

# YOUR 30-DAY SELF-CARE CHALLENGE

## INSTRUCTIONS

True self-care isn't about manicures and spa treatments. It's about taking care of yourself and the things that are important to you, so that you can lead a happy and fulfilled life – one you don't need to escape from! Welcome to your 30-Day Self-Care Challenge! Each day, you will be challenged with small, achievable tasks to recharge yourself and fill your cup back up! You're worth taking care of!

### CHALLENGE INSTRUCTIONS

#### 1. DISTRIBUTION PROCESS

This is a 30-day challenge with a tally of weekly points per member and delivery of 2 task cards distributed in 2-week intervals. It is best to start Day 1 on a Monday or the first of the month. Follow this distribution process:

- Start date:** Task Card 1 and Scorecards are delivered to participants.
- Start of week 2:** Scorecard Week 1 is tallied by the individual and submitted to team captain. Points are collected and tallied from week to week. Continue with tasks for the week.
- Start of week 3:** Scorecard Week 2 is tallied by the individual and submitted to team captain. Winner (team or individual) of the *Mid-Challenge Competition* is recognized. Task Card 2 and Scorecards are delivered to participants on the first day of the third week. Continue with tasks for the week.
- Start of week 4:** Scorecard Week 3 is tallied by the individual and submitted to team captain. Continue with tasks for week 4 and week 5.
- On day 31:** Scorecards Week 4 and 5 are tallied by the individual and submitted to team captain who will perform a final tally to determine the *Grand Finale Prize Winner!*

#### 2. TEAM OR INDIVIDUAL REGISTRATION

Designate a team captain. Teams/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. If you are a small organization, you can even run the challenge without teams and have individuals competing against each other.

#### 3. GET THE WORD OUT

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

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### 4. TEAM TASK CARDS

There are 2 task cards for teams to complete. Unveiled one at a time following the distribution process. You have two weeks to complete it! As a team member, your goal is to complete all of the individual tasks. The more tasks you complete, the greater the point value you add to your team. Each member that completes all of the weeks' tasks. will earn 10 points with an opportunity for additional bonus points. As team captain, you will tally up team points each week, and submit team totals for the Mid-Challenge Competition and Grand Finale Day.

### 5. GRAND FINALE

The grand prize will be awarded on Day 31 – the end of the 30-day challenge. The more points your team earns, the greater your chances of winning. Good luck!

## PRIZES

Prizes are most impactful towards behaviour 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
- ✓ Motivational Books
- ✓ Towels or gym bags
- ✓ Catered or paid lunch
- ✓ Water bottles/travel mugs
- ✓ Magazine subscriptions
- ✓ Lunch bags
- ✓ Movie tickets
- ✓ Journals
- ✓ Pins or plaques
- ✓ Dress down day
- ✓ Paid time off
- ✓ Fitbit, pedometer
- ✓ Gift cards
- ✓ Athletic socks
- ✓ Framed inspirational quote
- ✓ Home fitness equipment (yoga mat, weights, band)
- ✓ Yoga/meditation class
- ✓ Plants
- ✓ Wick-away T-shirts