



Frequently Asked Questions:

What is MYZONE?

The MYZONE heart rate monitor belt monitors heart rate to determine effort exerted during exercise. The technology guarantees accurate & personalized results to help you make the most of your workouts. MEPs help to standardize measurement and level the playing field amongst participants, no matter what their fitness level. [Learn more by visiting https://www.myzonemoves.com/.](https://www.myzonemoves.com/)

Do I need a MYZONE belt to participate in the challenge?

No. You choose to participate for weight loss or MEPs. However, if you choose to participate for MEPs, you will need a MYZONE belt.

What if I need help registering my device? Can I come into the club and have someone do it for me?

Yes! Club staff will be available to help you register your belt and get started in the challenge. Please contact your Fitness Director for support.

Do I have to be displayed on the leaderboard if I participate? Can't I just participate and log in to check my progress?

The top participants will be proudly displayed on our leaderboards throughout our clubs! Participants can remain anonymous by choosing a nickname and using generic icons instead of actual pictures.

Do I register under my home club or another club?

You can register under whichever club you would like, however, you cannot switch locations. You must choose the same club when you register on ffc.com/M2W and when you input your club's facility code. You can find this facility code at the club when you set up your belt. (The Facility code will also be included in the confirmation email for participants)

What if I frequently visit two different clubs? Can I split my MEPs?

Participants must choose one location to register their MYZONE belt with, but MEPS accumulated at any club or during any activity as long as you have your belt on will count!

How soon after I my goal of 5% weight loss or 2500 MEPs will I be able to receive my prizes? Prizes will be available once the challenge period ends on February 28th and all results are audited, no later than March 9th 2018.

Can I use the club anytime I want as a non-member?

Non-member participants will be able to use the FFC club location they registered at during the contest period from February 1 - February 28 2018.

Is the MYZONE belt waterproof? Can I swim with it on?

Yes! The device is water/sweat proof. However, the device has to stick to the body at all times so women can put it underneath their bathing suit. It probably will not work for men because the device will not keep constant contact while swimming.

What do the beeps mean?

The belt will beep one time when the belt is activated, and 3 times when there has been 15 seconds of inactivity. Note: Remember to be within 50 feet of a MYZONE receiver or your MYZONE App to successfully upload your workout.

How long will my MZ-3 battery last?

The battery will need to be recharged every 3-4 months based on usage by connecting the recharge dongle to a USB port or USB charger.

How does my workout data upload to my MYZONE account?

Your personal workout data is wirelessly updated to your MYZONE account using the MYZONE App. Simply live stream or upload a stored workout to the Effort Stream.

How do I know my data has been successfully uploaded?

If you are live streaming your session (i.e. working out with your mobile device nearby), your data is regularly updating to your account. If you work out without live streaming to the app, your belt will store the data until you open your Effort Stream while wearing your belt. You will see an updated date and time at the bottom of the Effort Stream page when you upload stored data. Keep in mind that your belt has 14 to 16 hours of stored data capacity.

Why do you only earn 4 MEPs in the Red Zone instead of 5?

MYZONE doesn't encourage overtraining, so exercising in the Red Zone will earn you 4 MEPs.

How would anyone know if someone is cheating?

Results will be verified and checked for accuracy. Any participant attempting to manipulate data will be disqualified.