Web App Badges

Fitness

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| Name | How to Unlock |
| Goal Weight | Achieve your goal weight |
| Session Streak | Log 5 sessions on 5 consecutive days |
| Becoming Fit | Log your first session |
| My workout routine | Log the same routine 20 times |
| Back in action | Log a session after missing at least one week of workouts |
| Dedication | Log at least 1 workout for 10 consecutive days |
| Results | Record weight loss for 5 days of workouts |
| Consistent | Workout the same amount of time each week |
| Changing this up | Log 10 different kinds of workouts |
| Longest Workout | Beat your longest run |
| 200 hours | Record 200 hours of workouts |
| 1000 hours | Record 1000 hours of workouts |

Nutrition

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| Name | How to Unlock |
| Maintain Diet | Stay under your max calorie intake for 14 days |
| Eat less | Record a drop in your calorie intake 5 times |
| Balance | Eat an assortment of foods |
| Less Fat | Take in less than 75g of fat a day |
| Good BMI | Have A BMI in the 18.5-24.9 range |
| Fruits and Veggies | Eat 5 or more servings of fruits and vegetables in a day |
| Varity | Eat a new kind of meal once a week for 10 weeks |
| Meatless | Eat a meal with no meat (At least 5 times) |
| The Daily Goal | Eat 2000 or less calories for a whole week |
| Eating healthy | Eat no processed foods for the whole day |
| Pyramid Master | Eat equal to the food pyramid for a whole week |
| Fishy | Eat three different types of fish. |