



oopla™

UK 

Season 3

Cost £15 +VAT



Log Activities

Earn Points

Win Rewards

Oopla UK

How it Works.





**Oopla is an activity game that encourages you to exercise regularly, effectively and sustainably.**

**What you count as Exercise, counts!**

## Getting Started

What is Oopla?





Compete against your own Oopla score every 28 days

# The Season

2023 Schedule. All Start Dates.





Dedicate part(s) of your day towards doing 10 minutes or more of physical activity or exercise.

## The Aim of the Game

Be Healthy, Keep Active, Have Fun





Any activity that you experience to be

Moderate or Vigorous Intensity



or any activity that is

Muscle Strengthening or Lengthening



## Logging Activities

What Activities to Log.







# Add Manually or Sync Automatically

### Add an activity manually

All fields must be completed

To add activities quicker view this page on mobile and add to your homescreen.

Activity Type

Time Spent Moving Enter 0 if none recorded

Elevation (m)

Enter 0 if none recorded

#### Your Strava connection

Active account:  
<https://www.strava.com/athletes/2623564>  
Ensure this account is active on your smart phone and logging activities correctly into Strava.

Missing Activities from Strava?

#### Your Garmin connection

Ensure this account is active on your smart phone and logging activities correctly into Garmin.

Missing Activities from Garmin?

## Logging Activities

Log Activities Manually or Automatically



Strava



Garmin





## Weeklys

A full point every 10 minutes



## Milestones

When reaching activity targets



## Variety

Every 3 different milestones



## Active Days

Log more than 30 minutes of activity



## Bonus Tasks

Complete a new task every week!



## Chase

Beat your previous Oopla score

# Scoring

Earn Points







Milestone Target  
Activity must be...



Walk 12km



Hike 12km  
>4km distance  
>1m elevation



Run 20km



Cycle 60km



Swim 4km



Ergo 20km



Golf 7km  
>1m elevation



W/Chair 30km



Strength 2hrs



Yoga 2hrs



Sports 2hrs



Tai Chi 2hrs



Dance 2hrs



Gardening 2hrs



Workout 2hrs

# The Milestones

Accumulate the Distance or Time.  
Download full Milestone Rules from your Oopla Dashboard.





## Earn Rewards

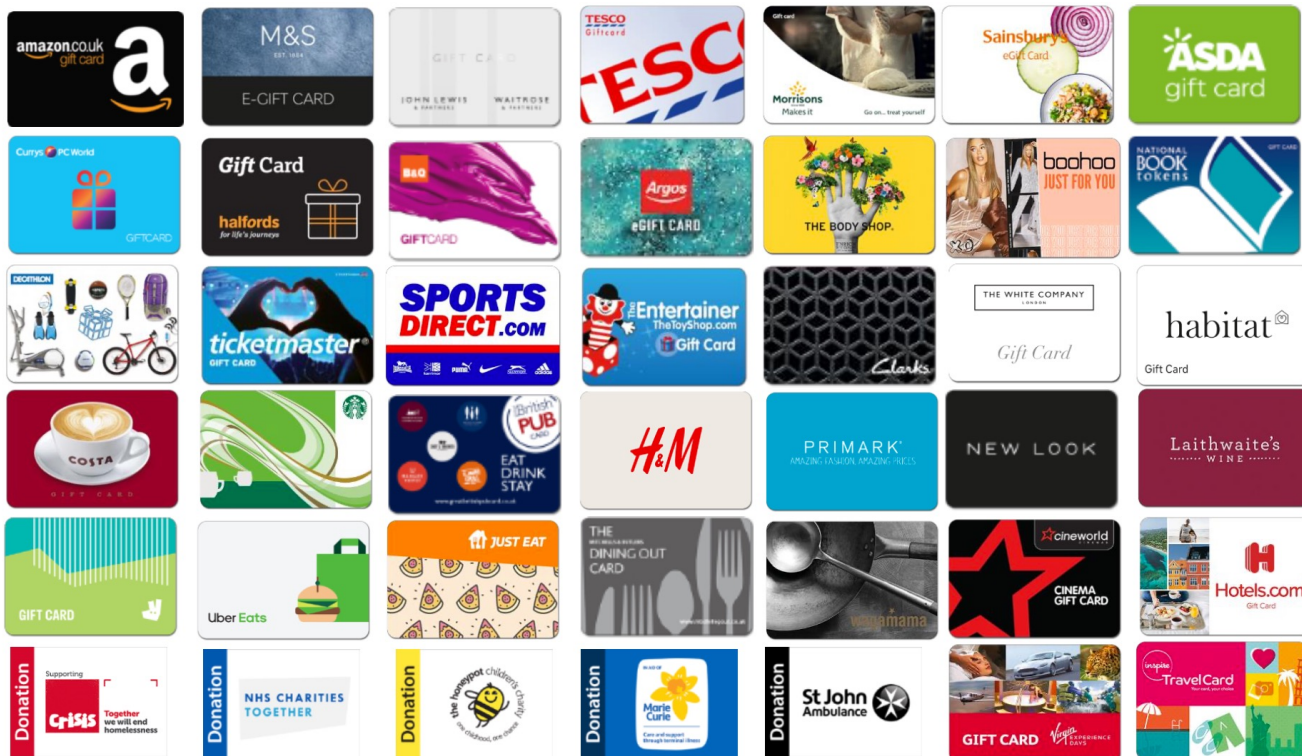
Oopla Score	Reward
750 +	£15 eGift
500 - 750	£10 eGift
250 - 500	£5 eGift

Oopla automatically sends you an eGift according to your score.

Redeem Online, in Stores  
or Donate to Charity

Oopla Score after 28 Days.





# Earn Rewards

eGift Options include...

Choose from a range of retail options, or ask us\* to roll your reward over until next Round.

\* Email [help@oopla.app](mailto:help@oopla.app) before Day 28 to request





## 1. Log Activities you've dedicated time towards.

Planned Physical Activity that promotes your health.

## 2. All Activities must be at least 10 minutes in duration.

These minutes must all be consecutive.

## 3. All Activities should meet the WHO Guidelines.

Moderate or Vigorous Intensity, or Muscle Strengthening or Lengthening.

## 4. All Activities should be measured accurately.

Use a timing device or GPS.

## 5. Report only your "moving time".

Removing any stationary time within the entire measurement.

## 6. Keep a correct Activity Log.

Edit or Delete any errors or duplicates. No alterations can be made after Day 28.

# The Main Rules

Honesty, Accuracy, Fairness





1. Develop a Strategy.
2. Aim to collect as many bonus points as possible
3. Aim to complete all the weekly bonus tasks
4. Avoid over-exercising and risking injury
5. Include some rest days from the Challenge
6. Complete all your Milestones by Day 28, or you'll lose them
7. Join a Team and gain the encouragement of others
8. Any crops, edits or deletes on Strava will pull through to Oopla
9. Always keep your measurement device battery charged
10. There's always 10 minutes before bedtime for some yoga
11. Use the filters on the Leaderboard to explore all demographics
12. Choose Stealth Mode if you wish to play anonymously
13. Keep up a high Oopla Score to climb through the Leagues
14. Build your score all year long and progress through Levels

## Hints & Tips

Helping you play.





Enjoy Playing Oopla.

Be Healthy | Have Fun | Keep Active



oopla™





Need Help?  
[help@oopla.app](mailto:help@oopla.app)

