



**WORKING** FOR A  
**HEALTHIER TN**



# Bite-Sized Changes Challenge

## Focus Area: Healthy Eating

**Objective:** To improve overall eating habits by making small, sustainable changes

**Length of Activity:** Four-weeks (the length of time is flexible)

## Materials Needed:

- Sign-Up Sheet/Form (optional, but recommended)
- Bite-Sized Changes Habit Journal (Contact your WFHTN Regional Wellness Coordinator if the provided journal needs to be adjusted.)
- Click → [Participation Log](#) (WFHTN Google Form)
- Prizes (optional)

## Directions:

- Choose an eating habit or habits to start and/or replace.
- Use the Bite-Sized Changes Journal to track progress.
- At the end, log participation and give WFHTN feedback.

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

## Getting Started:

1. Decide when you will do the "Bite-Sized Changes Challenge" activity.
2. Establish a sign-up period (for example, one week) before the start date. [*Sign-up period is optional.*]
3. Determine how/if winners will be rewarded.
  - *Remember: Rewards do not have to be tangible. Announcing the "Bite-Sized Changes Challenge" winner(s) in an email, e-newsletter and/or flier are all great ways to give recognition!*
4. Announce "Bite-Sized Changes Challenge" activity 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.
  - Dates of when this will begin and end.
  - Instructions on how to participate in “Bite-Sized Changes Challenge”.
  - Details about how to log participations and how winner(s) will be rewarded.  
*NOTE: Don't forget to BCC participants if contacting them via email.*
6. Print or attach the “Bite-Sized Changes Habit Journal” via email and distribute this to all participants.
7. Each week send participants a friendly email reminding them to engage and have fun. Your communication might include additional info related to the activity, such as fun food facts, healthy recipes, tips and tricks, inspirational quotes and/or participant photos. (Request ‘Sample Weekly Emails’ from your coordinator.)
8. As the activity comes to an end, send out a reminder to participants to log their participation and announce the winner(s)!



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