



WORKING FOR A
HEALTHIER TN



Go Lean with Protein Challenge

Focus Area: Healthy Eating

Objective: Participants will try to make healthier protein choices, most of the time. At the beginning of the challenge, they will find out the types of proteins they currently eat each day. Then, they'll set a new goal for making healthier protein choices.

Length of Challenge: Four weeks, but can be shortened

Materials Needed:

- Sign-Up Sheet/Form (optional, but recommended)
- [Go Lean with Protein Tracker](#)
- Prizes (optional)

Directions:

- Track your typical protein intake for one week.
- After figuring out your baseline protein intake, set a new goal. For example, "I will enjoy at least one healthier protein source for lunch on Mondays, Wednesdays and Fridays for the next month." If this goal doesn't seem realistic, please see our [S.M.A.R.T. Goal Setting Worksheet](#) to set a goal that is more attainable for you.
- Each week try to meet your goal.
- At the end of the challenge, log your participation in this [Google Form](#).

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 "Go Lean with Protein Challenge" will run.
2. Establish a sign-up period (for example, one week) before the challenge start date.
3. Determine how winners will be rewarded.

Remember: Challenge rewards do not have to be tangible. Announcing the "Go

Lean with Protein 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 participate in the “Go Lean with Protein Challenge”.
 - Details about how to submit their Challenge Tracker 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 Lean with Protein Challenge Tracker” and distribute to all participants.
7. Each week of the challenge 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 coordinator.)
8. As the four-week challenge comes to an end, send a reminder to participants to log their participation on the [Google Form](#). Announce the winner(s) (*if you decided to have winners*)!