Buddy System for Exercise

If your wellness program has a logo, insert it here to brand this challenge as part of your program!

Exercising with a friend is often more fun and productive, so let’s encourage each other!

How the challenge works:

1. The challenge starts on date and ends on date.
2. Every time you and a coworker exercise together, put each of your names in the Buddy System Jar, which is located x. (Multiple Buddy System Jars, in different locations, can help encourage participation from staff that work different shifts or in different departments.) (The Buddy System Jar can be replaced with some kind of personal tracker in Google Docs; these can be shared with or emailed to the wellness team.)
3. If you exercise with a friend, family member or spouse, you can enter your name in the jar for each workout session. If your wellness team is tracking participation online, mark your progress on the appropriate Google doc or sheet.
4. Any kind of exercise and movement counts: running, walking, hiking, biking, fitness classes, yoga, weightlifting, etc.
5. A drawing for prizes will be done on date. Prizes include x, x and x.

Grab a friend and go! It’s the Buddy System, have fun!



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| **Buddy System for Exercise Personal Tracker** |
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Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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