



## No-Cost Prize Ideas

- ☐ **Creative Certificates** Use the challenge theme to help you come up with creative certificates or awards instead of just first, second and third place.
- ☐ **Winner of the Week** Celebrate your co-worker and make them feel special by giving them extra recognition as “Wellness Council Winner of the Week.”
- ☐ **Feature on “What’s Going On Across TN”** Brag about your co-workers to all Wellness Councils by submitting them to the [“What’s Going On Across TN”](#) section of our website.
- ☐ **Frame Them in a Photo** Snap a pic of your challenge winner(s) and jazz up the photo by adding a fun frame or design and award it to the winning employee(s).
- ☐ **Casual Day** With approval, allow your co-worker to come to work dressed down.
- ☐ **Choice of Challenge** Let your winning co-worker choose the next challenge your Wellness Council hosts.
- ☐ **Congrats Card** Go old school with a handwritten “congratulations” from your Wellness Council and department leadership to show your support.
- ☐ **DJ for a Day** With approval, allow your winning employee to pick the office music for a day.
- ☐ **Host an After-Work Healthy Hour** Gather your Wellness Council after work to celebrate your challenge winner.
- ☐ **King or Queen for a Day** Give your employee the title of “Wellness Council King/Queen” for the day. (Print crowns [here](#) and [here](#).)
- ☐ **Lunch with Leadership** Schedule a healthy lunch for your co-worker with a manager or senior leader.

- ❑ **Make a Medal** Make your winners feel like Olympic gold by awarding them a homemade medal. (Instructions [here](#).)
- ❑ **Pick a Prize** Ask your Wellness Council to donate new, unused items to your prize box that winners may choose from.
- ❑ **Photo Op with the Commissioner** Schedule a photo with someone from your executive team and winning employee.
- ❑ **Post-It Praise** Leave post-it notes of praise at an employee's work space.
- ❑ **Shout-Out** Showcase your co-workers' success by spotlighting them in an email, on a bulletin board, social media, your division/department newsletter, news ticker on office monitor or on your department's intranet.
- ❑ **Standing Ovation** At your next staff meeting, give your co-worker a standing ovation for a job well done.
- ❑ **Super Workspace** With approval, allow your employees to outfit their workspace as they like.
- ❑ **Traveling Trophy** Designate an item (doesn't have to be fancy) to act as a "traveling trophy" passed on from employee to the next. Want to get really creative? Ask employees to add something fun to the trophy.
- ❑ **VIP Parking** With approval, reward your employee with a primo parking spot.
- ❑ **Wall of Fame** Create a Wellness Council Wall of Fame to induct employees into.
- ❑ **Webinar Winner** Submit your co-worker's story to be recognized on an upcoming Working for a Healthier Tennessee webinar.