



Personalize My Plate Challenge

Focus Area: Healthy Eating

Objective: To take a more personalized approach to the nutrition your body needs

Length of Challenge: Two weeks (can be extended)

Materials Needed:

- Sign-Up Sheet/Form (highly recommended)
- Personalize My Plate Worksheet
- Prizes (optional)

Directions:

1. Use the Challenge Worksheet to help you personalize healthy meals with foods you're familiar with and enjoy. Aim to include a variety of foods to help you get all the nutrients that are needed for good health! (NOTE: This Worksheet will not be shared.)

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 “Personalize My Plate Challenge” will run.
2. Establish a sign-up period (for example, one week) before the challenge start date and determine how participants will sign-up for the challenge.
3. Determine how participants will submit their Trackers and how/if 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.
 - Dates the challenge will begin and end.
 - Instructions on how to play the “Personalize My Plate Challenge”.
 - Details about how to submit their Trackers 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 “Personalize My Plate Challenge” and distribute it to all participants.
7. Each week send participants a friendly email reminding them to engage in the challenge and to 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. (Request ‘Sample Weekly Emails’ from your WFHTN Regional Wellness Coordinator.)
8. As the two-week challenge comes close to an end, send a reminder to participants to submit their “Personalize My Plate Challenge” and announce the winner(s)!