

SUPERNOVA IV

2026 Rules & Points System

A simpler scorecard. Clear weekly targets. Mindful, verifiable participation.

THE WEEKLY TARGET

16 core points: Workouts 5; Meals Logged 5; Meal Prep Photo 3; Weekly Power Play 3. Events and body-composition change add more points.

SCORING WEEK: Monday-Sunday (Eastern Time).

The Points System

Category	How points are earned	Weekly maximum	Verification
Workouts	1 point per qualifying workout day. Workout days must be lifting sessions, but up to 2 per week may be replaced with cardio. Cardio must average at least 120 BPM.	5 points	MyPTHub + attendance or audit
Meals logged	1 point for each complete, mindful day of meals logged, up to 5 days per week	5 points	MyPTHub + random Meal Checks
Meal Prep Photo	Submit 1 qualifying weekly photo showing several days of real-meal preparation, or the approved three-day alternative	3 points	Weekly photo submission
Power Play	Complete the weekly challenge	3 points	Required task or check-in
Official events	Attend an approved Supernova event	3 points per event	Staff attendance record
Body composition	Calculate both results, then award the higher point total: 4 points per 1% SMM gained OR 1 point per 1% body-fat percentage reduced	Event total	Initial-to-final % change

Body-Composition Points & Eligibility

Initial and final InBody scans and progress photographs are required for prize eligibility; the scans themselves earn no points. Calculate both initial-to-final percentage-change scores: 4 points per 1% SMM gained and 1 point per 1% body-fat percentage reduced. Award only the higher total; do not combine them. Example: a 3% body-fat reduction earns 3 points, while a 1% SMM gain earns 4 points, so only the 4 SMM points are awarded. If a tie-breaker is required, SMM lost or body fat gained may count as negative compensation when relevant. Enova makes the final determination.

Official Event Substitution

A participant who cannot attend an official Supernova event may complete an approved substitute within one week of the missed event to recover the event's missing points. Substitutions are not automatic; the participant must follow the requirements and submission method announced by Enova. Details for each makeup opportunity will be disclosed later.

What Counts as a Workout?

A qualifying workout is a purposeful, structured session completed on the date logged. Workout-point days must be lifting sessions by default. To reach the five-point weekly workout target, a participant may replace up to two lifting days with qualifying cardio. Cardio is optional, no more than two cardio days may earn workout points in a week, and each cardio session must maintain an average heart rate of at least 120 BPM. Qualifying sessions may include:

- An Enova personal-training appointment, approved class, or booked gym-access session.
- An assigned MyPTHub workout completed with the exercise details recorded.
- An approved independent lifting session or qualifying cardio session, including a run, cardio-machine workout, or other purposeful conditioning session. Cardio must show an average heart rate of at least 120 BPM.
- The official Lake Wintergreen Hike or Sleeping Giant Hike when designated as workout-eligible. Event bonus points may also apply only when explicitly stated.

Minimum standard: Generally 30 minutes of purposeful exercise, unless a shorter session was specifically assigned by an Enova trainer.

Workout Logging Rules

- Record the workout in MyPTHub on the day it is performed.
- Enter meaningful details such as exercises, sets, repetitions, weights, distance, duration, or activity type.
- Normal daily steps, chores, incidental movement, or duplicate entries do not qualify.
- A preset workout marked complete without actually performing it does not qualify.

How Workouts Are Verified

AUTOMATICALLY VERIFIED

Enova training appointments, approved classes, booked gym-access visits, and official events can be confirmed through staff or attendance records. No additional proof is normally required.

Independent workouts may be selected for an unannounced Workout Check. There is no weekly limit on the number of Workout Checks Enova may issue. Acceptable supporting evidence can include:

- Fitness-watch or activity-tracker workout summary, including average heart rate when cardio is submitted.
- Cardio-machine summary showing average heart rate, gym check-in, or timestamped post-workout photo.
- Completed exercise details in MyPTHub, including sets, repetitions and weights.
- Another reasonable form of evidence accepted by Enova staff.

What Counts as a Complete Meal-Logging Day?

A daily meal-logging point rewards complete, mindful tracking. The full day's entries should honestly reflect healthy, balanced eating. To qualify, the participant must:

- Record everything consumed that day in MyPTHub, including meals, snacks, drinks, sauces and meaningful additions.
- Use portions and ingredients that reasonably reflect what was actually consumed.
- Include at least one healthy, balanced meal.
- Complete the log on the same day. Entries added several days later may be denied.
- Avoid copying a preset meal unless the logged meal genuinely matches what was eaten.

Weekly Meal Prep Photo

- Once each week, a participant may earn 3 points by submitting one qualifying Meal Prep Photo.
- The photo must show real meals—not a protein shake—and must display several days of meal preparation together in one submission.
- If a participant cannot meal prep, the participant may instead submit qualifying photos showing three days' worth of healthy meals during that week.
- The Meal Prep Photo is scored separately from the five daily meal-logging points and is worth 3 points total for the week.

Random Meal Checks

Enova may issue unannounced Meal Checks at any time, with no weekly limit. When selected, the participant must:

The participant must photograph the next applicable meal before eating it, including drinks, sauces and sides; submit the photo within the stated window, normally three hours; accurately enter it in MyPTHub; ensure the photo and log reasonably match; and demonstrate that the meal is healthy and balanced.

Random Audits & Provisional Points

POINTS ARE PROVISIONAL

MyPTHub entries may initially appear to qualify, but Enova may review or remove points when an entry is incomplete, inconsistent, unverifiable, late, duplicated, or fabricated.

Enova may compare community photos, MyPTHub logs, preset-meal use, workout details, attendance records and other submitted evidence. A participant may explain or correct an honest mistake before the weekly score is finalized.

Missed Checks, Inaccurate Entries & Fabrication

Situation	Typical result
Missed check or insufficient evidence	The related meal-logging point, Meal Prep Photo points, or workout point may be removed.
Late, incomplete or inaccurate entry	The affected point may be removed; an honest correction may be considered before scoring closes.
Photo and food log materially conflict	All nutrition points for that week may be removed.
Workout clearly fabricated	All independent-workout points for that week may be removed.
Repeated or intentional fabrication	Loss of category points, prize ineligibility, or disqualification from Supernova.

Previous Champion Eligibility

- The immediately preceding year's first-place Individual Champion cannot earn an individual placement or prize in the following year's event. The restriction lasts one event cycle and does not apply to prior second- or third-place finishers.
- The previous champion may participate fully, accumulate points, and appear on the leaderboard as 'Previous Champion - Individual Prize Ineligible.'
- Any individual placement and prize earned by points passes to the next highest-scoring eligible participant. The previous champion is excluded from individual-prize tie-breakers.

Important General Rules

- Community posts, likes, comments, and workout photos do not earn points unless part of an announced Power Play or verification request. Meal photos earn points only through the weekly Meal Prep Photo requirement described above.
- A single activity or entry cannot be duplicated to earn the same category point more than once.
- Each scoring week begins Monday at 12:00 AM and ends Sunday at 11:59 PM Eastern Time. Weekly requirements and point limits reset at that time and still apply when a participant completes more qualifying activity.
- Participants are responsible for reviewing their logs and raising scoring questions before the stated weekly deadline.
- Enova may adapt a verification method for injury, disability, travel, technology failure, or another reasonable circumstance.
- Enova staff make the final determination regarding qualifying entries, evidence, points, prize eligibility and disqualification.