



Pack/Plan-A-Snack

Focus Area: Healthy Eating

Objective: To improve overall eating habits by planning healthier snacks.

Length of Challenge: One week (the length of time is flexible; contact your WFHTN Regional Wellness Coordinator if the provided tracking sheet needs to be adjusted).

Materials Needed:

- Sign-Up Sheet/Form (optional, but recommended)
- [Snack Journal](#)
- Prizes (optional)

Directions:

- Modify the title based on where this challenge is completed – at home (Plan-A-Snack) or at work (Pack-A-Snack)
- Strive to enjoy overall well-balanced snacks throughout the challenge.
- Use the [Snack Journal](#) to track snacks eaten throughout the challenge and log any food-related emotions.
- Log participation in the [Google Form](#)

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 "Pack/Plan-a-Snack Challenge" will run.
2. Establish a sign-up period (for example, one week) before the challenge start date. [*Sign-up period is optional.*]
3. Have participants log participation in this [Google Form](#) and determine how winners will be rewarded.
 - *Remember: Challenge rewards do not have to be tangible. Announcing the 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 participate in the "Pack/Plan-a-Snack Challenge".
 - Details about how to submit Snack Journals and how winner(s) will be rewarded.
NOTE: Don't forget to BCC participants if contacting them via email.
6. Print or attach the Snack Journal via email and distribute it to all participants.
7. 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 wellness coordinator.)
8. As the challenge comes close to an end, send out a reminder to participants to log participation in the [Google Form](#) and announce the winner(s)!