



Mother Nature Calls Challenge

Focus Area: Physical Activity

Objective: To increase time spent in nature

Length of Challenge: Two weeks

Materials Needed:

- Sign-Up Sheet/Form (optional, but recommended)
- Activity Tracking Sheet
- Prizes (optional)

Directions:

- Try to complete as many squares as you can on the [Mother Nature Calls tracker](#) within the two-week challenge period.
- At the end of the challenge, calculate your total points.

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



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Getting Started:

1. Establish a sign-up period (for example, one week) before the challenge start date and determine how participants will sign up for the challenge.
2. Determine how participants submit their tracking sheets and how/if winners will be rewarded.
Remember: Challenge rewards do not have to be tangible. Announcing the winner(s) in an email, newsletter and/or flyer are all great ways to give recognition!
3. Announce the challenge to employees! (This can be done via email, newsletter, department intranet and/or flyers.)
4. 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
 - Instructions for the challenge
 - Details about how to submit their tracking sheets and how winner(s) will be rewarded.
NOTE: Don't forget to BCC participants if contacting them via email.
5. Print or attach via email the Mother Nature Calls Challenge Tracking Sheet and distribute it to all participants.
6. Each week of the challenge, send participants a friendly email reminding them to engage in the challenge and to have fun with it. Your communication might include additional information about the challenge, such as upcoming events in the area, a trail to try, tips and tricks, inspirational quotes and/or participant photos. (Request Sample Weekly Emails from your WFHTN Wellness Coordinator.)
7. As the challenge ends, remind participants to submit their Mother Nature Calls Challenge Tracking Sheet and announce the winner(s)!