



MISSION POSSIBLE

Content Areas: Community, Movement, Nutrition, Positivity, Resiliency, Team Building

Duration: Six Weeks

Description: Your first mission, should you choose to accept it, is to form a **team** (five-person minimum or eight-person maximum) within your location. Each Monday morning, a new mission will be revealed, and it is your team's job to take the mission and run with it. Remember to be creative and have **fun!** Your team must submit proof of mission completion by the end of the six weeks to receive the point value for that mission. Surprise bonus missions will be made available, so never give up! You never know what each team is up to and what they have completed (or not).

Hint: Missions are related to physical activity (appropriate for all fitness levels), healthy eating, getting outdoors, connecting with the community, spreading positivity and more!

Overview:

- Mission 1 – Outdoor Recess
- Mission 2 – Community Caring
- Mission 3 – Kindness Matters
- Mission 4 – Lunch Bunch
- Bonus Mission – Just Dance
- Mission 5 – Plank or Push-up Challenge
- Mission 6 – Gratitude Challenge
- Bonus Mission – Physical Activity Challenge

Key Components:

- Content – Videos and photos from submissions to generate ongoing excitement
- Group Work – Small-team format where employees work together, assign a team captain and complete weekly missions
- Reporting – Aggregate participation reporting
- Resources – Weekly, themed encouragement email with that week's mission and description of how it promotes health and happiness; team tracking tool (for use by the Team Captain)
- Rewards – Victory prize for the winning team

Investment: Starting from \$1,750