



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

Walkin' in Wisconsin Bonus Challenge Prizes (10)

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

Lose 1-6 Pounds (5)

- \$20 Gift card choice to local business (list provided by FHC Kid's Konnection)
 - 5 Participants Randomly selected
 - Must have completed ALL weekly education, quiz/surveys, and logged weight on time

Lose 6+ Pounds (5)

- \$20 Gift card choice to local business (list provided by FHC Kid's Konnection)
 - 5 Participants Randomly selected
 - Must have completed ALL weekly education, quiz/surveys, and logged exercise on time

Maintain Healthy BMI (5)

- \$20 Gift card choice to local business (list provided by FHC Kid's Konnection)
 - 5 Participants Randomly selected
 - Must have completed ALL weekly education, quiz/surveys, and logged exercise on time

Participants must log their weight each week, read the education, and take the survey by Monday nights at 11:59pm EACH WEEK of the competition in order to be eligible for all weekly prizes and the grand prize.