******Chase the Turkey Individual Challenge NOTES:**

**Supplies needed:** fish bowl [or glass container], ballots, pencils/pens, table, prize (grocery store gift card or an actual turkey?)

**TO DO:** Ensure table, fish bowl, extra ballots, pens/pencils are arranged on table in a high traffic area. Put up posters. Email or hand out instruction sheets.

**OBJECTIVE:** Participants are encouraged to accumulate 5000 steps or 30 minutes each day. To achieve a moderate-vigorous intensity, they are to walk 1000 steps in 10 minutes. For every 1000 steps they take, they can cross off one out of five turkeys on a ballot card. The person with the most ballot cards at the end wins the prize.

**CHECKLIST TO PREP INITIATIVE:**

* Email/hand out instruction sheet to all staff
* Print posters and put them up
* Set up fish bowl for ballots
* Print enough copies of ballot sheet. Ensure every employee has at least 1 card to begin. The ballots fill up quickly so make enough for the duration of the campaign.
* Winners are drawn from completed ballots in the fish bowl.