



Scoring System - Kilter Rewards Cause Challenges

You will use the Kilter Rewards mobile application to track your fitness activity during the challenge. To join a challenge, use the code you received via email or from your team captain.

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.

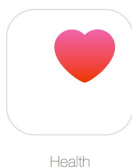
Daily Activity Thresholds

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

