

Competition Rules

Earning Points- Earn 1 point for every 100 steps a day (no more than 200 points per day = 20,000 steps)

Every quarter is a new competition. Recognition, events and rewards for individuals, teams, and worksites will be done at the end of each quarter. User who have reached the below quarterly goals will be invited to attend.

Quarterly Goals-

Bronze level- 3,000 points = average of 3,500 steps per day

Silver Level- 6,000 points= average of 6,700 steps per day

Gold Level- 9,000 points = average of 10,000 steps per day (This is the recommended steps per day by the American Heart Association)

Platinum Level- 12,000 points = average of 17,000 steps per day

Earning Badges

Badges can be earned along the way by hitting certain milestones. Along with certain badges, participating partners will be offering a variety of prizes that can then be redeemed.

Entering Manual Steps for Android

If steps are entered manually into Google FIT, the AMP app will automatically disregard "all" steps for the day (this includes automated steps and manually entered steps). That day's step entry and associated points will be calculated as zero. This can be corrected in advance by deleting the manually entered steps in Google FIT and re-syncing your steps in the AMP app (under the Settings tab). Please feel free to email with questions or concerns at help@mchdt.org.

****Apple is in no way involved in this competition, nor is Apple a sponsor.****