


























FULL ACTIVITY SCORING IN THE EXERCISE CATEGORY:


























👉 This is a list of all subcategories available in Activity. Keep in mind that in your challenge some subcategories may not be scored.

👉 You can either manually enter activities under the "exercise" category or sync from other devices up to three days back to the current day of the challenge. Any activities added after the end of the edition will not be counted in the challenge.

🔴 A PREREQUISITE FOR THE ACTIVITY TO BE COUNTED IS THAT A PHOTO IS UPLOADED TO PROVE THAT THE ACTIVITY WAS CARRIED OUT (THE PHOTO SHOULD BE TAKEN DURING OR IMMEDIATELY AFTER THE ACTIVITY). ACTIVITIES WITHOUT A PHOTO OR WITH A PHOTO THAT DOES NOT CLEARLY INDICATE THAT THE ACTIVITY WAS PERFORMED WILL BE DELETED.

👉 For every 10 minutes of activity, you will receive the following points, e.g. 30 minutes of yoga = 3,3pts x 30 min/10 = 9,9 points = 10 pts

EXERCISE CATEGORY	SCORING (FOR 10MIN OF ACTIVITY)
 HANDBALL	10 PTS
 MARTIAL ARTS	10 PTS
 RUGBY	9,3 PTS
 AMERICAN FOOTBALL	9,3 PTS
 MARTIAL ARTS	10 PTS
 FOOTBALL	8,6 PTS
 SQUASH	8,6 PTS
 SWIMMING	8 PTS
 OPEN WATER SWIMMING	8 PTS
 ICE SKATING	8 PTS
 MOUNTAIN KAYAKING	7,3 PTS
 BASKETBALL	7,3 PTS
 CARDIO	7,3 PTS
 TENNIS	6,6 PTS
 FITNESS TRAINING	6,6 PTS
 CLIMBING	6,6 PTS
 INDOOR CLIMBING	6,6 PTS
 BOULDERING	6,6 PTS
 HIIT	6,6 PTS
 BEACH TENNIS	6,6 PTS
 ELLIPTICAL TRAINER	6,6 PTS
 PADEL	6 PTS
 DIVING	6 PTS
 KAYAK	5,3 PTS
 CANOE	5,3 PTS

EXERCISE CATEGORY	SCORING (FOR 10MIN OF ACTIVITY)
 ROWING	5,3 PTS
 KITESURFING	5,3 PTS
 HORSE RIDING	5,3 PTS
 CROSSFIT	5,3 PTS
 BADMINTON	5,3 PTS
 BEACH VOLLEYBALL	5,3 PTS
 CRICKET	5,3 PTS
 BASEBALL	5,3 PTS
 SOFTBALL	5,3 PTS
 SUP	4,6 PTS
 WAKEBOARD	4,6 PTS
 SNOWBOARD	4,6 PTS
 ALPINE SKIING	4,6 PTS
 VOLLEYBALL	4,6 PTS
 TABLE TENNIS	4,6 PTS
 STRENGTH TRAINING	4,6 PTS
 DANCING	4,6 PTS
 PICKLEBALL	4,6 PTS
 PILATES	4 PTS
 SAILING	3,3 PTS
 SURFING	3,3 PTS
 YOGA	3,3 PTS
 GOLF	3,3 PTS
 STRETCHING	2,7 PTS
 OTHER	5 PTS

*Scoring has been calculated based on metabolic equivalent and averaged so that everyone has equal chances.