

HAPPINESS THROUGH WELLNESS TEAM CHALLENGE

TEAM CHALLENGE SCORE CARD – WEEK 1

SITE: _____

NUMBER OF PARTICIPANTS _____

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

GRAND TOTAL: _____

HAPPINESS THROUGH WELLNESS TEAM CHALLENGE

TEAM CHALLENGE SCORE CARD – WEEK 2

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: _____