

# Office Olympics Challenge

**Focus Area:** Well-Being/Physical Activity

**Objective:** Get your co-workers to participate individually in fun Olympic-inspired activities, whether they're in the office or AWS.

**Length of Challenge:** One day

**Materials Needed:**

- Sign-Up Sheet/Form (optional, but recommended)
- Materials depending on which activities are chosen (see list of activities below)
- Prizes (optional)

**Directions:**

- Have co-workers participate individually and share results!
- Choose an office Olympics activity from the list provided.
- Have fun!

**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 a date for your "Office Olympics Challenge".
2. Establish a sign-up period (for example, one week) before the challenge start date.
3. Determine how participants will submit their results and how winners will be rewarded.

*Remember: Challenge rewards do not have to be tangible. Announcing the "Office Olympics 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
  - Date the challenge will take place
  - Instructions on how to participate in the "Office Olympics Challenge"
  - Details about how to submit their results and how winner(s) will be rewarded.

*NOTE: Don't forget to BCC participants if contacting them via email.*



## Sample Emails:

### Welcome Email

Subject: Welcome to the Office Olympics Challenge!

Body: It's time to test your athletic abilities with some fun Olympics-inspired office activities. Our Office Olympics Challenge will take place on **<insert date>**. See the attached Office Olympics Challenge activities list for guidelines and materials needed. Choose the activities you are interested in and get your materials ready. We can't wait to see which activities you choose!

### Day of Email

Subject: It's Time for the Office Olympics Challenge!

Body: It's here! Welcome to the Office Olympics! I hope you brought your 'A' game. See the attached activities list for guidelines and materials needed. Now, show us what you've got! Send your Office Olympics photos to [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov) and let us know how much fun you had.

### Wrap-Up Email

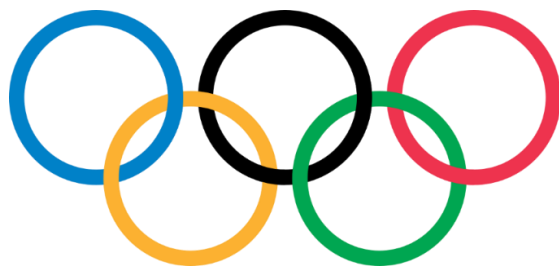
Subject: Thank you for participating in the Office Olympics Challenge!

Body: YOU DID IT! We hope you enjoyed this challenge.

We'd love to hear what you thought about this challenge by providing your feedback in this short survey here: **< insert survey link >**

Have photos, video or a success story to share? We'd love to receive them! Simply submit to [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov)





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## Activities List

### Desktop Soccer

**Materials Needed:** Piece of paper, desk/table

**Guidelines:** Each participant gets five chances to make a goal. Provide participants with a crumpled piece of paper/ball, which they must shoot across a table into a goal. Participant who makes the most goals, wins. *Participating individually? Just send your total number of goals and/or photos to <insert email address>.*

### Pencil Javelin

**Materials Needed:** Clean and empty trash bin, pencils

**Guidelines:** Establish a set distance. Place a trash bin apart from a marked line. Participants will stand behind the line and have 30 seconds to attempt to throw as many pencils (one at a time) toward the bin. A point is awarded for each time they get it inside. *Participating individually? Just send your total number of successful throws and/or photos to <insert email address>.*

### Rubber Band Archery

**Materials Needed:** Rubber bands, piece of paper or marker board for target

**Guidelines:** Have the participants stand about eight feet away from the target. They'll have 30 seconds to hit the target as many times as they can by shooting rubber bands off their fingers. *Participating individually? Just send your total number of successful hits and/or photos to <insert email address>.*

### Paper Plate Discus

**Materials Needed:** Paper plates, masking tape for the start line

**Guidelines:** Each person must mark their 'disc' for easy identification. Once ready, stand behind a line marked on the floor. The person who throws their 'disc' the furthest – wins. Each participant gets three attempts. *Participating individually? Just send the distance of your furthest throw and/or photos to <insert email address>.*

### Speed Finger Skating

**Materials Needed:** Computer/Laptop

**Guidelines:** The goal is to type the fastest! Participants are given a paragraph to type and whoever correctly types the paragraph the fastest, wins. *Participating individually? Just send the total time it took you to type the paragraph to <insert email address>.*

