

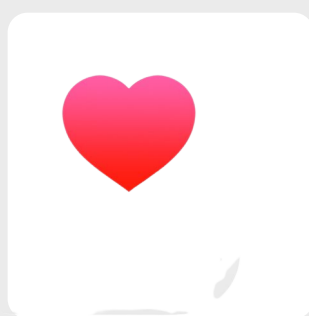


MILES FOR MEANING™



HOW YOUR MILES TURN INTO POINTS

CONNECT 1 PRIMARY FITNESS APP OR TRACKER



POINT EARNING ACTIVITIES

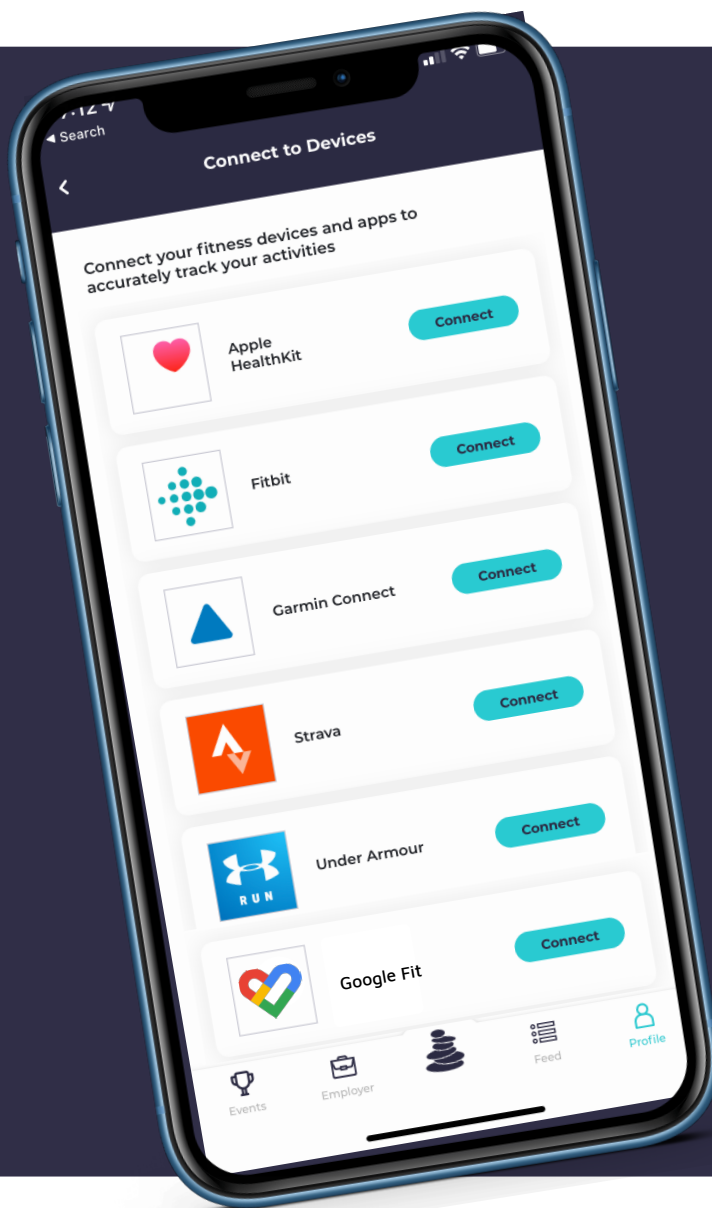
HIKE, ROLL, RUN, WALK: 1 MILE = 100 POINTS
BIKE: 3 MILES = 100 POINTS
DAILY TOTAL: 1 MILE = 100 POINTS

Daily Total activities summarize your activity accumulated throughout the day and award you points based on your mileage.

**Miles completed during your started/stopped workouts, that would otherwise be included in your daily total, will be deducted from your daily total so that your distance isn't duplicated. See example [here](#).*

Contact Information:
help@kilterapp.com

#MFM22
#DONATEYOURHUSTLE



CONNECT A FITNESS DEVICE

Kilter connects to your favorite apps so you can set it and forget it. See instructions below and the next page for more details.

Open App > My Events > Choose Event > Tap 'Log An Activity' > Select Connect > Choose Tracker > Allow All Permissions

DO YOU HAVE A WEARABLE DEVICE?

CONNECT YOUR APPLE WATCH VIA APPLE HEALTH, YOUR FITBIT, OR GARMIN TO KILTER



DON'T HAVE A WEARABLE DEVICE?

NO PROBLEM - USE ONE OF THESE FREE APPS & LEARN MORE BELOW



APPLE HEALTH

Everyone with an iPhone has the Apple Health app! Simply connect it to Kilter and take your phone with you wherever you go to track your steps!

GOOGLE FIT

Everyone with an android device has the Google Fit app. Simply connect it to Kilter and take your phone with you wherever you go to track your steps. NOTE: Google Fit does not send workout data to Kilter. If you plan to track biking, consider using Strava and recording workouts instead.

STRAVA

Strava is a great option in the following scenarios:

- You have an android and plan to track biking
- You have another wearable like Suunto or Timex that syncs well to Strava.

Please be aware that only tracked data will come through this connection. Runs, Walks, Bikes will be awarded points. Strava does not collect or send daily steps information, only recorded workout mileage. The paid version of Strava is not needed.

#MFM22

#DONATEYOURHUSTLE

CONNECT APPS THROUGH YOUR PRIMARY CONNECTION AS ALLOWED

Apple Health, Fitbit, Garmin, and Strava typically allow third-party fitness apps to share data within the app. To do this you will need to individually give third-party apps permission to access your primary app (normally done in an app's settings). See the following list of possible third-party app integrations with links on how to connect attached.



STRAVA

Even though Strava is a primary device option, it can be added as a secondary app as well. Strava connects to [Apple Health](#), [Fitbit](#), and [Garmin](#). Please note that you do not need to sign up for the paid version of Strava.



PELOTON

Connect Peloton to [Apple Health](#), [Fitbit](#), or [Strava](#). For a Strava connection, the app must also be connected to your primary device type. If your Apple Health connection gets disrupted at any time, please watch [this video](#) to learn how to connect following each ride.



NIKE RUNNING CLUB

Connect to [Apple Health](#) or [Garmin](#). Just do it.



WHOOP

Whoop connects to Apple Health. [Click here](#) for instructions based on your model (3.0 or 4.0).



SUUNTO

Suunto connects to Strava. See [this page](#) for instructions. Note: You do not need to have the paid version of Strava to establish this connection.

Attention: Kilter does not suggest connecting third-party apps to Google Fit. Although it allows connections, Google Fit will not send workout data to Kilter.