

RNP's 5 Day Health Challenge

- **Qualify to Enter challenge:** Monday, July 1st on air & social media post.
- **Challenge Start Date:** Monday, July 22nd.
- **Challenge End Date:** Friday, July 26th, 2024, at 4:10 PM

HOW TO ENTER/QUALIFY:

To Enter: (Info for rules & liner)

- We will take qualifiers on our official social media post & on-air on the Morning and Afternoon show, every hour Monday through Friday beginning July 1st.
- **The Health Challenge Week (Workout/Diet/Water intake Commitment)** begins July 22nd. Qualifiers are encouraged to do the 5-Day Health Challenge, July 22 through July, 26th.
- Listeners can enter the challenge under our official social media post and on-air by commenting on the post and by calling in and commenting, **"I'm in"** for a chance to win a **Fort 4 Fitness Race entry**.

- **The Challenge: (Qualifiers will commit to 5 days of a healthy lifestyle that includes the following:**

- Perform a minimum of 30 minutes of some sort of cardio of their choice.
- Eat at least 2 healthy meals per day.
- Drink your recommended Ounces of water.
- On **Friday, July 26** we will draw a winner on **Mornings with Lady Moore at 8:10 AM & The Afternoon Show with Mo at 4:10 PM**. The winner will win registration to the Fort for Fitness Race.
- **DJ's will take qualifiers each hour:**

Lady Moore: 6:30, 7:30, 8:30 9:30 AM

Mo's Show: 2:30, 3:30, 4:30, 5:30 PM