TEAM CHALLENGE SCORE CARD – WEEK 1

**SITE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ NUMBER OF PARTICIPANTS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **FIND HAPPINESS IN FRUITS & VEG**Serve only healthy snacks at a meeting[25 pts] |  |  |  |  |  |
| **DROWN YOUR SORROWS**Drink 8- 8oz glasses of water per day[25 pts – all participants] |  |  |  |  |  |
| **ALL NATURAL PERK-ME-UP**Switch out a coffee for herbal tea[10 pts – per participant] |  |  |  |  |  |
| **GET UP AND GO**Desk stretches 3x per shift[15 pts – per participant] |  |  |  |  |  |
| **LIGHTEN UP**Post/Share tasteful jokes with your team/owners[10pts per joke – max 3] |  |  |  |  |  |
| **BRAGGING RIGHTS** Share your success story[25 pts] |  |  |  |  |  |
| **LAUGH IT UP**Take a silly group picture [25 pts] |  |  |  |  |  |

**GRAND TOTAL: \_\_\_\_\_\_\_\_\_\_\_**

TEAM CHALLENGE SCORE CARD – WEEK 2

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| **HAPPILY HYDRATE**Make vitamin water for your office [15 pts] |  |  |  |  |  |
| **WALK IT OFF**Go for a walk during lunch/break[20 pts] |  |  |  |  |  |
| **EXIT YOUR COMFORT ZONE**Bring in a uncommon fruit/veg to share with your co-workers[25 pts] |  |  |  |  |  |
| **EXERCISE MY WHAT?!**Bring in and complete brain teasers[15 pts] |  |  |  |  |  |
| **PARTY-HARTY**Plan a group initiative (i.e. potluck, Super Food Salad Bar)[50 pts – once in challenge] | Once in challenge |
| **SHAKE IT OFF**Get rid of the negative by creating an office Happiness Jar (or Board)[30 pts – once in challenge] | Once in challenge |
| **PROOF OR IT DIDN’T HAPPEN**Photo of a wellness initiative[25 pts] |  |  |  |  |  |

**GRAND TOTAL: \_\_\_\_\_\_\_\_\_\_\_**