



# Healthy Holiday Challenge

## Instructions

**This challenge can be found under the “Tracking and Recognition” section of your toolkit.**

This challenge will help employees navigate those holiday pitfalls and tackle the season realistically by practicing moderation and balance. Festive parties and holiday treats can add up to a lot of fun and extra pounds. Between holiday meals and get-togethers, this time of year can be difficult for many, even those who are normally active. The goal of this challenge is for employees to maintain their starting weight from Thanksgiving through the New Year.

- Create teams, with a **minimum of three** members per team.
- Assign or ask for volunteers for team captains. This is essential for teams to stay motivated!
- Encourage the teams to pick a team name (holiday-themed names are fun like the Dash Away’s, The Blitzen’s or Run Run Rudolph’s.)
- Participants weigh in each week and record their weight on their weight-tracking form.

You have two options for tracking weight:

1. **The team captain can track their team or one person can keep track of all the team weight goals.** You will receive a total of seven weigh-in slips. The slips are dated and numbered. Each team can have their own drop box for the slips. (Encourage each team to decorate the drop box.) If using a drop box doesn’t work, you can come up with an alternate method.

*Note – The slips are created for privacy. Each slip is numbered so that the participant’s name is not on the slip. Whoever is tracking the cumulative weight can write down the person’s name and corresponding number on the weight-tracking spreadsheet. This is also helpful if someone misses a weigh-in; you know*

*who it is and can transfer the weight from the week prior. **Please remember to keep the information private.***

Each team's cumulative weight will be posted/announced weekly. Each week, you will need to weigh-in on the assigned date or as close to the date as possible. If not possible then use the weight from the preceding week. The most important weight postings will be the start (**November 18**) and the end (**January 3**). The team that maintains, loses or stays the closest to their initial weight is the winner.

2. **Or at the end of the challenge, each team submits their start and end weight.** This makes the challenge easier to manage, but participants can lose momentum because there is no information during the challenge about which team is in the lead. Competition can be a powerful motivator.

Share how you completed the challenge! Email us at [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov) or share it on our [Facebook page](#). We'd love to hear about it!

