



#NW10KDay Rules:

1. Make sure you have joined the Fit & FREE Membership to access the downloadable PDF (remember your log-in and password)
2. Join the FB group for daily posting and prize announcements:
🌐 Fit & FREE Monthly | Facebook
3. To be eligible for the “prize day” drawings, you must post your photo for the day in the FB group OR if you are not on FB- email Nicki at nicki@nicki-wilson.com. Prizes on “prize days” will be drawn the following MORNING around 7:30a(cst)
4. Daily posts are generally photos of your fitness watch with the final number of steps for the day, but I am alllll about creativity!
5. In order to be eligible for the Grand Prize (a walking pad or \$350 gift card to Target), you must have completed all 30 days of walking with photo evidence as proof. This drawing will take place on December 1st!

Additionally, the more the merrier! I will be holding multiple impromptu drawings as well as multiple for each prize, AS LONG AS I have a lot of people registering! The more people you bring, the more prizes go out!!

I am SO looking forward to this month!! What a fun way to kick off the holidays! Cheers to deep, sustainable health!!!