

Check off completed missions every week – more missions give you a greater chance of winning.



Download the app Kobla to get more missions.

Week 1 31. Aug–6. Sep.	Week 2 7.–13. Sep.	Week 3 14–20. Sep.	Week 4 21.–27. Sep.	Week 5 28. Sep.–4. Okt.	Week 6 05. okt – fredag 9.okt.
Walk 15 minutes today.	Walk 20 minutes today.	Take an evening walk after 8 p.m.	Be active for 120 minutes in total.	Be active for 140 minutes in total.	Be active for 160 minutes in total.
Take a 10-minute walk from home and see how far you can get.	Walk 15 minutes together with someone: friend, neighbor or a dog.	Spend 15 minutes outdoors before bedtime.	Go for a walk 6 times this week.	Go for a walk 7 times this week.	Go for a walk 8 times this week.
Take the stairs instead of the elevator today.	Make a phone call to a friend while you walk.	Play a ball game.	Walk 10 km in total.	Walk 15 km in total.	Walk 20 km in total.
Park a little further away than usual.	Take an evening walk after dinner.	Go to bed before 10 p.m.	Take a walk of over 3 km.	Take a walk of over 3 km.	Take a walk of over 3,5 km.
Make a phone call while you walk.	Take a walk without your phone.	Be active for 90 minutes in total.	Take a walk on Monday.	Take a walk before 9 a.m.	Take a walk before 8 a.m.
Go for a walk before breakfast.	Have an active lunch break.	Go for a walk 5 times this week.	Go for a walk 5 days in a row.	Go for a walk 6 times in a row.	Go for a walk 5 times in a row.
Go for a walk 2 times this week.	Invite a friend along for a walk.	Go for an uphill walk.	Go for a walk in the forest.	Take a walk along the river.	Take a walk to the grocery store.
Walk 2 km in total.	Go for a walk of over 2,5 km.	Walk with a colleague or a friend.	Choose a path you have never taken before.	Have a car-free Friday.	Have a car-free Monday.
Be active for 45 minutes in total.	Try jumping rope.	Take a walk on Wednesday.	Pick up 5 pieces of trash on your walk.	Take an evening walk after dinner.	Go for a walk at sunset.
Have a car-free Sunday.	Do 10 Jumping Jacks.	Go for a walk 4 days in a row.	Have a car-free Friday.	Go for a walk with someone new.	Go on an "eventyrsti" with someone you know.

Send in every Sunday

Send a photo of the sheet every week by Sunday at 10 p.m. by SMS to **95429090** or by email to support@kobla.no.

Kobla reserves the right to disqualify participants if cheating is suspected.



Good to know!

Winners will be announced the following Monday, and contacted via email or SMS. The last week of the campaign the winners will be announced on Friday 9th of October at 10 p.m. **Questions?** Please contact support@kobla.no



Kobla