virtual Challenge event



Step 2 : Choose the category to register



Step 3 : Your name and date of birth must follow your IC details

MY MAXIS 10:23 PM 37%

REGISTRATION

Full Name _____

Gender Male

NRIC/Passport _____

Birthday 10/09/1983

Email englin22@yahoo.com

Contact +60122969969

Address 96,jln tepi sungai, ks/03, teluk...

Postcode 41100

City klang

State selangor

Country [!] Malaysia (+MYR 0.00)

SELECT CATEGORY

20 KM (MEDAL) ,
MYR 0.00

You can only choose
1 category

20 KM (VOUCHER) ,
MYR 0.00

Step 4 : Registration successful and ready to go

MY MAXIS 7:21 PM 24%

REGISTRATION

State selangor

Country [!] Malaysia (+RM 0.00)

SELECT CATEGORY

20 KM (MEDAL) ,
RM 0.00 ✓

20 KM (VOUCHER) ,
RM 0.00

EVENT REGISTERED

Apparel Size M >

PAYMENT SUMMARY

Subtotal: RM 0.00

Postage Fee - Malaysia: RM 0.00

Total: RM 0.00

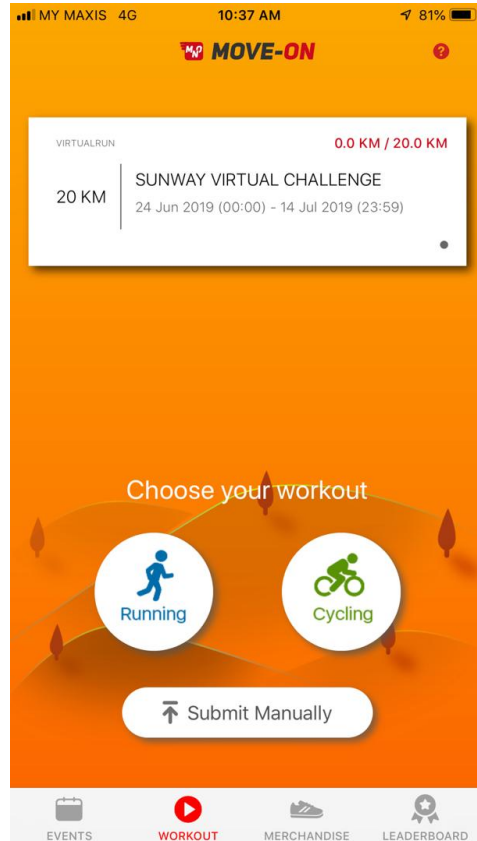
Registration Successful
Check your virtual run registration in Profile > History.

OK

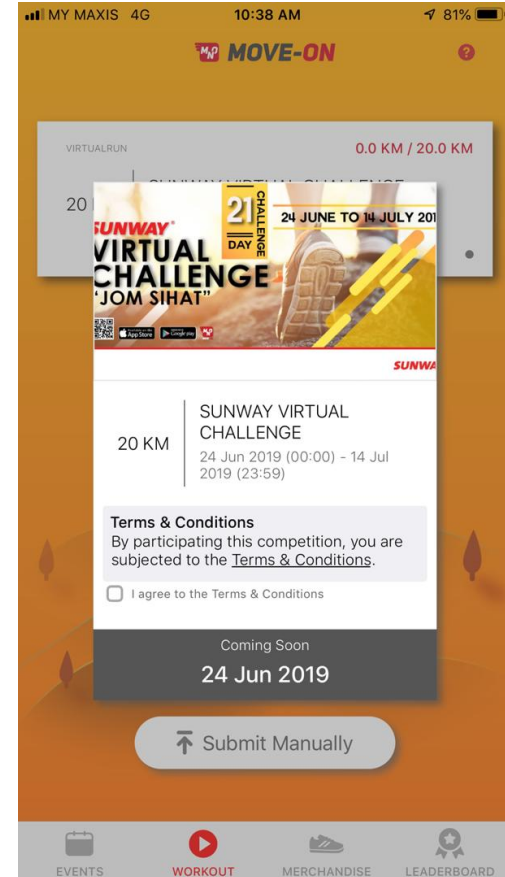
NEXT

3. Submitting your Workout data to MoveOn

Step 1 : Select WORKOUT ,SUNWAY VIRTUAL CHALLENGE will show on top after successful registration



Step 2: Agree to the Terms & Conditions and start your run



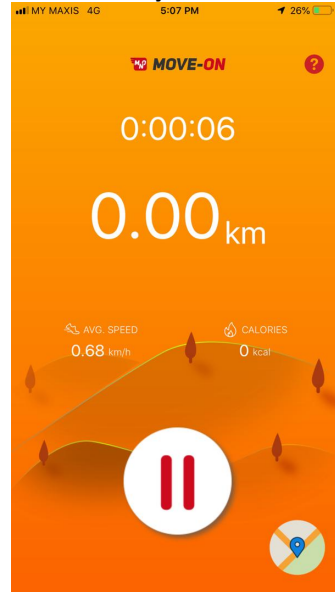
3a) Submit automatically by using the MoveOn app

1. Select Running

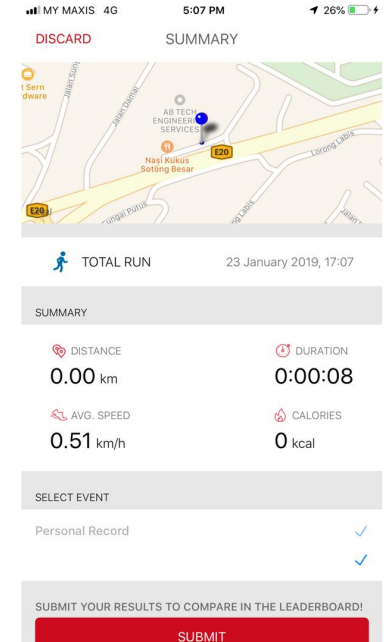


2. Countdown page will show 3...2..1... GO!!!

3. Hold the Pause button for 3 seconds either to PAUSE or FINISH your run

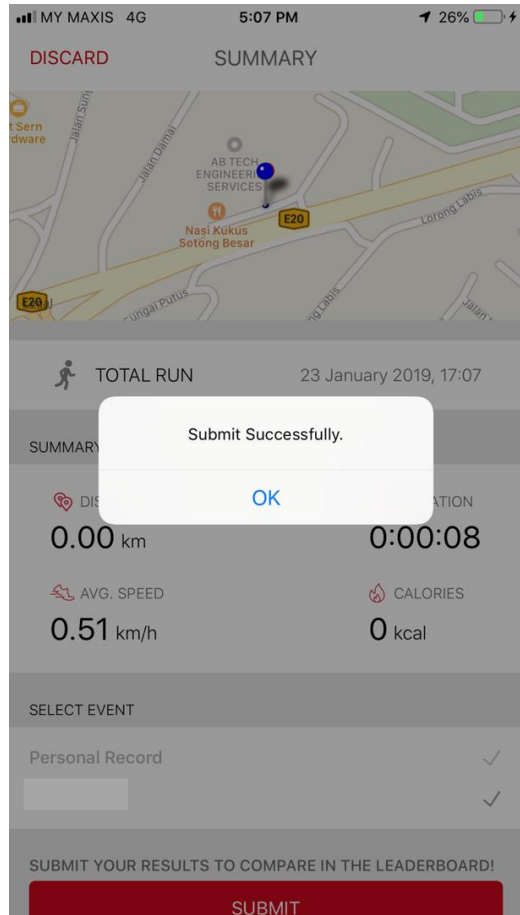


4. If you have finished your run / walk, then SUBMIT your Run data

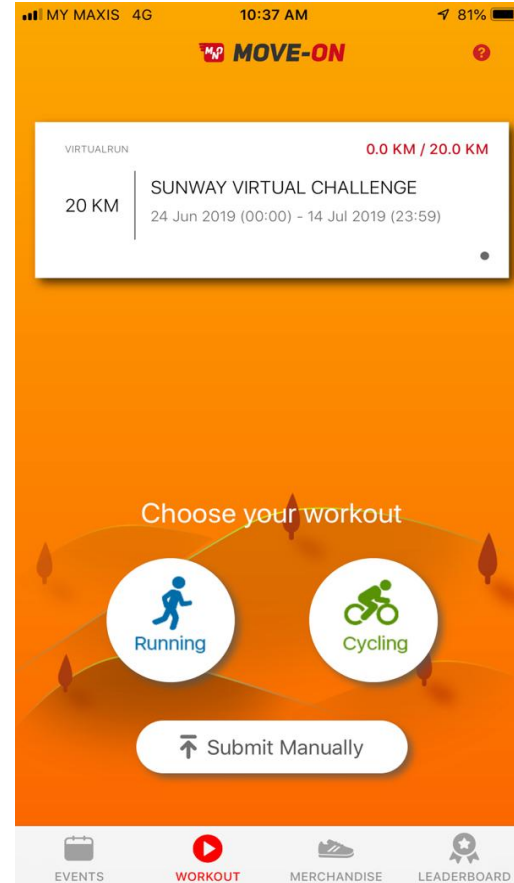


Warning : Select Discard will delete your run data / walk data

5. Successful submission



6. Run /walk and submit your data in single submission or multiple submissions as many times needed to complete your challenge within the assigned period



Warning :
Select
Discard will
delete your
run data /
walk data

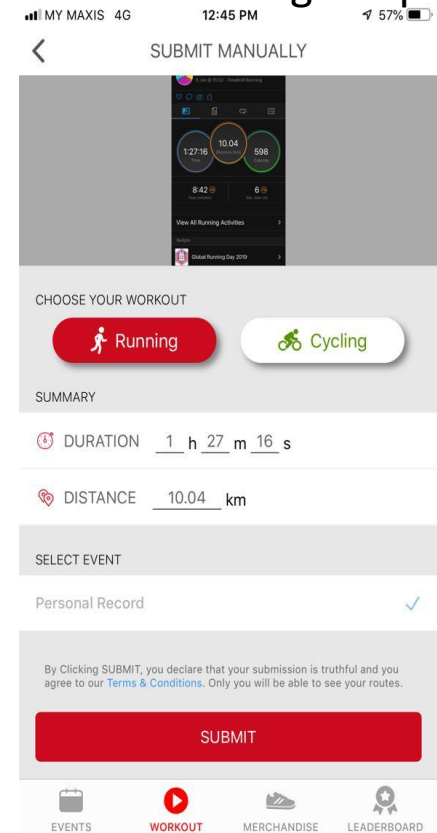
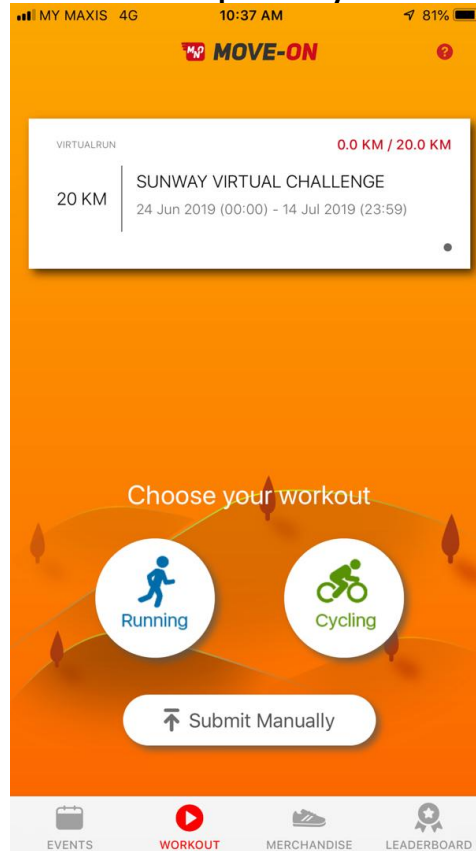
3b) Submit manually by using the MoveOn app

Step 1 : Submit manually for other tracking devices by Submit Manually at workout page.

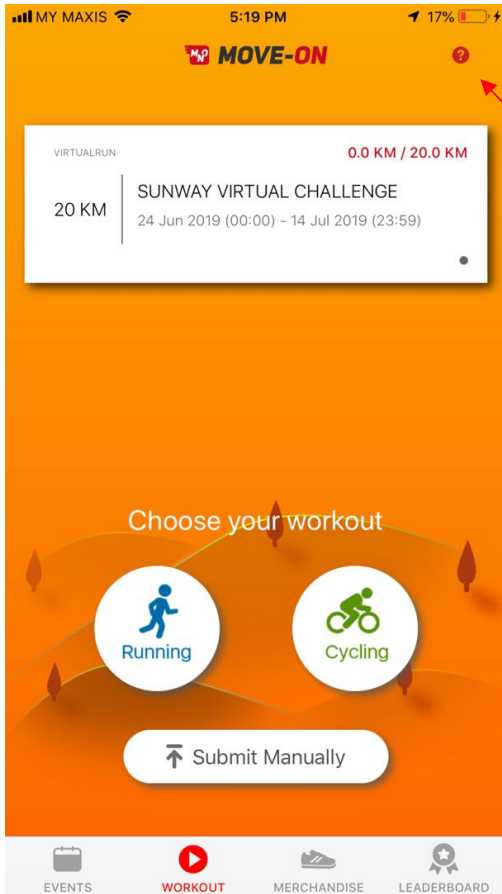
Step 2 : Screenshot or take photo of your exercise equipment (for example : treadmill), or your other exercise app (for example : Nike Run Club)

Step 3 : Upload the photo, select Running, key in the duration AND the distance at summary then submit.

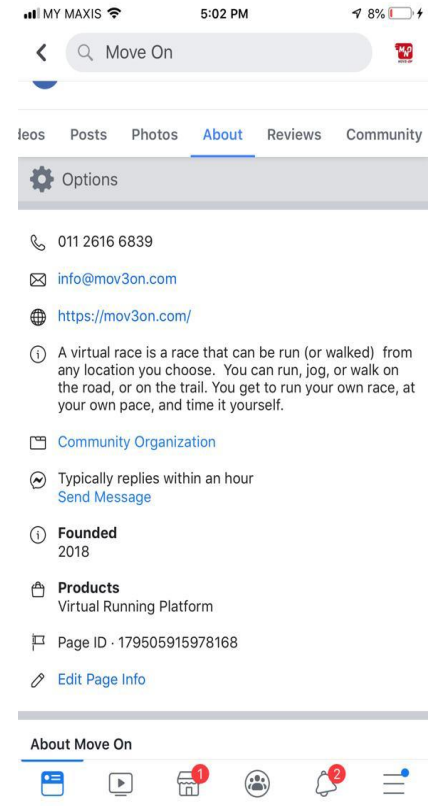
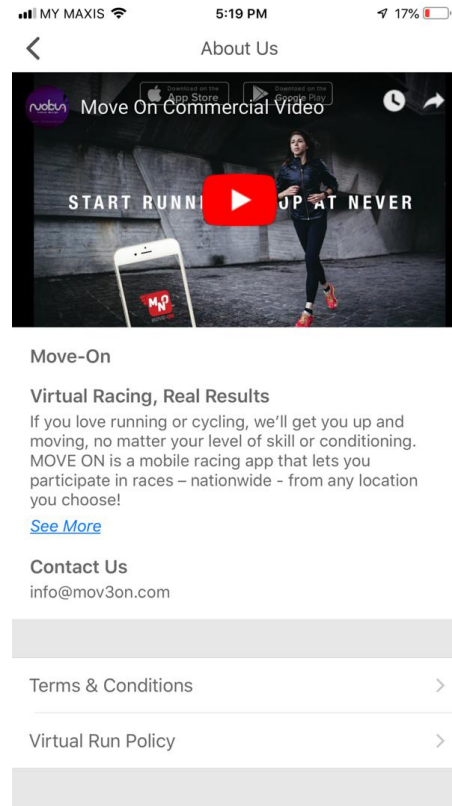
Step 4. Run /walk and submit your data in single submission or multiple submissions as many times needed to complete your challenge within the assigned period



4. MoveOn troubleshooting and support



Technical troubleshooting guide, click on ? at the top right corner of the Workout page



If you have any problems using MoveOn, please contact info@mov3on.com or WhatsApp to 011-2616 6839