

# FREE PRIZES TOO!

## The Rules

### \*Maximum Attendance Points: 10

- 1 Point for attendance Night 1
- 2 Points for attendance Night 2
- 3 Points for attendance Night 3
- 4 Points for attendance Night 4

### \*Action Points: 5 Points Maximum (beginning in week 2)

Email Robin Bartko with one actionable step that you have taken during each week.

It can be cumulative such as progressive weight loss. However, it can be any positive steps to improve your health (increased exercise, scheduled screening, etc.

### \* Participation Points: 1-5 Points (weekly)

These Points are awarded at the sole discretion of the committee (Robin/Lisa & Brian)

### \* 2 Instant Winners announced each week (\$10 Gift Card)

Nightly gift card winners will have the option of receiving the gift card by mail or exchanging the gift card for 10 bonus points

### Participants will use their points on night 4 for a chance to win 1 of 3 grand prizes:

Points can be divided any way you choose! EXAMPLE: [assuming 35 points] 20 points to win Prize 1: 10 points to win Prize 2 and 5 points to win Prize 3 or all of points towards a chance to win one specific prize. One prize winner will be drawn for each of the grand prizes.

*Participants can only win one grand prize.*

### Grand Prizes:

*2 Free Wellness Sessions with Robin Bartko*

*\$75 Amazon gift card*

*Free NutriBullet or Air Fryer*

*Note: Prizes must be approved by the committee*