

The rules for the 30-Day Challenge (Tuesday, December 26th, 2023, through Wednesday, January 24th, 2024) are as follows.

- 1. How to Enter or Participate:** There are three ways to enter **(1)** Text the word CHALLENGE to 833-968-7326. A form will be sent from The Family via text. Once the form is completed and submitted the entry is complete. **(2)** [Click this link to a digital form](#). When completed and submitted the entry is complete. **(3)** Send a letter by mail to The Family Radio Network, 1909 W second Street Appleton WI, 54914. The letter should include the entrant's name, address, phone number, email, and mention that they are registering for the 30-Day challenge. All letters must be received by The Family before January 25th.
- 2. Eligibility Instructions:** No purchase necessary. One entry per person. Winner will be chosen at random. Odds of winning depend on the number of people who enter to win. Must be 18 years or older to enter.
- 3. Entry Deadline Dates:** Entries must be submitted by 11:59 PM Wednesday, January 24th.
- 4. When Prize Can Be Won:** One winner will be chosen on January 25th. The winner will be contacted. If that winner does not respond after three attempts at contact that winner's prize will be forfeit and another winner will be chosen. Winners may also be announced on-air on January 25th.
- 5. The Extent, Nature, and Value of the Prize:** One winner will be chosen. Winner will receive a year's membership to the YMCA for them and anyone in their household. (The value is dependent on the size and age of the household. Value between \$398 for a single young adult under 29 and \$975 for a full family pass).
- 6. Time and Means of Selection of Winners:** Entries will be placed in an Excel spreadsheet and duplicate, incomplete, or ineligible entries will be deleted. The Family Promotions Manager will use random.org to randomly pick one winner.
- 7. All entrants are also subject to The Family Radio Network's [General Contest Rules](#).**