



Scoring System - Kilter Rewards Cause Challenges

You will use the Kilter Rewards mobile application to track your fitness activity during the challenge. You will receive an invitation to join your team and download the mobile application before the challenge starts.

Scoring System

- Every day you complete one of the below activities, you will earn **100 points**.
- Your points will be contribute to your team's average score, which you can see real-time updates for on the leaderboard.
- Daily activities are limited to 1 activity or 100 points.

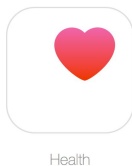
Daily Activity Thresholds

Completing one of the following activity thresholds will contribute your 100 points to your team's score.

- 30 total active minutes
- 2 miles total walking or running
- 5 miles total biking
- 10,000 steps
- 500 meter swim
- 30 minute gym workout

How Kilter Rewards Tracks Activity

- In the app, you may connect your account to one of the below fitness tracking apps **OR**
- Check into your gym or fitness studio via our map feature (must be at the gym to check in). Gym not on the map? Request via friends@kilterrewards.com or [submit your gym](#) right through the app!
- Questions/issues with syncing devices? Please see this [help document](#).



App Screenshots

