

ACTIVITY

DAILY		
	Take 1,000 steps in a day	10
	Take 2,000 steps in a day	20
	Take 3,000 steps in a day	30
	Take 4,000 steps in a day	40
	Take 5,000 steps in a day	50
	Take 6,000 steps in a day	60
	Take 7,000 steps in a day	70
	Workout for 15 mins in a day	70
	15 active minutes in a day	70
	Take 8,000 steps in a day	80
	Take 9,000 steps in a day	90
	Take 10,000 steps in a day	100
	Workout for 30 mins in a day	100
	30 active minutes in a day	100
	Take 11,000 steps in a day	110
	Take 12,000 steps in a day	120
	Take 13,000 steps in a day	130
	Take 14,000 steps in a day	140
	Workout for 45 mins in a day	140
	45 active minutes in a day	140
MONTHLY	20-Day Triple Tracker: 7,000 steps/15 active minutes/15 workout minutes	400
	20-Day Triple Tracker: 10,000 steps/30 active minutes/30 workout minutes	500
ONETIME	Connect first activity device	200

POINTS

CARDS

DAILY		
	Do your daily cards	20
MONTHLY	Complete 10 daily cards in a month	100
	Complete 20 daily cards in a month	200

CHALLENGES

MONTHLY
QUARTERLY

	POINTS
Unlock a destination in the destination challenge	25
Creating a personal challenge	50
Create a team in the company challenge and recruit enough players to fill it	50
Post a chat comment at least once a week for all weeks of the challenge	50
Join personal challenge	100
Join the company challenge	100
Reach final destination in the destination challenge	100
Track at least once a week for all weeks of the challenge	100
Win the promoted healthy habit challenge	200
Reach final challenge stage	400
Add friend outside your company	100

CUSTOM

QUARTERLY
ANNUALLY
PROGRAM

	POINTS
Complete a certified weight management program	1000
Attend a City of Tacoma wellness webinar or onsite seminar	250
Complete your annual physical	2500

GENERAL

QUARTERLY
ANNUALLY
PROGRAM

	POINTS
Set your interests	100
Invite a colleague to join	50
Complete Nicotine-Free Agreement	100
Set a wellbeing goal	200

JOURNEYS

DAILY
QUARTERLY

	POINTS
Complete a Journey Step	20
Complete a Journey	150

MEASUREMENT

MONTHLY

	POINTS
Self entered measurements	50
Ideal or improved blood pressure	150
Ideal or improved body mass index	150
Take validated measurements	250

		POINTS
NUTRITION	DAILY	Browse healthy recipes 10
		Daily calorie tracking 20
	WEEKLY	Favorite a recipe 10
		Add a recipe to grocery list 10
	MONTHLY	Track calories 10 days in a month 200
	Track calories 20 days in a month 300	
	Choose your eating type 250	
	Connect calorie tracker 100	

		POINTS
ONETIME	ONETIME	Add a profile picture 100
		Complete registration 100
		First login to mobile app 250
		Add 5 friends 250

		POINTS
SLEEP	DAILY	Track sleep manually 10
		Track sleep nightly 20
		Sleep > 7 hours in a night 50
	MONTHLY	Track sleep 10 days in a month 100
		Track sleep 20 days in a month 200
		Sleep > 7 hours 20 days in a month 500
	GAME	Choose your sleep profile 250

		POINTS
SURVEY	PROGRAM	Completing the Health Check survey 2500

		POINTS
TRACKING	DAILY	Track your healthy habits 10
	MONTHLY	Track Healthy Habits 10 days in a month 200
		Track Healthy Habits 20 days in a month 300
	ONETIME	First time tracking healthy habits 5 days in a month 100