



2022 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
 - Week 6: Must complete 3 week challenge and have emailed by end of challenge.

Weekend Bonus Challenge Prizes (6)

- \$10 Fort Chamber Bucks
 - One prize winner per week, randomly selected
 - Must complete weekend challenge and have emailed by Monday each week

Overall Prize Winners

Finished with 900-1260 Minutes (10)

Averages 150-210 Minutes/week

- \$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/week

- \$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.