

ACHIEVEMENTS

| TITLE | DESCRIPTION | POINTS | RUNNING (#km) | CYCLING (#km) | PUSH-UPS (#) | TIME-CONSTRAINT | FRIENDS | NOTE |
|---------------------------|---|--------|---------------|---------------|--------------|-----------------|---------|---|
| The Arnold Schwarzenegger | Do 500 push-ups in 1 day | 100 | 0 | 0 | 500 | 1d | - | min. |
| Fitness Newbie | Do 20 push-ups in 1 day | 5 | 0 | 0 | 20 | 1d | - | min. |
| Fitness Regular | Do push-ups 3 days in a row | 10 | 0 | 0 | >=3 | 3d | - | consecutive days |
| The Lance Armstrong | Cycle 100 km in 1 day | 100 | 0 | 100 | 0 | 1d | - | min. |
| The Usain Bolt | Run 25 km in 1 hour | 100 | 25 | 0 | 0 | 1h | - | min. |
| Lazy Bum | Do nothing for 3 days | 5 | 0 | 0 | 0 | 3d | - | max. |
| Hell's Angel | Cycle 10 km in 24 minutes (25 km/h) | 25 | 0 | 10 | 0 | 24m | - | min. |
| Scrapper | Do 10 push-us, cycle 5 km and run 1 km in 1 day | 10 | 1 | 5 | 10 | 1d | - | min. |
| Titanium Terror | Cycle 100 km in total | 25 | 0 | 100 | 0 | - | - | accumulative |
| Thumper | Do 100 push-ups in total | 25 | 0 | 0 | 100 | - | - | accumulative |
| The Muscle Ache | Run 10 km in a day after running 10 km the previous day | 40 | 20 | 0 | 0 | 2d | - | consecutive days |
| The Forrest Gump | Run 5 km 5 days in a row | 50 | 25 | 0 | 0 | 5d | - | consecutive days |
| Gas Pump | Do 20 push-ups between 9am and 5pm in 1 day | 10 | 0 | 0 | 20 | 9am-5pm 1d | - | min. |
| Mathematician | Cycle 3km, run 1 km and do 4 push-ups, no more, no less, in 1 day | 5 | 1 | 3 | 4 | 1d | - | exactly |
| Sidewheels | Cycle 5 km in 1 day | 5 | 0 | 5 | 0 | 1d | - | min. |
| Babysteps | Run 1 km in 1 day | 5 | 1 | 0 | 0 | 1d | - | min. |
| No Handle Bars | Cycle 50 km in total | 15 | 0 | 15 | 0 | - | - | accumulative |
| Walking Dead | Run 50 km in total | 40 | 50 | 0 | 0 | - | - | accumulative |
| Gone in 60 Seconds | Run 300m in 60 seconds | 50 | 0,3 | 0 | 0 | 1m | - | min. |
| Epic Marathon | Run 42 km in 1 day | 100 | 42 | 0 | 0 | 1d | - | min. |
| Couch Surfer | Do nothing for 1 day | 1 | 0 | 0 | 0 | 1d | - | max. |
| The Athletic | Only run for 1 day, cycle the other, do push-ups another. | 10 | >=1 | >=1 | >=1 | 3d | - | consecutive, max. 1 sport a day |
| Switcheroo | Run, cycle and do push-ups all in 1 day | 10 | >=1 | >=1 | >=1 | 1d | - | min. |
| 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 |
| Night Owl | Record activity between 2am and 5am in 1 day | 10 | ? | ? | ? | 2am-5am 1d | - | min. 1 sport recorded |
| Early Bird | Do 20 push-ups between 6am and 8am in 1 day | 10 | 0 | 0 | 20 | 6am-8am 1d | - | min. |
| The ED | Record activity at least 3 separate times in 1 day | 10 | ? | ? | ? | 1d | - | three recordings in 1 day, at least 3 sport recordings |
| Socializer | Have at least 3 friends in your network | 5 | 0 | 0 | 0 | - | >=3 | min. |
| Queen Bee | Have at least 10 friends in your network | 25 | 0 | 0 | 0 | - | >=10 | min. |
| 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 |