



# 2020 Challenge Prizes

## Prizes

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

- \$20 Fort Chamber Bucks
  - Two Participants Randomly Picked Weekly
  - Must complete weekly education, quiz/survey, and logged 150 minutes of exercise on time

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

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

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

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

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

- \$25 Gift card to either Festival Foods, Pick 'N Save, Piggly Wiggly or Kwik Trip
  - 10 Participants 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 Festival Foods, Pick 'N Save, Piggly Wiggly or Kwik Trip
  - 10 Participants 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

**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.**