

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 Festival Foods Gift Card
 - 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!