EARNING OPPORTUNITIES

ACTIVITY up to 100 HealthMiles per day	Upload steps from your activity tracker (Max, Fitbit, or Runkeeper)	PER DAY	Up to 6,999 steps in a day or less than 15 Active minutes	20 HealthMiles
			7,000 - 11,999 steps or 15 – 29 Active Minutes	60 HealthMiles
			12,000 - 19,999 steps or 30 - 44 Active Minutes	80 HealthMiles
			20,000 or more steps or 45+ Active Minutes	100 HealthMiles
	Upload Polar Heart Rate Monitor activity	PER DAY	Total validated cardio session < 15 mins	20 HealthMiles
			Total validated cardio session > 15 mins	60 HealthMiles
			Total validated cardio session > 30 mins	80 HealthMiles
			Total validated cardio session > 45 mins	100 HealthMiles
	Add entries to your Activity Journal	PER ENTRY	1 entry (max 2 per day)	20 HealthMiles
MEASUREMENTS	Validated Health Station Measurements	PER MONTH	Take your measurements (weight and/or blood pressure)	500 HealthMiles
	Self-Entered Measurements		Enter your measurements (weight and/or blood pressure)	150 HealthMiles
NUTRITION	Nutrition Program	PER DAY	Enter a food entry in MyFitnesspal	40 HealthMiles
		PER WEEK	Track your food entries 5 out of 7 days (Sun-Sat)	100 HealthMiles
		PER MONTH	Browse healthy recipes on Zipongo	100 HealthMiles
OTHER	Log in to your member account	PER DAY	1 visit (max 2 per week)	10 HealthMiles
		PER MONTH	Monthly Know and Go Challenges (twice a month)	Up to 250 HealthMiles
			Monthly Activity Promotions	Up to 250 HealthMiles
		PER QUARTER	Create a personal challenge	150 HealthMiles
		PER YEAR	Take the Virgin Pulse Health Assessment	1000 HealthMiles
		LIFETIME	1st five friend requests	50 HealthMiles each
			1st time creating or joining a group	100 HealthMiles
			1st time posting a status update	100 HealthMiles