



MindBody Wellness Challenge

Focus Area: Well-Being

Objective: Challenge employees to increase both mental and physical health when striving to live overall healthier lives.

Length of Challenge: This is a four-week challenge.

Materials Needed:

- MindBody Wellness Challenge Checklist
- Personal Checklist
- Waiver
- Prizes (optional)

Directions:

- Participate in different weekly challenges and utilize the tracker. (The first two weeks of the challenge will focus on the “mind” aspect of mind-body wellness and the last two weeks will focus on the “body” aspect.)
- Simply put check marks beside the activities you participate in and turn in at the end of the challenge.

Regional/Satellite Offices & AWS Employees: This challenge can be hosted across regional/satellite office and/or with AWS employees.

Getting Started:

1. Schedule time period for the challenge.
2. Send email to department/office/etc. at least two weeks before to let employees know about the upcoming challenge.
3. Send weekly emails to department/office/etc. to remind employees about the challenge.
4. Collect trackers at end of the challenge.



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