



# Tag You're It!

## Focus Area: Well-Being

**Objective:** To increase a variety of healthy habits during the workday while participating with co-workers.

**Length of Challenge:** One day (can be extended)

## Materials Needed:

- Tag You're It! Cards
- Tag Log (optional)
- Prizes (optional)

## Directions:

- Complete one of the listed activities on the Tag You're It! card.
- "Tag" another employee by forwarding the Tag You're It! card or handing it off to another co-worker in the office.

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



[WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov)



[facebook.com/WFHTN](https://facebook.com/WFHTN)



[twitter.com/WFHTN](https://twitter.com/WFHTN)

## Getting Started:

1. Decide what date(s) your "Tag You're It!" will run.
2. Determine how participants submit their participation and if and how winners will be rewarded.  
*Remember: Challenge rewards do not have to be tangible. Announcing the "Tag You're It!" winner(s) in an email, e-newsletter and/or flier are all great ways to give recognition!*
3. Announce the challenge to employees and share the following. (This can be done via email, e-newsletter, department intranet and/or fliers.)
  - Date(s) when the challenge will begin and end.
  - Instructions for how to play the "Tag You're It!" challenge.
  - Details about how to submit participation and how winner(s) will be rewarded.
4. Print or attach via email the "Tag You're It! Card" and distribute to all participants.
5. If the challenge is occurring over several days, consider sending employees 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 physical activity facts, healthy recipes, tips and tricks, inspirational quotes and/or participant photos. (See 'Sample Emails' below.)
6. As the challenge comes near an end, send a reminder to employees to submit their participation and announce the winner(s)!