

Be Alive Points Program

Exercise Tracking Instructions

Participants may track the number of minutes they exercise for points. One point will be awarded for every 30 minutes. **Please only record minutes of deliberate exercise you completed each day (ex: 30 min running).** This cannot include exercise during work hours, except for lunch or specified breaks, or activities of daily living.

Examples of activities that will **NOT** be counted as exercise:

- Cleaning
- Walking during work hours
- Walking around the house
- Mowing
- Shopping
- Walking around at a theme park
- Steps translated into active minutes by a fitness tracker

Exercise minutes will be submitted on a monthly basis (ex: Sept 1-30) via the Be Alive portal at <https://bealive.cmcss.net/>. When an exercise log is available for submission it will appear on the left-hand side under the “Important” heading, stating that the activity “needs your attention”. You may click “Submit Exercise Logs” to begin your submission.

*Submission of exercise logs is the **ONLY** activity type you will submit through the portal. All others will require you to click on a google doc link.

If you are found to have counted exercise minutes falsely, you will be subject to disqualification from the program.