Go for the Gold Challenge

Focus Area: Healthy Eating

Objective: To earn gold medals by making healthier eating choices

Length of Challenge: One week (length of challenge is flexible; contact your WFHTN Regional Wellness Coordinator for assistance with editing the Tracking Sheet).

Materials Needed:

- ☐ Sign-Up Sheet/Form (optional, but recommended)
- ☐ Go for the Gold Tracking Sheet
- ☐ Prizes (optional)

Directions:

- Check-off each time you complete a gold medal event.
- Use the Go for the Gold Tracking Sheet to record the medals you earn throughout the week.

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

Getting Started:

1. Decide the dates your "Go for the Gold 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 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

    - Start and end dates of the challenge.

    - Instructions on how to participate in the "Go for the Gold 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 "Go for the Gold Challenge Tracking Sheet" and distribute it to all participants.

7. Remember to 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 food facts, healthy recipes, tips and tricks, inspirational quotes and/or participant photos. (See 'Sample Emails' below.)

8. As the challenge comes to an end, send out a reminder to participants to submit their "Go for the Gold Challenge Tracking Sheet" and announce the winner(s)!

Sample Emails:

Welcome Email [*Send the week prior to starting so participants have time to grocery shop.*]

Subject: Welcome to the Go for the Gold Challenge

Body:

Hello,

Welcome to the **Go for the Gold Challenge** with the < insert department > Wellness Council!

Let's have fun 'winning' some gold medals just like our favorite Olympians!

In this challenge, the goal is to strive to earn gold medals by engaging in healthier eating habits. Track your progress with the Go for the Gold Tracking Sheet. Below are the healthy eating options you have throughout the week to earn gold medals. You'll win one gold medal each time you complete an event. You can earn up to three gold medals per event per day (*for a maximum of 21 gold medals a day*).

GOLD MEDAL EVENTS

- Enjoy a meal that is half non-starchy vegetables.
- Enjoy a whole grain.
- Log food/drinks in a food journal.
- Practice mindful eating.
- Read the food label prior to eating.
- Swap a sugary drink for water.
- Choose a healthier snack.

Check out this guide to healthier grocery shopping for help preparing for this challenge!

<OPTIONAL> There will be a random drawing at the end for a prize(s). <OPTIONAL>

Challenge Dates: <insert dates>
Please submit your Go for the Gold Tracking Sheet to < insert email > by _____.)

Let's go for the **gold**!

First Day of Challenge Email

Subject: Opening Ceremonies for the Go for the Gold Challenge

Body:

The **Go for the Gold Challenge** starts today!

This week try to earn gold medals and become a decorated Olympian. Track your progress with the Go for the Gold Tracking Sheet. Below are the healthy eating options you have this week to earn gold medals. Win one gold medal each time you complete an event. You can earn up to three gold medals per day for each event.

GOLD MEDAL EVENTS

- Enjoy a meal that is half non-starchy vegetables.
- Enjoy a whole grain.
- Log food/drinks in a food journal.
- Practice mindful eating.
- Read the food label prior to eating.
- Swap a sugary drink for water.
- Choose a healthier snack.

Looking for some kitchen inspiration? Click here for healthy recipes from Working for a Healthier Tennessee!

Middle of Challenge Email

Subject: How Many Gold Medals Have You Earned? (Go for the Gold Challenge)

Body:

You are halfway through the **Go for the Gold Challenge**! How have you been earning gold medals this week? Please share the creative ways you've won gold with <insert email>. Maybe you will inspire others!

Wrap Up Email

Subject: Closing Ceremonies for the Go for the Gold Challenge

Body:

We are at the end of the **Go for the Gold Challenge**! It's time to stand on the podium and be proud of your accomplishments.

Please submit your Go for the Gold Tracking Sheet to < insert email > by _____.) <OPTIONAL> There will be a random drawing at the end for a prize(s). <OPTIONAL>

Go for the Gold Challenge

Tracking Sheet

Name _____ Department _____

Check each time you complete a gold medal event.
You can earn 3 gold medals per event per day (*for a maximum of 21 gold medals per day*).

Gold Medal Events	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Enjoy a meal that is half non-starchy vegetables.	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
Enjoy a whole grain.	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
Log food/drinks in a food journal.	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
Practice mindful eating.	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
Read the food label prior to eating.	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
Swap a sugary drink for water.	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
Choose a healthier snack.	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐

Total Gold Medals: ___

WFHT.TN@tn.gov facebook.com/WFHTN twitter.com/WFHTN