

FEBRUARY FITNESS CHALLENGE

FEBRUARY 1 - MARCH 2, 2021



Welcome to the Stupid Cancer February Fitness Challenge on Kilter, where you'll turn your daily health and fitness activities into support for the 89,500+ young adults that are diagnosed with cancer in the United States each year.

The February Fitness Challenge is just like a virtual marathon or race, but instead of running and walking, you can do anything! Earn points for yoga, cycling, working out or, if you're about that life, walking or running. You can even earn points for doing housework, in case you feel like giving your Roomba a break. Every time you do something healthy you'll earn points. It's that simple. The February Fitness Challenge is a fundraiser to support the work of Stupid Cancer and its mission to end social isolation for thousands of adolescent and young adult cancer patients and survivors. Get active and up off that couch while supporting an important cause? Can't think of a better match.

UNLOCK GREAT REWARDS:

MASKS | TOWELS | SHOELACES | WRISTBAND

REGISTER NOW!

GET STARTED

1

Register* & Download

Register and pay at kilterrewards.com and download the FREE Kilter app. *\$15 registration donation

2

Choose SIGN IN & Connect

Sign into your account, confirm you're in this event by viewing My Events, and complete your profile. Connect your fitness trackers (Apple Watch, FitBit, etc.) so your activities are entered automatically.

3

Start FUNDRAISING

Once you are signed up use the Kilter App to meet your fundraising goals. With the click of a button you can share your campaign on social media and email.

Every activity = 100 POINTS (points do not equate to fundraising dollars)



RUN OR WALK



BIKE



MEDITATE

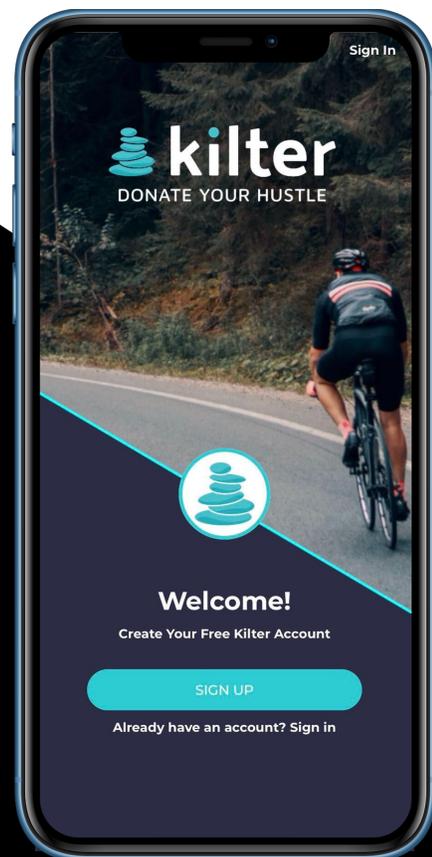


HOME EXERCISE



AND MORE...

Points Earned = # of physical activities completed (affecting leaderboard)
Dollars Raised = \$ raised through personal/peer donations (affecting thermometer)



www.kilterrewards.com



[#StupidCancer](https://twitter.com/StupidCancer) [#DonateYourHustle](https://twitter.com/DonateYourHustle)