**SHAPE: “Wellness Challenge” Options**

***Scoring Sheet Example:***

* ***Pedometer challenge:*** Move! How many steps can you take?
  + Grant Provides: Lunch-time and after-school walking groups
  + Scoring: Each participant will track their own progress on the “Wellness Challenge Chart”. At the end of each day, the participant will post their earned stars.
    - Participate in a group walk = 1 star
    - Every 5,000 steps = 1 star
  + Incentive:
    - Each participant is provided with a free pedometer
    - Additional incentive for a raffle or “winner” of a FitBit
* ***Rethink your drink:*** Drink more water & less sugar!
  + Grant Provides: 24 oz Hydro Flask Water Bottles for staff members that sign up to participate in the challenge.
  + Scoring: Each participant will track their own progress on the “Wellness Challenge Chart”—at the end of each day the participant will post their earned stars.
    - 1 day without drinking anything besides water (sparkly water counts), tea, or coffee (plain) = 1 star
    - Drink > 8 cups (64 oz) of water per day = 1 star
  + Incentive:
* Each participant is provided with a water bottle
* Additional incentive for a raffle or “winner” of a 64oz Hydro Flask Water Bottle
* ***Relax:*** Try yoga
  + Grant Provides: Staff-only 10 week yoga class series
  + Scoring: Each participant will track their own progress on the “Wellness Challenge Chart”. At the end of each day, the participant will post their earned stars.
    - Taking 1 class = 1 star
  + Incentive:
* Each participant is provided with a free Yoga Pose Card Set (Yoga Deck)
* Additional incentive for a raffle or “winner” of a six piece yoga set
* ***Fruit & Veggie Challenge:*** Eat 5 servings of fruit and veggies per day
  + Grant Provides: VitaMix blender for staff room + starter kit with smoothie ingredients and a smoothie recipe book
  + Scoring: Each participant will track their own progress on the “Wellness Challenge Chart”. At the end of each day, the participant will post their earned stars.
    - Eating 5 servings (5 cups of fruits and/or veggies) per day = 1 star
  + Incentive:
* Free smoothies!
* Permanent VitaMix blender for the staff room
* Additional incentive for a raffle or “winner” of a $50 Jamba Juice Gift Card
* ***Staff Cooking Classes***: Get cooking! Learn new, healthy, tasty dishes
  + Grant Provides: 3 Healthy Cooking Classes
  + Scoring: Each participant will track their own progress on the “Wellness Challenge Chart”—at the end of each class the participant will post their earned stars.
    - Taking 1 class = 5 stars
  + Incentive:
    - Free delicious food!
    - Healthier cooking and eating
    - Additional incentive for a raffle or “winner” of a $50 Cooking Store Gift Card
* ***Staff Wellness Room:*** Get motivated by exercising with a co-worker
  + Grant Provides: Variety of Wellness equipment such as weights, bands, balls etc
  + Scoring: Each participant will track their own progress on the “Wellness Challenge Chart”. At the end of each day, the participant will post their earned stars.
    - Each workout = 1 star
  + Incentive:
* Set your own goals but workout together
* School gets to keep all exercise equipment
* Additional incentive for a raffle or “winner” of a $50 REI Gift Card
* ***Create your own:*** Propose an idea for your staff wellness program, such as:
  + Staff room healthy food pantry (no more junk food snacks in the staff room!)
  + Start a school-wide diet, like Oklahoma City did: <https://www.ted.com/talks/mick_cornett_how_an_obese_town_lost_a_million_pounds>
  + Walk across Oregon – create a map, add the combined miles walked, track with students
  + The Morning Jolt – PE teacher leads a 10 minute staff warm-up before school
  + Half-Price Fitbits – the grant pays for the other half, small payroll deductions make it painless
  + Laugh It Off – 5 minute staff meetings before school with rotating joke-telling duties
  + Wellness Fridays – each week features a new physical activity right after school