

On web, member will access by selecting Activities > Verify your workouts (Fitness category) > View details:

Verify your workouts

Burn and earn while staying healthy at home. Get Points by completing workouts at home, using compatible, connected fitness devices or connecting with virtual workout services like Echelon™ and Fitness On Demand™.

How Points work with this activity

+50

Up to 50 Points for the one workout type per day that has the greatest Point value

+50

50 extra Points when you earn more than 50 workout Points in a week

A week is defined as Sunday to Saturday.

+50

50 more Points when you earn more than 100 workout Points in a week

A week is defined as Sunday to Saturday.

[Learn more about ways to earn](#)

How to complete this activity

1

Connect a fitness device, submit a virtual check-in or document your workout



Connect a fitness device
Find the right fitness device for you.

Connect and manage devices



Connect to a fitness facility
Join a participating fitness facility or virtual workout service.

Find a facility near you



Submit proof of your workout using the form below

NEW Submit photo proof

Please submit a photo of your home workout or gym workout, such as a selfie during your workout or a screenshot of your workout video or app.

*Required

Activity date (MM/DD/YYYY)*

Workout proof*

No file selected

[Choose file](#)

Submit

You can submit proof for the signed-in user. If you wish to submit proof for someone else in your program, please sign out and sign in to his or her account.

2

Start earning Points for your workouts!

How do you want to track your workouts? You can earn up to 50 Points each day for one of the data types below. We'll always choose the workout data that earns you the most Points.

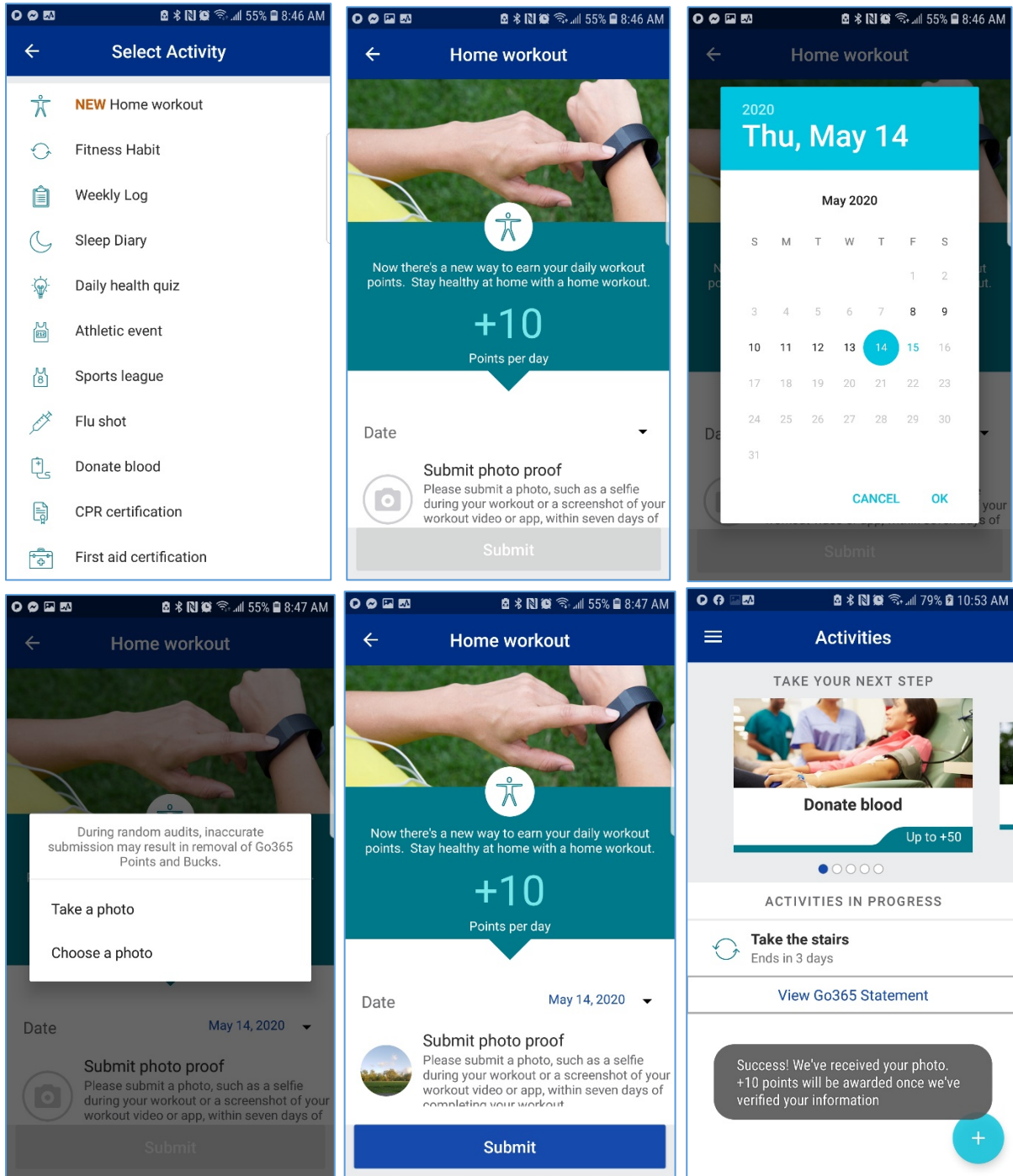
Points are automatic once you've connected your fitness device or participating fitness facility or virtual workout service account.

DATA	POINTS	DAILY MAXIMUM
Steps	+1 per 1,000 steps	50 Points
Heart rate	+5 for every 15 minutes your heart rate is over 60% of maximum heart rate	50 Points
Calories	+5 for every 100 calories burned while your burn rate is over 200 calories per hour	50 Points
Participating fitness facility workout	+10 per workout, per day, including virtual check-ins with Echelon, and Fitness On Demand	10 Points
Photo proof of workout	+10 per workout, per day	10 Points

Want to see your workout history?

View Daily Workouts

On Go365 App: Members tap the “+” icon within the Activities section:



Acceptable formats:

- Web allows “DOC, DOCX, XLS, XLSX, PDF, JPG, JPEG, PNG or BMP” upload formats
- Go365 App supports image files only: PDF, JPG, JPEG, PNG or BMP upload formats