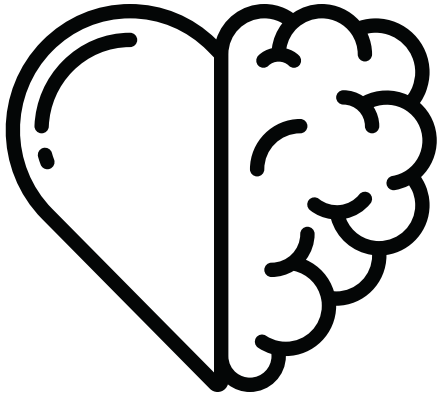


Staff Wellness Challenges



Step 1: Organize a group of at least 10 staff members.

Step 2: Choose a level (length of time challenge will last).

Step 3: Choose an activity based on your school's needs.

Step 4: Take note of gift card amount and point values. Schools will be limited to \$150 total in gift card support but no limit on points.

Step 5: Please email us with a short summary of activities, highlights, and participation no later than 2 weeks after the challenge end date.

Request Link

Deadline for requests: May 1, 2026



LEVEL 1

- 1 Week Plus Challenge
- \$25 Gift Card Support

25
pts



LEVEL 2

- 1 Month Plus Challenge
- \$50 Gift Card Support

50
pts



LEVEL 3

- 2 Months Plus Challenge
- \$100 Gift Card

100
pts



ACTIVITY IDEAS

Holiday Tag! You're It

Organize a staff compliment/pay-it-forward challenge, centered around a holiday or theme. Ex: Back to School Apples, Halloween Ghosts, Valentine Hearts, Lucky Shamrocks. Staff who earns the most compliments wins a prize.

Morning/Afternoon Staff Fitness

Weekly staff walks, yoga classes, or fitness classes that take place before or after the school day.

Believe to Achieve

A fitness challenge, accompanied by weekly newsletters with exercise challenges, healthy recipes and other wellbeing resources. A Healthy Schools team member will visit your school during the first and final week to administer a body composition analysis with a Tanita scale.

Staff Cookbook/Wellness Book

Create a compilation of staff recipes or mindfulness activities.

Staff Buddy

Organize a staff buddy exchange where staff members are randomly assigned another staff member for exchange multiple times throughout the year. Minimum of three exchanges to be eligible for this level.

Fruit & Veggie Challenge

A nutrition challenge where staff will track their daily fruit and vegetable intake accompanied by weekly newsletters with exercise challenges, healthy recipes and other wellbeing resources.

Hydration

Track daily water intake accompanied by a tracking document based on amount of weeks.

Walking Challenge

Track daily steps accompanied by a tracking document based on amount of weeks.