

HEALTHY LIFESTYLE POKER CHALLENGE

INSTRUCTIONS

Life gets busy and it can be difficult to find the time for healthy habits in the stress of everyday life. Welcome to our Healthy Lifestyle Poker Challenge! Each day you will be encouraged with small tasks to promote healthy eating, hydration, and fitness. Bring fun back into building a healthy lifestyle!

CHALLENGE INSTRUCTIONS

1. CHOOSE YOUR DATES:

This is a 2-week challenge with important dates for the delivery of task cards and dealing of poker cards dated 1 week apart. For example:

- 1) Start date and first task card delivered: **March 4th**
- 2) First set of poker cards dealt: **March 11th**
- 3) Last task card delivered: **March 11th**
- 4) Second set of poker cards dealt: **March 18th**

2. TEAM OR INDIVIDUAL REGISTRATION:

Teams or individuals can register on the sign-up sheets OR by emailing the team captain. We recommend teams of 5-8 people, but this number can change depending on your organization and the number of participants. Designate a team captain. If you are a small organization, you can even run the challenge without teams and have individuals competing against each other. Add the registration information to the poster.

3. DISTRIBUTION AND DESIGNATED DEALERS

You will be required to ensure each team has a standard deck of playing cards. Distribute the playing cards and task cards to each of the team captains. Dealers will also need to be designated!

4. GET THE WORD OUT:

Whether it's intranet, email, department meetings, or the poster included in your kit, decide what will work best within your organization to ensure optimal exposure and communication.

5. TEAM TASK CARDS:

There will be a total of 2 task cards for your team to complete; unveiled one at a time. Post your task card #1 in a common area accessible to all employees. You have one week to complete it! As a team, your job is to complete all of the individual tasks. You can choose which tasks you would like to complete to contribute to your team card. Cross them off once you complete them. For each completed vertical set of tasks, your team captain will get one playing card. Completing a full task card, with all 5 vertical sets completed, is a maximum of 5 playing cards. After the first week, post task card #2 and repeat. At the end of the 2-week challenge, a team may have a total of 10 cards provided all vertical sets are completed!

6. BIG FINALE:

Use the Best Poker Hand Reference Sheet to create the best 5 card poker hand possible with the playing cards that you have earned. The best hand wins!

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PRIZES

Prizes are most impactful towards behavior change when participants are not motivated by knowledge of what or how many prizes there are. This method optimizes motivation to be around the challenge itself and its associated behaviours.

Your organization may decide to reward the winning team (s) and/or individuals. In the case of a tie, you can provide a prize to both teams/participants or do a draw.



BEST HAND WINS!



Some examples of prizes can include:

- ✓ Company bling
- ✓ Books
- ✓ Towels or gym bags
- ✓ Catered lunch for a team
- ✓ Water bottles/travel mugs
- ✓ Magazine subscriptions
- ✓ Lunch bags
- ✓ Wick-away T-shirts
- ✓ Athletic socks
- ✓ Journals
- ✓ Home fitness equipment (yoga mat, weights, bands)
- ✓ Protein bars
- ✓ Tea
- ✓ Pins or plaques
- ✓ Dress down day
- ✓ Paid time off
- ✓ Fitbit, pedometer...etc.
- ✓ Gift cards
- ✓ Paid lunch