



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.”
- ❑ **Brag about your co-workers to all Wellness Councils.** Submit information to your Regional Wellness Coordinator to be a spotlight on our social media or 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.