



Healthy Habits Challenge

Focus Area: Well-being

Objective: The challenge focuses on practicing overall healthy habits and adding to them each week. By the end of this challenge, participants will be working on four different healthy habits for better health and wellness. (Reach out to your assigned WFHTN Regional Wellness Coordinator for assistance selecting/modifying the healthy habits featured in this challenge.)

Length of Challenge: Four weeks

Materials Needed:

- Sign-Up Sheet/Form (optional, but recommended)
- Healthy Habits Challenge Tracker
- Prizes (optional)

Directions:

- Check off each day you complete the highlighted healthy habit(s).
 - Every week a different healthy habit will be highlighted and as the challenge progresses, you'll be tasked to add one healthy habit to each week for a total of four different healthy habits by the end of the challenge.
- Aim to check-off as many healthy habits as possible!
- At the end of the challenge, submit your challenge tracker to < **insert email** >.

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



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Getting Started:

1. Decide the dates your "Healthy Habits Challenge" will run.
2. Establish a sign-up period (for example, one week) before the challenge start date.
3. Determine how participants will submit their Challenge Tracker and how winners will be rewarded.
Remember: Challenge rewards do not have to be tangible. Announcing the "Healthy Habits 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 the challenge will begin and end.
 - Instructions for how to play the "Healthy Habits Challenge".
 - Details about how to submit the Challenge Tracker 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 "Healthy Habits Challenge 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 info related to the challenge, such as fun food facts, healthy recipes, tips and tricks, inspirational quotes and/or participant photos. (Reach out to your WFHTN Regional Wellness Coordinator for 'Sample Weekly Emails'.)
8. As the four-week challenge comes close to an end, send out a reminder to participants to submit their "Healthy Habits Challenge Tracker" and announce the winner(s)!