



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 (can be shortened)

Materials Needed:

- Sign-Up Sheet/Form (optional, but recommended)
- [10-Minute Challenge Time Tracker](#)
- Prizes (optional)

Directions:

1. Earn 10-minutes of time for every "10-Minute Action" you complete.
2. Use the provided Challenge Time Tracker to record your total time spent practicing healthy behaviors.

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

Getting Started:

1. Decide what dates your "10-Minute Challenge" will run.
2. Establish a sign-up period (for example, one week) before the challenge start date and determine how participants will sign-up for the challenge.
3. Determine how participants submit their Tracking Sheets and how/if winners will be rewarded.

Remember: Challenge rewards do not have to be tangible. Announcing the "10-Minute Challenge" winner(s) in an email, e-newsletter and/or flier are all great ways to give recognition!

4. Announce the challenge to employees! (This can be done via email, e-newsletter, department intranet, and/or fliers.)
5. At the close of the sign-up period (if you established one), contact all participants to share the following:
 - A welcome, congrats and/or thank you for participating in the challenge.
 - Dates of when the challenge will begin and end.
 - Instructions on how to play the “10-Minute Challenge”.
 - Details about how to submit their Tracking Sheets and how winner(s) will be rewarded.

NOTE: Don't forget to BCC participants if contacting them via email.
6. Print or attach via email the “10-Minute Challenge Time Tracker” and distribute to all participants.
7. Each week of the challenge send participants a friendly email reminding them to engage in the challenge and have fun with it. Your communication might include additional information related to the challenge, such as fun facts, healthy recipes, tips and tricks, inspirational quotes and/or participant photos. (Request ‘Sample Weekly Emails’ from your WFHTN Regional Wellness Coordinator.)
8. As the four-week challenge comes close to an end, send out a reminder to participants to submit their “10-Minute Challenge Time Tracker” and announce the winner(s)!



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