



# Healthy Weight Challenge

## Focus Area: Well-Being

**Objective:** To help participants achieve a healthier weight realistically by practicing moderation and balance.

**Length of Challenge:** Eight weeks (can be extended)

## Materials Needed:

- Sign-Up Sheet/Form (optional, but recommended)
- [Healthy Weight Challenge Tracker](#)
- Prizes (optional)

## Directions:

1. Select a day to weigh-in weekly.
2. Aim to stay on top of your tracking each week by calculating your weight change percentage (not pounds lost/gained).
3. At the end of the challenge, ask participants to fill out [THIS SURVEY](#) to show their participation.

**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 Weight Challenge" will run.
2. Establish a sign-up period (for example, one week) before the challenge start date and determine how participants will sign up for the challenge.
3. Determine how/if winners will be rewarded.  
*Remember: Challenge rewards do not have to be tangible. Announcing the "Healthy Weight 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 "Healthy Weight Challenge".
  - Details about how to log participation and how/if 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 Weight 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 to 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 Weekly Emails' from your WFHTN Regional Wellness Coordinator.)
8. As the eight-week challenge comes close to an end, send out a reminder to participants to [log participation](#) and announce the winner(s)!