



# Healthy Holidays Challenge

## **Focus Area:** Well-Being

**Objective:** To maintain healthy habits during the hustle and bustle of the holiday season.

**Length of Challenge:** Four weeks (length of time is flexible; contact your WFHTN Regional Wellness Coordinator for assistance with editing)

## **Materials Needed:**

- Sign-Up Sheet/Form (optional, but recommended)
- Healthy Holiday Activity Tracker
- Sample Food Journal
- Prizes (optional)

## **Directions:**

- Track weekly challenge progress with Healthy Holiday Activity Tracker

**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 what dates your “Healthy Holidays Challenge” will run.
2. Establish a sign-up period (for example, one week) before the challenge start date. [*Sign-up period is optional.*]
3. Determine how participants submit their Activity Trackers and how 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 of when the challenge will begin and end.
  - Instructions on how to participate in the “Healthy Holidays Challenge”.
  - Details about how to submit their Activity 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 “Healthy Holidays Activity Tracker” and Sample Food Journal and distribute to all participants.
7. Remember to send participants 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 food facts, healthy recipes, tips and tricks, inspirational quotes and/or participant photos. (See ‘Sample Emails’ below.)
8. As the challenge comes close to an end, send out a reminder to participants to submit their “Healthy Holidays Activity Tracker” and announce the winner(s)!