Earning Vitality Fitness points to achieve

Weekly Vitality Active Rewards goals

Discovery Vitality
ACTIVE REWARDS

300 points weekly
- parkrun
  300 points

Goal reached!

400 points weekly
- Gym visit
  100 points
- parkrun
  300 points

Goal reached!

500 points weekly
- Two gym visits
  200 points
- parkrun
  300 points

Goal reached!

600 points weekly
- Spinning class using a HR tracker (Moderate activity for 30 minutes)
  100 points
- parkrun
  300 points
- Tracking 10 000 steps in a day
  100 points
- Tracking 10 000 steps in a day
  100 points

Goal reached!

900 points weekly
- Aerobics class using a HR tracker (Vigorous activity for 45 minutes)
  300 points
- parkrun
  300 points
- 5km running event (timed and verified)
  300 points

Goal reached!

1 000 points weekly
- Outdoor run using a HR tracker (Vigorous activity for 90 minutes)
  600 points
- parkrun
  300 points
- Gym visit
  100 points

Goal reached!

1 100 points weekly
- 10km running event (timed and verified)
  600 points
- parkrun
  300 points
- Gym visit
  100 points
- Tracking 10 000 steps in a day
  100 points

Goal reached!

1 200 points weekly
- Two gym visits
  200 points
- Spinning class using a HR tracker (Vigorous activity for 90 minutes)
  600 points
- parkrun
  300 points
- Tracking 10 000 steps in a day
  100 points

Goal reached!

1 200 points weekly
- 1.1km swimming event (timed and verified)
  600 points
- Spinning class using a HR tracker (Vigorous activity for 90 minutes)
  600 points

Goal reached!

1 200 points weekly
- 21km running event (timed and verified)
  1 500 points

Goal reached!

Discovery Vitality (Pty) Ltd is an authorised financial services provider. Registration number: 1999/007736/07.

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