



Prizes

Weekly Prizes (12—2 each week)

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

Bonus Challenge Prizes (6)

- \$15 Fort Chamber Bucks
 - Randomly Picked
 - Weeks 1-6 (1 prize weekly): Must complete weekly challenge and have emailed on time

Weekend Bonus Challenge Prizes-Walk Series (6)

- \$25 Fort Chamber Bucks
 - One random winner at each walk series will be chosen **live at the event**

Finished with 900-1260 Minutes (10)

- \$25 Gift card to Kwik Trip
 - Randomly selected

- Must have completed ALL weekly education, quiz/surveys, and logged exercise on time

Finished with >1260 Minutes (5)

- \$50 Gift card to Festival Foods
 - Randomly selected
 - Must have completed ALL weekly education, quiz/surveys, and logged exercise on time

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.

If you have any questions to include, please call 920-568-5475.

Good luck!