



What's the difference between Non-Gym Workouts and Self-Reported Workouts?

Non-gym workouts are workouts that you complete outside of a gym that can be tracked or verified.

You can receive a **Standard Workout (10 Vitality Points)** when you submit a non-gym workout.

Self-reported workouts are workouts such as those you do at home: your walks, runs or any other type of activity that you have completed but haven't tracked with a device or picture.

You can receive a **Light Workout (5 Vitality Points)** when you self-report your workout.

HOW TO SUBMIT A NON-GYM WORKOUT

1 Navigate to the Gym Workout page on the website by navigating to Your Account > Forms and Waivers > Gym Workout > Enter 'Home' in the Name of Gym field

OR

Navigate to the Gym Workout page on the Vitality Today app by navigating to Activities > Physical Activity > Gym Workout > Enter 'Home' in the Name of Health Club field

2 Submit a screenshot of the workout app or video you completed (or a selfie of yourself workout out at home!)

HOW TO SUBMIT A SELF-REPORTED WORKOUT

1 Login to PowerOfVitality.com and navigate to Your Account > Forms and Waivers > Self-Reported Workout

2 Complete and submit the form

Please note: Self-reported workouts are unverifiable and therefore will not qualify towards program features for which verified workouts are required.



Login at
PowerOfVitality.com



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