



Go for the Gold Challenge

Focus Area: Healthy Eating

Objective: To earn gold medals by making healthier eating choices

Length of Challenge: One week (length of challenge is flexible; contact your WFHTN Regional Wellness Coordinator for assistance with editing the Tracking Sheet).

Materials Needed:

- Sign-Up Sheet/Form (optional, but recommended)
- [Go for the Gold Tracking Sheet](#)
- Prizes (optional)

Directions:

- Check-off each time you complete a gold medal event.
- Use the [Go for the Gold Tracking Sheet](#) to record the medals you earn throughout the week.

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 the dates your "Go for the Gold 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 will submit their Tracking Sheets 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
 - Start and end dates of the challenge.
 - Instructions on how to participate in the "Go for the Gold 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 "[Go for the Gold Challenge Tracking Sheet](#)" and distribute it 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 information related to the challenge, such as fun food facts, healthy recipes, tips and tricks, inspirational quotes and/or participant photos. (Request 'Sample Emails' from your wellness coordinator.)
8. As the challenge comes to an end, send out a reminder to participants to submit their "[Go for the Gold Challenge Tracking Sheet](#)" and announce the winner(s)!