



April 1-28

# FINANCIAL WELLNESS CHALLENGE

Take some time to focus on financial wellbeing. Financial wellbeing is a continuous journey of building resilience and making adjustments to maintain financial equilibrium, not only to make ends meet but also to enjoy a more stable, healthy and successful life.

Learn valuable tips along the way as you meet weekly step goals and earn the badges!



Apr 1 - 7

6,000 avg. steps/day

Watch the Financial Wellness Webinar by Matt Gill



Apr 8 - 14

7,000 avg. steps/day

Listen to each of the Financial Wellness Bootcamp webinars



Apr 15 - 21

8,000 avg. steps/day

Listen to the Wyoming on Wellness Financial Wellness Podcast



Apr 22 - 28

9,000 avg. steps/day

Keep Stepping to earn Points for a Chance to Win a \$50 Gift card!

Each badge earned by hitting the weekly average step counts is an entry into a raffle for 1 of 75 \$50 gift cards!

Each activity completed throughout the challenge earns you 1,000 points in Walkingspree.

Every 100 points earned is an entry into the quarterly raffle for \$50 gift cards!

## REGISTER TODAY!



- Download and Open the Walkingspree App
- Tap Sign Up
- Type in State of Wyoming and click the pop-up
- Membership/Redemption Code: **WYOMINGONWELLNESS**
- Connect your Phone and/or Devices by following the prompts

Open your Walkingspree app every couple of days to seamlessly sync your steps. Don't miss out on rewards, make every step count!

Walkingspree will never share your data with outside parties. Your employer will only receive your step count for any incentives offered for challenges. You may participate within the app anonymously by choosing your own screen name.



Need help? Contact us at [support@walkingspree.com](mailto:support@walkingspree.com)

