



# Catch Some Rays Challenge

## Focus Area: Well-Being

**Objective:** To get outside for up to 15 minutes daily to soak up the health benefits of sunlight (vitamin D). *\*NOTE: If you're going to be outside for more than 15 minutes, it's a good idea to protect your skin by applying sunscreen with an SPF of at least 15.*

**Length of Challenge:** Two weeks (can be extended)

## Materials Needed:

- Sign-Up Sheet/Form (optional, but recommended)
- Catch Some Rays Challenge Tracking Sheet
- Prizes (optional)

## Directions:

- List what you do each day to get outdoors to catch some rays. Remember you should only soak up the sun in moderation. Take a moment daily to reflect on how you felt after getting outdoors.
- Use the tracking sheet to record your progress for two weeks.

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

## Getting Started:

1. Decide the dates your "Catch Some Rays Challenge" will run.
2. [OPTIONAL] Establish a sign-up period (for example, one week) before the challenge starts. Determine how participants will sign up for the challenge.
3. Determine how participants will submit their tracking sheets and how/if winners will be rewarded.  
*Remember: Challenge rewards do not have to be tangible. Announcing the "Catch Some Rays Challenge" winner(s) in an email, e-newsletter and/or flyer 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 flyers.)
5. At the end 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
  - How to participate in the "Catch Some Rays Challenge"
  - Details for submitting the tracking sheets 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 "Catch Some Rays Challenge Tracking Sheet" and distribute to all participants.
7. Each week of the challenge send participants a friendly email reminding them to engage in the challenge and to have fun with it. (Reach out to your WFHTN Wellness Coordinator to request Sample Weekly Emails.)
8. As the two-week challenge comes close to an end, remind participants to submit their "Catch Some Rays Challenge Tracking Sheet" and announce the winner(s)!



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