



Side Challenge Ideas -Social-

The following social side challenge ideas provide fun ways to motivate and incentivize your employees. You can use these incentives both during a challenge, and outside of a challenge.

Best Practices for incentivizing your challenges:

-Set a goal that at least ½ of your employees or teams can reach. From the employees or teams that meet the goal, draw a random winner. This still incentivizes employees to push themselves while spreading out the possibility of winning to more people (and keep them coming back for more)!

BADGES

Reward employees who achieve certain badges. To see a complete list of available badges, navigate to Admin Panel > Features > Badges > select “View badges”. Download the Badges report and reference whichever column you’d like to incentivize.

BEST TEAM NAME

Reward the team with the best name! Download the Team Summary report after all teams have been created and reference column “Team”. You can either select the winner or select a handful of great names and then either let employees vote on the winner or select a random winner from that group.

RECOMMEND A RECIPE

If your challenge theme is centered around healthy eating or nutrition, ask employees to post a healthy recipe to the challenge discussion board. To select a winner, navigate to the Challenge Discussion board > select a employee at random who posted a recipe.

HEALTHY SELFIE

Reward employees who post photos of their workouts/activities for at least X amount of days. Tell employees to post to their daily step journal. Download the Wellness Metrics report and reference column “Journal Image” to see the number of times they’ve posted a photo.



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SCAVENGER HUNT

Over the course of your challenge, post notices with _____ for employees to find a specific place or thing _____ Think of things that can be found almost anywhere _____ .u _____ = _____ u _____

QUESTIONS

Reward employees who have answered your questions. Use the Questions reports and select your question category from the dropdown menu, then select which responses you'd like to populate in your report.

POINT POWER

Reward employees who log a certain amount of wellness metrics during a specific period. Download the Point Summary report and reference column "Points Earned" to see who reached the goal. Or choose 1 or 2 metrics you'd like employees to focus on, like photo entries and journal entries, download the Point Summary report and reference columns "Journal Image" and "Journal Text Entries". Then total those columns to see who reached the goal.