



# 10-Minute Challenge

**Focus Area:** Well-being Activities

**Objective:** The 10-Minute Challenge encourages you to practice healthy behaviors by eating healthier and moving more, just 10 minutes at a time!

**Length of Challenge:** Four weeks

**Materials Needed:**

- ☐ Sign-Up Sheet/Form (optional, but recommended)
- ☐ 10-Minute Challenge Tracking Sheet
- ☐ Prizes (optional)

**Directions:** A list of 10-Minute Tips on how to fit healthy behaviors into our busy lives is provided. Earn a point each time you practice a 10-Minute Tip. Use the provided Tracking Sheet to record your points earned.

**Regional/Satellite Offices & AWS Employees:** This challenge can be hosted across regional/satellite office and/or with AWS employees.



[WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov)



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## Tracking Sheet

The 10-Minute Challenge encourages you to practice healthy behaviors by eating healthier and moving more, just 10 minutes at a time! A list of 10-Minute Tips on how to fit these behaviors into our busy lives is provided. Earn a point each time you practice a 10-Minute Tip. Use this Tracking Sheet to record your points earned.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Weekly Points
Week 1								
Week 2								
Week 3								
Week 4								



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## Tips

### **Move more every day by taking 10 minutes to:**

- Take more steps by parking further away from your destination.
- Crank up your favorite music and dance.
- Play fetch or take a walk with your dog.
- Be a kid again and play games like kickball, kick the can, tennis or shoot some hoops — invite friends, family or co-workers to join you.
- Ride your bike.
- Take a walk break during lunch or ask a co-worker a question by walking over to his or her desk instead of emailing.
- Take the stairs instead of the elevator when possible.
- Avoid the drive-thru and walk into restaurants, banks, etc.

### **Eat healthier each day by taking 10 minutes to:**

- Pick a few quick and easy recipes you will prepare for the week.
- Check your refrigerator and pantry for the ingredients you will need.
- Write a grocery list for any ingredients you are missing.
- Select snacks such as fresh fruits and vegetables from the produce aisle.
- Review the items in your grocery cart before you check out—remove anything that was not on your shopping list.
- Place leftovers in small single-serving containers for a quick meal on another day.
- Pack your lunch the night before.
- When eating out, compare the calories, fat and sodium. Many menus now include nutrition information. Check with your server if you don't see them on the menu.