

## Prizes

### **Weekly Prizes (12—2 each week)**

- \$20 Visa Gift Card
  - Randomly Picked
  - Must complete weekly education, quiz/survey, and logged 150 minutes of exercise on time

### **Bonus Challenge Prizes (6)**

- \$10 Fort Chamber Bucks
  - Randomly Picked
  - Must complete weekly challenge and have emailed on time

### **Weekend Bonus Challenge Prizes (6)**

- \$10 Fort Chamber Bucks
  - Randomly Picked
  - Must complete weekly challenge and have emailed on time

### **Finished with 900-1260 Minutes (10)**

- \$25 Gift card to either Dicks Sporting Goods, Nike, or Adidas
  - Randomly selected
  - Must have completed ALL weekly education, quiz/surveys, and logged exercise on time

### **Finished with >1260 Minutes (10)**

- \$25 Gift card to either Dicks Sporting Goods, Nike, or Adidas
  - Randomly selected
  - Must have completed ALL weekly education, quiz/surveys, and logged exercise on time

### **Participating in BOTH Rock the Walk & Frosty Rock Challenge**

- Notation throughout Challenge
- Special Frosty Rock Prize

***Participants must log at least 150 minutes of exercise per week, read the education, and take the quiz by Monday nights at 11:59pm EACH WEEK of the competition in order to be eligible for all weekly prizes and the grand prize.***

If you have any questions to include, please call 920-568-5475.

**Good luck!**