

HEALTHY LIVING CHALLENGE

INSTRUCTIONS

Have you ever said, “I need to exercise more,” or, “I’m going to eat healthier,” but needed some kind of motivation to get you disciplined? We are challenging you to put some healthy living habits into practice. Are you up for the challenge?

CHALLENGE INSTRUCTIONS

Welcome to our Healthy Living Challenge! The goal of this challenge is to encourage employees to focus on activities to be the healthiest they can be!

1. CHOOSE YOUR DATES:

We recommend a one month challenge, but you may vote for 2 weeks. Choose your dates and add them onto the poster.

2. TEAM OR INDIVIDUAL REGISTRATION:

Teams or individuals can register on the sign-up sheets OR by emailing the team challenge organizer. We recommend a team of 4 people, but this number can change depending on your organization and the number of participants. If so, designate your team captains. You can even run the challenge without teams and have individuals competing against each other. Add the registration information to the poster.

3. GET THE WORD OUT:

Whether it’s intranet, email, department meetings, or posters, decide what will work best in your organization to ensure optimal communication.

4. GET THE SCORECARDS TO PARTICIPANTS

5. TALLY SCORES:

Gather the scorecards weekly to tabulate current totals. Then post them on the team points chart. Redistribute the second set of scorecards and repeat the process.

6. BIG FINALE:

Gather the final scorecards, tabulate the scores, and announce the winners!



During this four-week challenge, each individual will collect points by tracking a number of healthy activities each day. Tracking your minutes of exercise, glasses of water, intake of fruits and vegetables are just some of the activities included.

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SCORING OVERVIEW

INDIVIDUAL SCORING

At the end of each day, employees review their activities, indicate their points on the scorecard provided and submit to their team captain weekly.

TEAM SCORING

The team captain will add up all the score cards for their team and submit their total to the assigned team challenge organizer.

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 participants or do a draw.

SOME EXAMPLES OF PRIZES INCLUDE:

- Company bling
- Books
- Towels or gym bags
- Gift certificates
- Catered lunch for a team
- Beverage containers
(stainless steel water bottles\drink travel mugs)
- Magazine subscriptions
- Lunch bags
- Wick-away T-shirts
- Athletic Socks
- Journals for physical or mental health
- Massage / spa gift certs
- Small things like granola bars or protein bars, tea
- Passes to recreational activities
(bowling, skating, swimming, yoga, skiing, etc)
- Home fitness equipment
(yoga mat, hand weights, bands, stability ball)
- Certificates, plaques, pins
- Dress-down day or paid time off
- Fitbits, tablets
- ... *the sky is the limit!*