



ignite your wellbeing *Points Tabulation Guide*

Welcome to the Ignite Your Wellbeing Challenge!

This guide explains how to calculate your points and track your progress throughout the challenge.

Towards our Global Goal



Global

Global Contribution:

Cumulative Global Active Minutes. As milestones are achieved, the challenge icon will light up in the Pavelka colours.



Regional

Regional Contribution:

The sum of all individual points (Activity Points + Connect Points) within the region, according to APJC, AMER and EMEA.



Team

Team Contribution:

The sum of all individual points (Activity Points + Connect Points) earned by team members. Work together with your team to earn badges and climb the Team leaderboard and Top 5 teams will win prizes!

Understanding Points System



Activity Minutes: Sync your health and fitness app or device to The Pavelka App or manually input your daily active minutes and earn points for every minute you move.

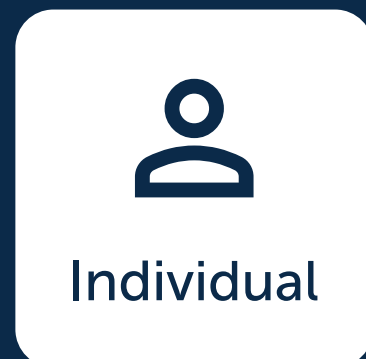
Active Minutes

1 Active Minute = 1 Activity Point



Connect Points: Share, comment, invite someone or react within the app to earn connect points. The below table shares the points you earn for each action.

Sync to health and fitness app or device (one time)	25 ConnectPoints
Invited someone and they accept the invitation	20 Connect Points
Posting Completion of Activity	15 Connect Points
Posting in Social Feed	10 Connect Points
Comment on a Post	10 Connect Points
Reacting to a Posts	5 Connect Points



Individual

Calculating Your Points

Your individual points are the sum of your Activity Points and Connect Points.

Example:



John Doe has 300 Active Minutes



John has also earned 35 points from syncing his wearable and commenting on a post.



John's total individual points = 335 points (300 Activity Points + 35 Connect Points).

Please note: While you will be able to see your individual team member's overall points contribution to the team, the breakdown of each team member's Activity and Connect Points will not be displayed for privacy reasons.

Got Questions

For any questions regarding points, the challenge, or anything related to Ignite Your Wellbeing, visit the challenge website or contact us at support@pavelka.global. Join the [Webex Community](#) for interactions and live updates.



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