

Setting a goal in the Power of Vitality app can help you stay on track to achieve your milestones, whether you're planning your financial future, training for an event, cultivating a healthy work-life balance, or need a nudge to help you break out of a fitness rut.

## How to set and earn points for goals

1

Open your Power of Vitality app, then click the 'Add a goal' icon.

2

Browse all available goals by tapping into each goal category.

3

Find a goal that resonates with you, then answer a few quick questions and select Set Goal. Congratulations, you now have an active goal!

You can earn up to 15 points per day\* by checking into your active goals. Simply select your goal on the Power of Vitality mobile app homepage, then tap your desired check-in dates. Your progress toward completing your goal will be displayed until you've earned all your daily goal rings.

*\*Each daily goal check-in is awarded 5 points, and you may check into 3 separate goals per day*



Download the Power of Vitality  
mobile app from the App Store or  
Google Play