



Get Outdoors Challenge

Focus Area: Well-being

Objective: To uncover ways to get outdoors and enjoy the health benefits of nature.

Length of Challenge: Four weeks (can be shortened)

Materials Needed:

- Sign-Up Sheet/Form (highly recommended)
- [Get Outdoors Challenge Worksheet](#)
- Prizes (optional)

Directions:

1. Use the challenge worksheet to help find ways to get outdoors. (**Note:** This worksheet will not be shared.)

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





Getting Started:

1. Decide the dates your Get Outdoors Challenge will run.
2. Establish a sign-up period (for example, one week) before the challenge start date. Determine how participants will sign up for the challenge.
3. Decide how participants will submit their Trackers and how/if winners will be rewarded. Remember: Challenge rewards do not have to be tangible. Announcing the Get Outdoors Challenge winner(s) in an email, newsletter or flyer are all great ways to give recognition!
4. Announce the challenge to employees! This can be done via email, newsletter, department intranet or flyers.
5. At the end of the sign-up period ,if you established one, contact all participants to share the following:
 - A welcome, congrats and thank you for participating in the challenge.
 - Dates the challenge will begin and end.
 - Instructions for participating the Get Outdoors Challenge.
 - Details for submitting their Trackers and how winner(s) will be rewarded.
NOTE: Don't forget to bcc participants if contacting them via email.
6. Print or attach via email the Get Outdoors Challenge and send it to all participants.
7. Each week of the challenge send participants a friendly email reminding them to engage in the challenge and to have fun with it. This might include additional related information, such as fun food facts, healthy recipes, tips and tricks, inspirational quotes or participant photos. Request Sample Weekly Emails from your Wellness Coordinator.
8. As the four-week challenge comes to an end, send a reminder for participants to let you know they participated, then announce the winner(s)!

