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: \_\_\_\_\_\_\_\_\_\_\_**