

Category	Standard Title	Frequency		Value
		Times Earnable	Interval	
Activity	Take 1,000 steps in a day	1	Daily	10 Points
Activity	Take 2,000 steps in a day	1	Daily	20 Points
Activity	Take 3,000 steps in a day	1	Daily	30 Points
Activity	Take 4,000 steps in a day	1	Daily	40 Points
Activity	Take 5,000 steps in a day	1	Daily	50 Points
Activity	Take 6,000 steps in a day	1	Daily	60 Points
Activity	Take 7,000 steps in a day	1	Daily	70 Points
Activity	Take 8,000 steps in a day	1	Daily	80 Points
Activity	Take 9,000 steps in a day	1	Daily	90 Points
Activity	Take 10,000 steps in a day	1	Daily	100 Points
Activity	Take 11,000 steps in a day	1	Daily	110 Points
Activity	Take 12,000 steps in a day	1	Daily	120 Points
Activity	Take 13,000 steps in a day	1	Daily	130 Points
Activity	Take 14,000 steps in a day	1	Daily	140 Points
Activity	15 activity minutes tracked in a day	1	Daily	70 Points
Activity	30 activity minutes tracked in a day	1	Daily	100 Points
Activity	45 activity minutes tracked in a day	1	Daily	140 Points
Activity	Workout for 15 mins in a day	1	Daily	50 Points
Activity	Workout for 30 mins in a day	1	Daily	100 Points
Activity	Workout for 45 mins in a day	1	Daily	150 points
Activity	20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	1	Monthly	400 Points
Activity	20-Day Triple Tracker: 10,000 steps/30 active minutes/30 workout minutes	1	Monthly	500 Points
Activity	Connect first activity device	1	One Time	200 Points
Cards	Do your daily cards	2	Daily	20 Points per Card
Cards	Complete 10 daily cards in a month	1	Monthly	150 Points
Cards	Complete 20 daily cards in a month	1	Monthly	300 Points
Challenges	Join the Company Challenge	1	Monthly	100 Points
Challenges	Creating a personal challenge	1	Monthly	100 Points
Challenges	Join personal challenge	1	Monthly	100 Points

Challenges	Create a team in the company challenge and recruit enough players to fill it	1	Monthly	50 Points
Challenges	Post a chat comment at least once a week for all weeks of the challenge	1	Monthly	50 Points
Challenges	Reach final destination in the destination challenge	1	Monthly	100 Points
Challenges	Track at least once a week for all weeks of the challenge	1	Monthly	100 Points
Challenges	Unlock a destination in the destination challenge	1	Game	25 Points
Challenges	Win the promoted healthy habit challenge	1	Monthly	200 Points
Challenges	Add friend outside your company	1	One Time	100 Points
General	Invite a colleague to join	5	Annually	50 Points per Referral
General	Set Your Interests	1	Quarterly	100 Points
General	Complete Nicotine-Free Agreement	1	Program	100 Points
General	Set a Wellbeing Goal	1	Annually	200 Points
General	Complete your Checklist	1	One Time	500 Points
Journeys	Complete a Journey step	1	Daily	20 Points
Journeys	Complete a Journey	3	Quarterly	500 Points
My Care Checklist	Complete 1 preventive care activity	1	Annually	100 Points
My Care Checklist	Complete 2 preventive care activities	1	Annually	200 Points
My Care Checklist	Complete 3 preventive care activities	1	Annually	300 Points
My Care Checklist	Complete 4 preventive care activities	1	Annually	400 Points
My Care Checklist	Complete Health Checkup	1	Annually	500 Points
My Care Checklist	Complete Dental Checkup	2	Annually	250 Points

My Care Checklist	Complete Flu Shot	1	Annually	250 Points
My Care Checklist	Complete Eye Exam	1	Annually	250 Points
Nutrition	Daily calorie tracking	1	Daily	20 Points
Nutrition	Track calories 10 days in a month	1	Monthly	200 Points
Nutrition	Track calories 20 days in a month	1	Monthly	300 Points
Nutrition	Connect calorie tracker	1	One Time	100 Points
Onetime	Add a Profile Picture	1	One Time	100 Points
Onetime	Complete Registration	1	One Time	100 Points
Onetime	First login to mobile app	1	One Time	250 Points
Onetime	First 3 Friends	1	One Time	300 Points
Sleep	Track sleep nightly	1	Daily	20 Points
Sleep	Sleep > 7 hours in a night	1	Daily	50 Points
Sleep	Track sleep 10 days in a month	1	Monthly	100 Points
Sleep	Track sleep 20 days in a month	1	Monthly	200 Points
Surveys	Completing the Health Check Survey	1	Program	500 Points
Tracking	Track Your Healthy Habits	3	Daily	20 Points per Healthy Habit
Tracking	Track Healthy Habits 10 days in a month	1	Monthly	200 Points
Tracking	Track Healthy Habits 20 days in a month	1	Monthly	300 Points
Tracking	First time tracking healthy habits 5 days in a month	1	One Time	100 Points
Tracking	First time tracking healthy habits 5 days in a month	1	One Time	100 Points
	Participate in 5K Walk/Run (Fall and Spring)	1	One Time	500 Points
	Give Shoutout to Other Participants	3	Monthly	Max of 3 Shoutouts with total of 100 points
	Receive Shoutouts from Other Participants	3	Monthly	Max of 3 Shoutouts with total of 100 points

	Complete Virgin Pulse/District Survey	1	Yearly	500 Points
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