



On your mark,  
get set, move!

There are many ways to submit your verified workouts - through linking a device, visiting a gym, or self-reported workouts. With three levels of workouts, light, standard and advanced, find the physical activity that suits you.

Workout data submitted from	What Vitality evaluates	Verified workouts		
		Light workout = 5 points	Standard workout = 10 points	Advanced workout = 15 points
Pedometer and mobile apps that track steps	Total steps	5,000	10,000	15,000
Gym	Attendance	-	Yes	-
Approved mobile apps (that track calories burned during exercise)	Total calories	100	200	300
Heart rate monitor	Time and % of maximum heart rate	15 minutes at 60%	30 minutes at 60%	45 minutes at 60%
	OR			
	Total calories	100	200	300
Self-reported	-	Yes	-	-
Apple Watch, Google Fit, and Samsung Health	Active calories	Your Active Calories thresholds are displayed on the Power of Vitality app. Points are awarded based on the active calories burned throughout the entire day, not just during the span of a workout.		
	OR			
	Total steps	5,000	10,000	15,000

Devices and Wearables mentioned in the table must be compatible with the program.

## HOW TO EARN POINTS FOR WORKOUTS

- Linking Apple Watch or a Polar, Fitbit or Garmin device.
- Downloading the Power of Vitality mobile app and use GPS to log a gym workout.
- Connecting an app such as Apple's Health app, MapMyFitness, Fitbit MobileTrack App, Google Fit or Samsung Health.
- Submitting a self-reported or gym workout form on the web or mobile app for workouts completed at home.



Scan to download or open  
the Power of Vitality mobile app