



## #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](mailto: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 allll about creativity!
5. Just complete each day In order to be eligible for the Grand Prize (a walking pad or \$350 gift card to Target), This drawing will take place on May 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!!!**