



Better Beverage Challenge

Focus Area: Healthy Eating

Objective: To improve overall health by decreasing consumption of high-calorie and high-sugar beverages.

Length of Challenge: Four-weeks

Materials Needed:

- Sign-Up Sheet/Form (optional, but recommended)
- Better Beverage Tracking Sheet
- Prizes (optional)

Directions:

- Figure out what beverages you want to cut back on.
- Find some refreshing alternatives.
- Aim to complete each weekly goal on the Better Beverage Tracking Sheet.

Regional/Satellite Offices & AWS Employees: You can host this challenge across regional/satellite offices and/or with AWS employees.



WFHT.TN@tn.gov



facebook.com/WFHTN



twitter.com/WFHTN

Getting Started:

1. Decide the dates your "Better Beverage Challenge" will run.
2. Establish a sign-up period (for example, one week) before the challenge start date. [*Sign-up period is optional.*]
3. Determine how participants will submit their Tracking Sheets and how winners will be rewarded.
 - *Remember: Challenge rewards do not have to be tangible. Announcing the "Better Beverage 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 participate in the "Better Beverage 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 the "Better Beverage Challenge Tracking Sheet" via email and distribute this to all participants.
7. Each week send participants a friendly email reminding them to engage in the challenge and have fun with it. (Request 'Sample Weekly Emails' from your wellness coordinator.)
8. As the challenge comes close to an end, send a reminder to participants to submit their "Better Beverage Challenge Tracking Sheet" and announce the winner(s)!