



## **2021 Slimdown Challenge Prizes**

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

- \$10 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

### **Run Run Reindeer Bonus Challenge Prizes (10)**

- \$10 Fort Chamber Bucks
  - Winners randomly selected at end of challenge
  - Must complete weekly challenge and have emailed on time

### **Lose 1-6 Pounds (5)**

- \$25 Gift card choice to local business (list provided by FHC Kid's Konnection)
  - 5 Participants Randomly selected at end of challenge
  - Must have completed ALL weekly education, quiz/surveys, and logged weight on time

### **Lose 6+ Pounds (5)**

- \$25 Gift card choice to local business (list provided by FHC Kid's Konnection)
  - 5 Participants Randomly selected at end of challenge
  - Must have completed ALL weekly education, quiz/surveys, and logged exercise on time

### **Maintain Healthy BMI (5)**

- \$25 Gift card choice to local business (list provided by FHC Kid's Konnection)
  - 5 Participants Randomly selected at end of challenge
  - 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.**