

2019 Slimdown Prize List

Number of prizes	How prize is earned?	Prize
5*	Complete all weekly tasks on time throughout Challenge	\$25 Choice GC Adidas/Dick's/Nike (through Scrip)
5*	Lose 1-6 pounds	\$25 Choice GC Adidas/Dick's/Nike (through Scrip)
5*	Lose 6+ Pounds	\$25 Choice GC Adidas/Dick's/Nike (through Scrip)
5*	Maintain/Lose weight (within healthy BMI)	\$25 Choice GC Adidas/Dick's/Nike (through Scrip)
6 Weekly Prizes	Weekend Challenge Complete weekend challenge <i>(randomly selected)</i>	\$10 Visa gift card
12 Weekly Prizes (2 per week)	Weekly Prize Complete Quiz, Education, Log Weight <i>(Randomly selected)</i>	\$20 Visa Gift Card
6 Weekly Prizes	Bonus Challenge Complete Challenge <i>(Randomly selected)</i>	\$10 Visa Card
Team Challenge	Slimdown Team Challenge Highest weight loss percentage per team (4-6 participants)	\$15 Visa Gift Card
30 Day Challenges (5)	For each 30 day challenge completed, one entry is given for prizes	\$10 Visa Gift Card

**Prizes with an asterisk indicate that winners must have completed all weekly tasks on time throughout the challenge*