



Walk To Wellness Challenge

May 11th – June 12th



Challenge Description

Aim for 8,000 steps per day in this one-month contest. You will receive **1 point** for each day you reach the 8,000 step goal during the challenge.

Prizes: Chance to win \$25 or \$100

- ✓ Meet 8,000 steps per day for any 10 days (**10 pts**) during the challenge to qualify for the \$25 gift card drawing!
- ✓ Meet 8,000 steps per day for any 20 days (**20 pts**) during the challenge to qualify for the \$100 gift card drawing!
- ✓ Bonus: Receive **2 pts** for each day that you reach 10,000 steps!

Registration & Submission

How to enter: Submit a Participant Entry Form by email to challenges@welcoaz.org by **5/8/2020**.

How to exit: Submit Step Tracker & Exit Form by email to challenges@welcoaz.org by **6/15/2020**.

