## **APPELFLAP: ACHIEVEMENTS**

| TITLE                        | DESCRIPTION   | POINTS | RUNNING (#km) | CYCLING (#km) | PUSH-UPS (#) | TIME-CONSTRAINT | FRIENDS | NOTE   | IMAGE       |
|------------------------------|---|--------|---------------|---------------|--------------|-----------------|---------|--|-------------|
| The Arnold<br>Schwarzenegger | Do 500 push-ups in 1 day  | 100    | 0             | 0             | 500          | 1d              | -       | min.   | push.png    |
| Fitness Newbie               | Do 20 push-ups in 1 day   | 5      | 0             | 0             | 20           | 1d              | -       | min.   | push.png    |
| Fitness Regular              | Do push-ups 3 days in a row   | 10     | 0             | 0             | >=3          | 3d              | -       | consecutive days   | push.png    |
| The Lance Armstrong          | Cycle 100 km in 1 day   | 100    | 0             | 100           | 0            | 1d              | -       | min.   | cycle.png   |
| The Usain Bolt               | Run 15 km in 1 hour   | 100    | 15            | 0             | 0            | 1h              | -       | min.   | run.png     |
| _azy Bum                     | Do nothing for 3 days   | 5      | 0             | 0             | 0            | 3d              | -       | max.   | lazy.png    |
| Hell's Angel                 | Cycle 10 km in 24 minutes (25 km/h)   | 25     | 0             | 10            | 0            | 24m             | -       | min.   | cycle.png   |
| Scrapper                     | Do 10 push-us, cycle 5 km and run 1 km in 1 day   | 10     | 1             | 5             | 10           | 1d              | -       | min.   | combi.png   |
| Fitanium Terror              | Cycle 100 km in total   | 25     | 0             | 100           | 0            | -               | -       | accumulative   | cycle.png   |
| humper                       | Do 100 push-ups in total  | 25     | 0             | 0             | 100          | -               | -       | accumulative   | push.png    |
| The Muscle Ache              | Run 10 km in a day after running 10 km the previous day   | 40     | 20            | 0             | 0            | 2d              | -       | consecutive days   | run.png     |
| he Forrest Gump              | Run 5 km 5 days in a row  | 50     | 25            | 0             | 0            | 5d              | -       | consecutive days   | run.png     |
| Gas Pump                     | Do 20 push-ups between 9am and 5pm in 1 day   | 10     | 0             | 0             | 20           | 9am-5pm 1d      | -       | min.   | push.png    |
| <i>M</i> athematician        | Cycle 3km, run 1 km and do 4 push-<br>ups, no more, no less, in 1 day                                 | 5      | 1             | 3             | 4            | 1d              | -       | exactly  | combi.png   |
| idewheels                    | Cycle 5 km in 1 day   | 5      | 0             | 5             | 0            | 1d              | -       | min.   | cycle.png   |
| Babysteps                    | Run 1 km in 1 day   | 5      | 1             | 0             | 0            | 1d              | -       | min.   | run.png     |
| No Handle Bars               | Cycle 50 km in total  | 15     | 0             | 15            | 0            | -               | -       | accumulative   | cycle.png   |
| Valking Dead                 | Run 50 km in total  | 40     | 50            | 0             | 0            | -               | -       | accumulative   | run.png     |
| Gone in 60 Seconds           | Run 300m in 60 seconds  | 50     | 0,3           | 0             | 0            | 1m              | -       | min.   | run.png     |
| Epic Marathon                | Run 42 km in 1 day  | 100    | 42            | 0             | 0            | 1d              | -       | min.   | run.png     |
| Couch Surfer                 | Do nothing for 1 day  | 1      | 0             | 0             | 0            | 1d              | -       | max.   | lazy.png    |
| he Athletic                  | Only run for 1 day, cycle the other, do push-ups another.   | 10     | >=1           | >=1           | >=1          | 3d              | -       | consecutive, max. 1 sport a day                              | combi.png   |
| Switcheroo                   | Run, cycle and do push-ups all in 1 day   | 10     | >=1           | >=1           | >=1          | 1d              | -       | min.   | combi.png   |
| The Jason Statham            | Crank it up. In one recording session, switch 3 times between running, cycling and push-ups.          | 25     | ?             | ?             | ?            | 1r              | -       | one recording, >=4 activities, not the same as previous      | combi.png   |
| light Owl                    | Record activity between 2am and 5am in 1 day  | 10     | ?             | ?             | ?            | 2am-5am 1d      | -       | min. 1 sport recorded  | time.png    |
| Early Bird                   | Do 20 push-ups between 6am and 8am in 1 day   | 10     | 0             | 0             | 20           | 6am-8am 1d      | -       | min.   | push.png    |
| he ED                        | Record activity at least 3 separate times in 1 day  | 10     | ?             | ?             | ?            | 1d              | -       | three recordings in<br>1 day, at least 3<br>sport recordings | time.png    |
| Socializer                   | Have at least 3 friends in your network   | 5      | 0             | 0             | 0            | -               | >=3     | min.   | friends.png |
| Queen Bee                    | Have at least 10 friends in your network  | 25     | 0             | 0             | 0            | -               | >=10    | min.   | friends.png |
| Pokémaster                   | Be the very best. Train yourself and have earned more points than 3 friends. Can be achieved anytime. | 50     | 0             | 0             | 0            | -               | >=3     | accumulative, one time = enough                              | friends.png |
|                              |   |        |               |               |              |                 |         |  |             |