



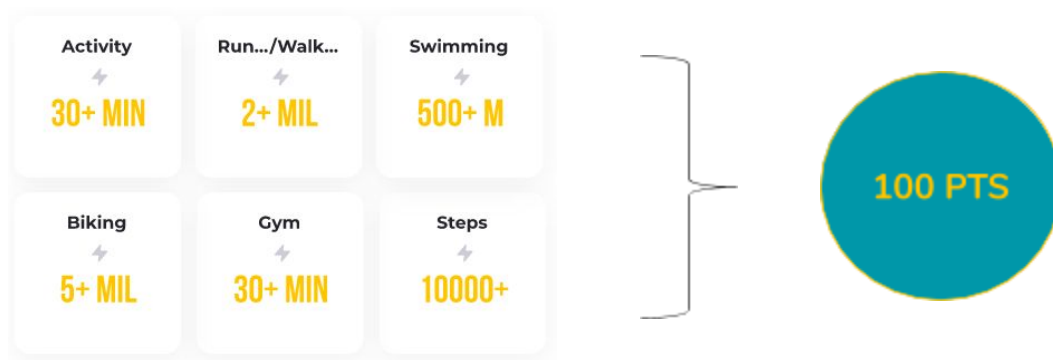
## Kilter Rewards Cause Challenges

### How it Works & Scoring System

You will use the Kilter Rewards mobile application to track your fitness activities during the challenge and earn points for your team. To join, use the code you received via email or from your team captain.

### SCORING SYSTEM

#### Verified Activities



#### Manual Activity Uploads

Manual activities must be uploaded within 48 hrs and must be at least 30 minutes in duration.

A form for manual activity uploads with fields for Duration (in minutes), Date (DD/MM/YY), and a Note. A teal 'Enter' button is at the bottom. A note below the fields states: 'Manual entries must be entered within 48 hours and must be a minimum of 30 minutes in duration.'



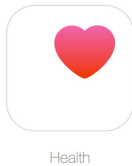
#### Bonus Points

There will be opportunities to earn bonus points throughout the challenge. You'll learn more about your bonus points structure before your challenge.

## HOW IT WORKS

- In the app, you may connect your account to one of the below **fitness tracking apps** (Questions/issues with syncing devices? Please see this [help document](#)) **OR**
- **Check into your gym** or fitness studio via our map feature (must be at the gym to check in). If your gym isn't there, request via [friends@kilterrewards.com](mailto:friends@kilterrewards.com) **OR**
- **Manually upload an activity** that we can't currently track

### Connected Device Options



More device options coming soon (e.g. Google Fit)...

See next page for app screenshots.

# App Screenshots

