



# 2021 Rock the Walk Challenge Prizes

## Weekly Prizes (12 – 2 each week)

- \$20 Fort Chamber Bucks
  - Two participants randomly picked weekly
  - Must complete weekly education, survey and logged at least 150 minutes of exercise by weekly task deadline

## Weekly Bonus Challenge Prizes (6)

- \$10 Fort Chamber Bucks
  - Randomly Picked
    - Weeks 1-3 (3 prizes): Must complete weekly challenge and have emailed on time
    - Weeks 4-6 (3 prizes): Must complete 3 week challenge and have emailed by end of challenge.

## Weekend Bonus Challenge Prizes (5)

- \$10 Fort Chamber Bucks
  - Five participants randomly picked at the end of the challenge
  - Must complete weekend challenge and have emailed by end of challenge

## Overall Prize Winners

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

*Averages 150-210 Minutes/day*

- \$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, surveys and logged exercise on time

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

*Average >210 Minutes/Day*

- \$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, surveys and logged exercise on time

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