



Exotic Fruit Challenge

Focus Area: Healthy Eating

Objective: To increase overall fruit consumption in a variety of ways, with an emphasis on trying exotic fruits.

Length of Challenge: Two weeks (can be extended)

Materials Needed:

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

Directions:

- Complete as many squares on the [Exotic Fruit Challenge Tracking Sheet](#) for a two-week period.
 - Squares that include exotic fruits are worth more points!
- Strive to complete as many squares as you can.
- At the end of the challenge, calculate your total points earned.

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 "Exotic Fruit Challenge" will run.
2. Establish a sign-up period (for example, one week) before the challenge start date.
3. Determine how participants should submit their Tracking Sheets and how winners will be rewarded.
Remember: Challenge rewards do not have to be tangible. Announcing the "Exotic Fruit Challenge" 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 play the "Exotic Fruit 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.
6. Print or attach via email the "[Exotic Fruit Challenge Tracking Sheet](#)" and distribute to all participants.
7. Each week, 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. (Request 'Sample Weekly Emails' from your wellness coordinators.)
8. As the two-week challenge comes close to an end, send out a reminder to participants to submit their "Exotic Fruit Challenge Tracking Sheet" and announce the winner(s)!