

# HEALTHY HABITS CHALLENGE

## INSTRUCTIONS

Life gets busy and it can be difficult to find the time for healthy habits in the stress of everyday life. Welcome to our Healthy Habits Challenge! Each day you will be encouraged with small tasks to encourage healthy eating, hydration, and fitness. Bring fun back into building a healthy lifestyle!

### CHALLENGE INSTRUCTIONS

#### 1. CHOOSE YOUR DATES:

This is a 2-week challenge with important dates for the delivery of task cards and distribution of ballots dated 1 week apart. For example:

- 1) Start date and first task card delivered: **March 4<sup>th</sup>**
- 2) First set of ballots distributed: **March 11<sup>th</sup>**
- 3) Last task card delivered: **March 11<sup>th</sup>**
- 4) Second set of ballots distributed: **March 18<sup>th</sup>**

#### 2. TEAM OR INDIVIDUAL REGISTRATION:

Teams or individuals can register on the sign-up sheets OR by emailing the team captain. We recommend teams of 5-8 people, but this number can change depending on your organization and the number of participants. Designate a team captain. If you are a small organization, you can even run the challenge without teams and have individuals competing against each other. Add the registration information to the poster.

#### 3. DISTRIBUTION

Determine and announce the grand finale prize to be awarded to the winning team. Distribute the ballots and task cards to each of the team captains.

#### 4. GET THE WORD OUT:

Whether it's intranet, email, department meetings, or the poster included in your kit, decide what will work best within your organization to ensure optimal exposure and communication.

#### 5. TEAM TASK CARDS:

There will be a total of 2 task cards for your team to complete; unveiled one at a time. Post your Task Card #1 in a common area accessible to all employees. You have one week to complete it! As a team, your job is to complete all of the individual tasks. You can choose which tasks you would like to complete to contribute to your team card. Cross them off once you complete them. For each completed vertical set of tasks, your team captain will get one ballot. Completing a full task card, with all 5 vertical sets completed, is a maximum of 5 ballots. After the first week, post Task Card #2 and repeat. At the end of the 2-week challenge, a team may have a total of 10 ballots provided all vertical sets are completed!

#### 6. BIG FINALE:

The grand prize will be awarded at the end of the 2-week challenge. The more ballots your team earns, the greater your chances of winning. Good luck!

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### 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 teams/participants or do a draw.



### Some examples of prizes can include:

- ✓ Company bling
- ✓ Books
- ✓ Towels or gym bags
- ✓ Catered lunch for a team
- ✓ Water bottles/travel mugs
- ✓ Magazine subscriptions
- ✓ Lunch bags
- ✓ Wick-away T-shirts
- ✓ Athletic socks
- ✓ Journals
- ✓ Home fitness equipment (yoga mat, weights, bands)
- ✓ Protein bars
- ✓ Tea
- ✓ Pins or plaques
- ✓ Dress down day
- ✓ Paid time off
- ✓ Fitbit, pedometer...etc.
- ✓ Gift cards
- ✓ Paid lunch