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PLAYBOOK

Updated 2nd January 2023

Season 3 Updates

1   Walk Milestone has increased from 10km to 12km

2. Hikes must be 4km or more

3. Golf Milestone has reduced from 7.5km to 7km

4. More Weekly Bonus Task options available.

5. Connect to Garmin Connect

Changes we've made for 2023.

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

What is Oopla?

*Any physical activity** requiring physical effort, carried out to sustain or improve health and fitness.

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

Log Activities
Earn Points
Win Rewards

Develop a strategy to maximise your Oopla Score.

The Aim of the Game

Be Healthy, Keep Active, Have Fun

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The Season

2023 Schedule. All Start Dates.

13 Rounds
28 Days

#1 Mon 2nd Jan
#2 Mon 30th Jan
#3 Mon 27th Feb
#4 Mon 27th Mar
#5 Mon 24th Apr
#6 Mon 22nd May
#7 Mon 19th Jun
#8 Mon 17th Jul
#9 Mon 14th Aug
#10 Mon 11th Sep
#11 Mon 9th Oct
#12 Mon 6th Nov
#13 Mon 4th Dec

Compete against your own Oopla score every 28 days

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The Main Rules

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.

Honesty, Accuracy, Fairness

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Any activity that you experience to be

Moderate or Vigorous Intensity

or any activity that is

Muscle Strengthening or Lengthening

What Activities to Log.

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Scoring Points

Six Methods to Score Points

Weeklys
A full point every 10 minutes

Earn 1 full point for every 10 minutes
Limited to 30 points per week. Earn 0.1 points for every minute.
Activity duration must only be the "moving time"

Milestones
When reaching activity targets

Earn 20 points for every Milestone
No limits on number of milestones you can earn
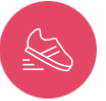Download the Milestone Rules from your Oopla Dashboard

Variety
Every 3 different milestones

Earn 20 points every 3 different Milestones
Complete 3, 6, 9, 12 or 15 different Activity Milestones
Download the Milestone Rules from your Oopla Dashboard

Active Days
Log more than 30 minutes of activity

Earn 20 points every 6 Active Days
Any day with more than 30 minutes of Activity logged
All Activities must be more than 10 minutes

Bonus Tasks
Complete a new task every week!

Earn 20 points every Week
Complete the bonus task anytime during the week
Tasks revealed every Monday on your Oopla Dashboard

Chase
Beat your previous Oopla score

Earn 20 points for reaching the Chase
Beat your Oopla score from the previous 28-day Challenge
Requires 100+ Oopla to earn the opportunity

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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

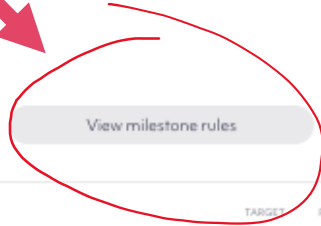Sports 2hrs

Tai Chi 2hrs

Dance 2hrs

Gardening 2hrs

Workout 2hrs

Milestone Target
Activity must be…

The Milestones

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

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Option 1. Watch the Clock
Maximum Points in Minimum Time
Every second counts to gain a bigger boost to your score.

Option 2. Take your Time
Maximum Points. No Time Limit
No boost needed when you score a lot of points anyway.

Choose a strategy.

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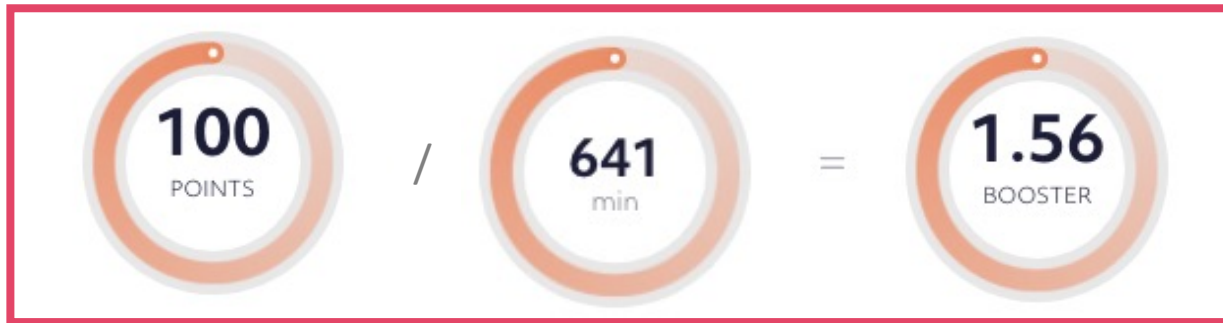
Boost your score by scoring points in a fast time

1+(Points/Mins)=BOOST

Your Boost will be between 1.10 and 2.00

1+ (Points / Mins) = BOOST

Your Oopla Score is the combination of Points x Booster
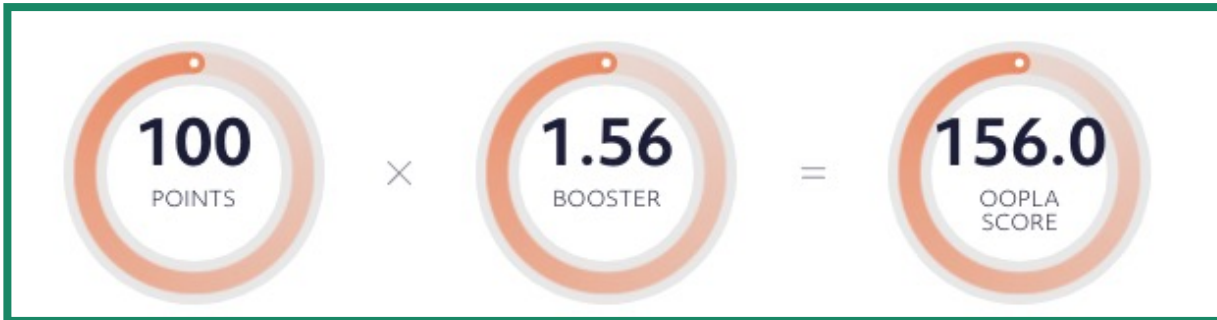
Points x Booster = OOPLA SCORE

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EXAMPLE

Mon	Tues	Wed	Thur	Fri	Sat	Sun
Walk 30mins, 3km	**Run** 40mins, 7km *& Weekly Bonus achieved*	REST	**Walk** 30mins, 3km **Yoga** 30mins	**Swim** 40mins, 1km **Run** 20mins, 2km	**Cycle** 110mins, 60km *& Milestone achieved*	**Walk** 30mins, 3km

#Activities	Total Time	Weeklys	#Milestones	#M/S Variety	Active Days	Bonus	Total Points	BOOST	Oopla Score
8	330min	30	1	0	6	20	90	1.272	114.5

An Example Week.

(90 points / 330 mins) +1 = BOOST of 1.272

90 x 1.272 = Oopla Score of 114.5

Challenge Benchmarks

Oopla Score	
1,000 +	Incredible
750 - 999	Outstanding
500 - 749	Excellent
400 - 499	Superb
300 - 399	Fantastic
200 - 299	Very Good
100 – 199	Good

Oopla Score after 28 Days.

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The Leaderboard

Global leaderboard
Data last updated 20/12/2021

ROUND **13** WEEK **3** DAY **15**

RANK	NAME			MINUTES	TIME/DAY	WEEKLYS	#MILEST.	#VARIETY	#A-DAYS	BONUS	POINTS	BOOST	OOPLA
0001	Vilém Stanke	★	🛡	540	00:36:00	54.0	1	0	13	10	99.0	1.833	**181.5**
0002	Van Nguyen	★	🛡	570	00:38:00	57.0	2	0	11	10	97.0	1.702	**165.1**
0003	David Logie	★	🛡	540	00:36:00	54.0	2	0	9	10	94.0	1.741	**163.6**
0004	Noel Doyle	★	🛡	486	00:32:27	44.0	2	0	8	10	84.0	1.726	**145.0**
0005	Yvonne Kloosterman	★	🛡	587	00:39:09	50.0	2	0	8	10	90.0	1.533	**137.9**
0006	Valerie Diot-Sabard	★	🛡	421	00:28:06	39.0	1	0	12	0	74.0	1.756	**129.9**
0007	Luca Faldi	★	🛡	480	00:32:00	48.0	1	0	8	10	73.0	1.521	**111.0**
0008	Stephan Voss	★	🛡	517	00:34:28	35.0	2	0	6	10	75.0	1.450	**108.8**
0009	Michaela Merico	★	🛡	420	00:28:00	42.0	1	0	7	10	67.0	1.595	**106.9**

Use your name or choose Stealth Mode in your account settings

Apply filters to view by different demographics

Create Teams and enjoy a bit of healthy competition

Progress through the Oopla Leagues & Levels

Subscribers Only.

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Hints & Tips

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

Helping you play.

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Enjoy Playing Oopla.

Be Healthy | Have Fun | Keep Active

Need Help?
help@oopla.app