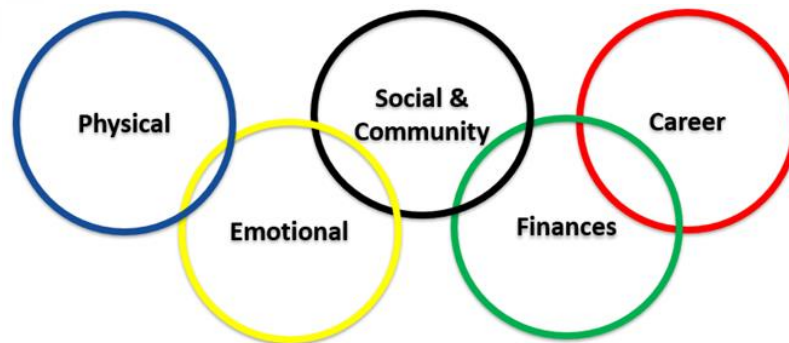


## Summer Olympics Challenge Packet



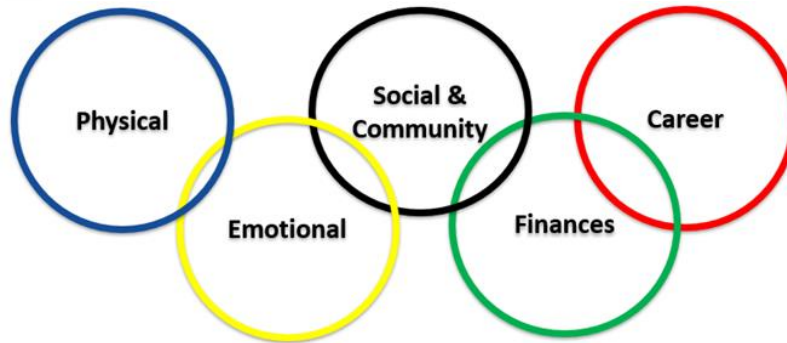
The goal of the **Summer Olympics Challenge** is to encourage a variety of fun activities to enhance your employees' overall well-being during the Tokyo Summer Olympics.

This packet includes customizable materials you can use to launch and run your challenge. It includes:

- Registration announcement: Send two weeks before start.
- Promotional announcement: Send one week before start.
- Reminder email: Send the morning the challenge begins.
- Summer Olympics Challenge Tracker: Send with registration\*.

\*A fillable pdf challenge tracker can be downloaded separately.

## Registration announcement



*Customize the [blue](#) text below with your challenge information.  
Then copy and paste into an email or newsletter or post on your intranet.*

The goal of the **Summer Olympics Challenge** is to encourage a variety of fun activities to enhance your overall well-being during the Tokyo Summer Olympics.

The **Summer Olympics Challenge** will run July 23 through August 8, 2021 and is available for anyone to join.

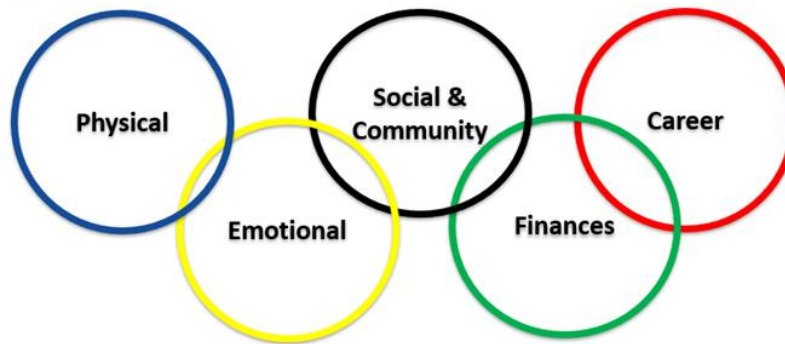
To register, email [\[email address\]](#) and you will get a tracker to record your progress. Keep the following dates in mind:

**Challenge start date:** July 23, 2021

**Challenge end date:** August 8, 2021

Questions? Contact [\[name\]](#) at [\[email\]](#).

## Promotional announcement



*Customize the [blue](#) text below with your challenge information.  
Then copy and paste into an email or newsletter or post on your intranet.*

### *Summer Olympics Challenge*

The goal of the **Summer Olympics Challenge** is to encourage a variety of fun activities to enhance your overall well-being during the Tokyo Summer Olympics.

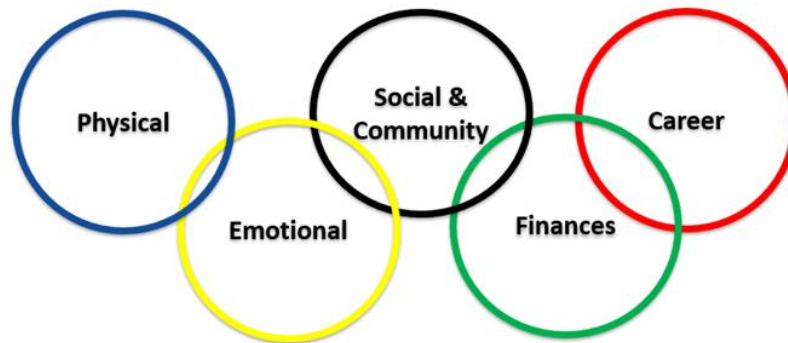
**Challenge start and end dates:** July 23 to August 8, 2021

**Registration information:** [<Customize here>](#)

**Incentive information:** [<Customize here if incentivized>](#)

Questions? Contact [\[name\]](#) at [\[email\]](#).

## Reminder email



*Customize the **blue** text below with your challenge information.  
Then copy and paste into an email or newsletter or post on your intranet.*

## *Summer Olympics Challenge*

### Ready, set, go!

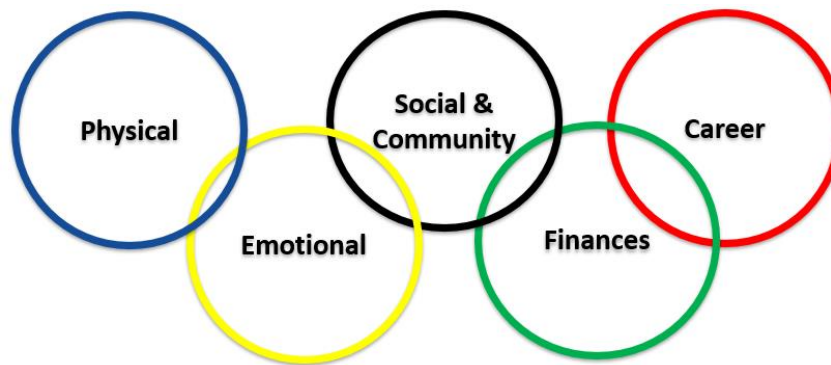
Today's the first day of the **Summer Olympics Challenge**.  
Your challenge activities and tracking sheet are attached.

**Challenge goal:** Try to complete at least one activity from each well-being category and see how many you can check off during the challenge.

At the end of the challenge, return your tracker to [\[name\]](#) at [\[email\]](#).

## Summer Olympics Challenge tracker

The *Summer Olympics Challenge* takes place July 23 to August 8, 2021. During this challenge, try to complete at least one activity from each well-being category and see how many you can check off. Get your family and friends involved to increase the fun. Add your own well-being activities into the purple section of the tracker.



Name: \_\_\_\_\_

<input type="checkbox"/> Play basketball	<input type="checkbox"/> Swim	<input type="checkbox"/> Paddleboard
<input type="checkbox"/> Play baseball/softball	<input type="checkbox"/> Kayak	<input type="checkbox"/> Canoe
<input type="checkbox"/> Bike	<input type="checkbox"/> Play tennis	<input type="checkbox"/> Play football
<input type="checkbox"/> Play soccer	<input type="checkbox"/> Triathlon (do 3 activities in on day)	<input type="checkbox"/> Take a walk
<input type="checkbox"/> Yoga	<input type="checkbox"/> Tai Chi	<input type="checkbox"/> Lift weights
<input type="checkbox"/> Archery	<input type="checkbox"/> Horseback riding	<input type="checkbox"/> Dance
<input type="checkbox"/> Eat salad for lunch	<input type="checkbox"/> Meal prep for the week	<input type="checkbox"/> Try a new healthy recipe
<input type="checkbox"/> Meditate for 5+ minutes a day	<input type="checkbox"/> Listen to music	<input type="checkbox"/> Start a gratitude journal
<input type="checkbox"/> Learn a new skill or hobby	<input type="checkbox"/> Read a fiction book	<input type="checkbox"/> Get out into nature
<input type="checkbox"/> Donate used clothes or shoes	<input type="checkbox"/> Donate new socks to a shelter	<input type="checkbox"/> Volunteer
<input type="checkbox"/> Help a neighbor with yard work	<input type="checkbox"/> Support a local farmer's market	<input type="checkbox"/> Pick up litter as you walk
<input type="checkbox"/> Do a random act of kindness	<input type="checkbox"/> Join a local book club	<input type="checkbox"/> Read a book to a child
<input type="checkbox"/> Create a monthly budget	<input type="checkbox"/> Set a monthly savings goal	<input type="checkbox"/> Review your insurance coverage
<input type="checkbox"/> Review your retirement plans	<input type="checkbox"/> Create an emergency fund	<input type="checkbox"/> Find out your credit score
<input type="checkbox"/> List the positives of your job	<input type="checkbox"/> Walk during a meeting call	<input type="checkbox"/> Mentor someone at work
<input type="checkbox"/> Create connections with team	<input type="checkbox"/> Read an article about your profession	<input type="checkbox"/> Learn a new work-related skill
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

At the end of the challenge, return your tracker to [\[name\]](#) at [\[email\]](#).