

FEBRUARY FITNESS CHALLENGE FAQ

When does the February Fitness Challenge take place?

February 1, 2021 – March 2, 2021.

Where will the February Fitness Challenge be held?

Wherever you are! The challenge is completely virtual.

So, is it a race or a walk or what?

Yes and no! You can decide to earn activity points by walking or running for at least 30 minutes. Or you can cycle, swim, walk the dog, meditate, do yoga, vacuum the house – the list goes on. Just be active for 30 minutes to earn 100 activity points per day.

Is there a deadline to enter?

No deadline! Users can join the February Fitness Challenge event any time during the month of February.

You've sold me. Where do I download the app?

<https://kilterrewards.page.link/appstore>

How will I receive my Stupid Cancer face mask?

Masks will be shipped at the end of the event via the Stupid Cancer team.

Is there a deadline to receive the mask?

You should receive your mask within one-month of completing the event – but we hope sooner.

How can I participate from my apartment/home/hospital?

Participate from anywhere, by doing anything! As long as you complete 30 minutes of any activity, you will earn points towards the leaderboard in this event. Whether you're meditating or doing yoga at home, walking the dog around the block, being an advocate for the cause, we have provided an all-inclusive & extensive list of manual activity tiles to select from!

Is there a list of activities?

Yes! Please refer to the RULES tab to see a list of the activities that will count towards points in this event (which is all of them)!

Is there an age requirement?

13 years old, anyone younger will need parental consent

Is this open to those outside the United States?

Yes! However, all donations will be converted to US currency and the app does not yet have a language translator.

What are the options for people with disabilities?

Kilter is an all-inclusive activity-based platform so even if you are a person with a disability, there are a handful of manual tiles to select from to earn your points for the day (rolling, mental health, volunteering, advocacy, etc...)

How many points do I need to earn to complete the challenge and receive my finisher medal?

Just earn 2,000 points total by completing 30 minutes of activity for at least 20 days throughout the campaign to be considered a finisher!

Do I have to complete an activity every day?

Nope - go at your own pace and complete what you can!



#StupidCancer #DonateYourHustle

Need help connecting your fitness tracker or with the Kilter App. Check out our other FAQs [here](#).



FEBRUARY FITNESS CHALLENGE FAQ

What's the difference between points earned and dollars raised?

You earn points by completing 30 minutes of physical activity – they help you stay on track, climb the leaderboard and earn your finisher medal (by earning 2,200 points by March 2, 2021). You raise money for Stupid Cancer by sharing your campaign page on social media, email and asking friends and family to donate.

Is there a registration fee?

Yes, \$15 – and for it, you earn a Stupid Cancer face mask.

Does my registration fee count towards my fundraising?

Sure does. Consider it your first donation.

Is there a fundraising minimum?

There is not, but we suggest everyone aim for raising at least \$100.

OK, but how do I fundraise?

The Kilter App makes it super easy to fundraise, by clicking the GET DONATIONS button on your campaign page and sharing your campaign on social media and via email.

What if someone wants to write a check?

Checks made payable to Stupid Cancer can be sent to 40 Worth Street, Suite 808 New York, NY 10013. Please be sure to include a note with your name and February Fitness Challenge. Your donor can use [this form](#), just make certain they include your name and February Fitness Challenge somewhere on the check or form.

Can I start a team?

Yes! Please contact friends@kilterrewards.com to get your team of friends, family, co-workers signed up!

But I can still participate solo, right?

Yup. All participation is deferred to individual participation, unless you contact us to let us know you'll be starting a team.

Are there prizes?

You bet. Just for signing up and paying your registration fee, you'll get a Stupid Cancer Face Mask. Once you raise \$100 you'll receive a Stupid Cancer cooling towel. When you hit \$250, you'll earn a workout wristband and Stupid Cancer shoelaces. And everyone who sticks with the challenge through the end, receives a Stupid Cancer February Fitness Challenge Finisher Medal.

Can I get my company involved?

Please do! We have sponsorship opportunities ranging from \$2,500 - \$10,000. Contact emouradian@stupidcancer.org for more information.

Where can I learn more about Stupid Cancer?

So glad you asked! Make sure you follow us on Instagram, Twitter & Facebook @stupidcancer or check out our website at www.stupidcancer.org.



#StupidCancer #DonateYourHustle

Need help connecting your fitness tracker or with the Kilter App. Check out our other FAQs [here](#).

