



Tag You're It!

Focus Area: Well-Being

Objective: To increase a variety of healthy habits during the workday while participating with co-workers.

Length of Challenge: One day (can be extended)

Materials Needed:

- Tag You're It! Cards
- Tag Log (optional)
- Prizes (optional)

Directions:

- Complete one of the listed activities on the Tag You're It! card.
- "Tag" another employee by forwarding the Tag You're It! card or handing it off to another co-worker in the office.

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 date(s) your "Tag You're It!" will run.
2. Determine how participants submit their participation and if and how winners will be rewarded.
Remember: Challenge rewards do not have to be tangible. Announcing the "Tag You're It!" winner(s) in an email, e-newsletter and/or flier are all great ways to give recognition!
3. Announce the challenge to employees and share the following. (This can be done via email, e-newsletter, department intranet and/or fliers.)
 - Date(s) when the challenge will begin and end.
 - Instructions for how to play the "Tag You're It!" challenge.
 - Details about how to submit participation and how winner(s) will be rewarded.
4. Print or attach via email the "Tag You're It! Card" and distribute to all participants.
5. If the challenge is occurring over several days, consider sending employees 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 physical activity facts, healthy recipes, tips and tricks, inspirational quotes and/or participant photos. (See 'Sample Emails' below.)
6. As the challenge comes near an end, send a reminder to employees to submit their participation and announce the winner(s)!

Sample Weekly Emails:

Welcome Email

Subject: Let the office games begin! (Tag You're It!)

Attachment: Tag You're It! Card(s)

Body:

Who says tag is only for kids? Join the < dept > Wellness Council in a fun game of Tag You're It!

How to Play:

****ONLY CHOOSE ONE OF THE FOLLOWING OPTIONS FOR THIS CHALLENGE****

OPTION A: In-person

1. Print off and complete ONE of the listed activities on the Tag You're It! card (attached).
 - a. [OPTIONAL] Copies of the Tag You're It! card and instructions are located in the _____.
2. Be sure to also print and add your information to the Tag Log (attached) to see how many employees we can tag today/this week!
3. "Tag" another employee by handing off the Tag You're It! card to another co-worker in the office.

OPTION B: Email

1. Complete ONE of the listed activities on the Tag You're It! card (attached).
2. "Tag" another employee by forwarding the Tag You're It! card to another colleague.
 - a. When forwarding this email to "tag" a co-worker, please:
 - i. Change the subject line to: Tag You're It!
 - ii. And cc WFHT.TN@tn.gov to see how many employees we can tag today/this week!

OPTION C: Photos/Selfies

1. Complete ONE of the listed activities on the Tag You're It! card (attached) and take a photo/selfie showing off your accomplishment.

- a. Please submit your photo/selfie to WFHT.TN@tn.gov to see how many employees we can tag today/this week!
2. "Tag" another employee by forwarding the Tag You're It! card to another colleague.

Wrap-Up Email

Subject: Thank you for participating in Tag You're It!

Body:

Thank you for participating in Tag You're It! with the < dept > Wellness Council.

We hope you found this challenge fun when it comes to practicing healthier habits at work with your co-workers.

We'd love to hear what you thought about this challenge by providing your feedback in this short survey here: < [insert survey link](#) >

Have more photos, video or a success story to share? We'd love to receive them! Simply submit to WFHT.TN@tn.gov

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