

YTRAAK

Summer Of Iron Challenge

2015 YTRAAK Challenge Awards and Prizes

Weekly Awards

Goal-based Weekly Warrior

- The top participant from each goal category with the highest amount of activity for that week will be recognized as a weekly warrior. The winners will receive one of the following prizes that will rotate weekly (3 total winners):
 - \$10 North Market Gift Card
 - Healthy Columbus Gym Towel & Water Bottle
 - Healthy Columbus Earbuds
 - Healthy Columbus Lunchbox

Most Improved Individual Weekly

- Weekly, one individual from each goal category who demonstrated the greatest positive change in weekly activity from the previous week will win an On-The-Go Nutrition Guide.
- 3 total winners

End of Challenge Awards

Guideline Gurus

- All participants who log at least 150 minutes of activity during each week of the challenge will be eligible to win
- 10 winners will be randomly selected who meet this criteria
- Winners will receive an 18" massage bar

Activity All Stars

In order to be eligible for this prize, one must:

- Meet or exceed the total minute goal for their selected total minutes category

Average activity per week needed to meet each goal category:

600 Total Minutes Category

- Average per week: **89** minutes

1200 Total Minutes Category

- Average per week: **179** minutes

2400 Total Minutes Category

- Average per week: **357** minutes

- 3 winners will be randomly selected from each goal category
- 9 total winners
- Winners will receive a Healthy Columbus Gym/Duffel Bag

Highest Total Physical Activity

- A participant in each goal category who achieved the highest total minutes of activity throughout the challenge will be awarded with a Fitbit Zip or a \$50 Kroger Gift Card (3 total winners).