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Competition & Challenge Ideas For Your Wellness Program

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Why Run Competitions & Challenges?

Wellness competitions and challenges offer a fun activity that both educates and engages your participants. You can promote everything from physical activity to community service by making it the subject of a competition or challenge.

With a little excitement and group participation, your wellness program can grow to new heights!

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Check out these ideas for your next challenge or competition!

Competitions

Go For The Goal!

Team Wellbeing Competition | 6 Weeks

Competition Benchmark: Every team member completes their goal.

Description: Assemble in teams of 4. Each team member sets a goal that will take them at least 30 days to complete. Team members hold each other accountable and encourage one another to meet their goals. First team to complete their goals wins.

Step Up The Competition

Team Activity Competition | 4 Weeks

Competition Benchmark: Team average is 90,000 steps.

Description: Step up with your team by averaging 4,500 steps per day, 5 days per week. Team with the most average steps at the end of the competition wins.

Variation: If all team sizes are equal, you can run the competition on total steps
instead of average steps.

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Get Outside

Individual Activity Competition | 4 Weeks
Competition Benchmark: 10 outdoor activities.
Description: Embrace the great outdoors by logging outdoor physical activities during the competition. The individual with the most activities logged by the end of the competition wins.
Variation: To add another level, have separate winners for the most unique activity completed and the longest activity in minutes.

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Wall Sit Competition

Individual Activity Competition | No Length

Competition Benchmark: None.

Description: An easy and fun way to challenge the whole office! Participants begin by completing a 10 second wall sit. Every day, they must add an additional 10 seconds to their time. The competition ends when there is only one person standing!

Jump Start Your Day

Individual Activity Competition | 2 Weeks

Competition Benchmark: 50 minutes.

Description: Jump start your day by engaging in one of the most beneficial exercises possible, Jump Roping! Participants log minutes of jump roping each day and the individual with the most minutes at the end of the competition wins.

Pedal Towards Adventure

Team Activity Competition | 2 Weeks

Competition Benchmark: Average 30 miles.

Description: Team up and pedal on. Teams compete to see who can average the most miles biked over two weeks. All forms of biking are included: stationary, spin class, road bike, mountain biking, etc. The team averaging the most miles at the end of the competition wins.

Variation: If all team sizes are equal, you can run the competition on total miles instead of average miles.

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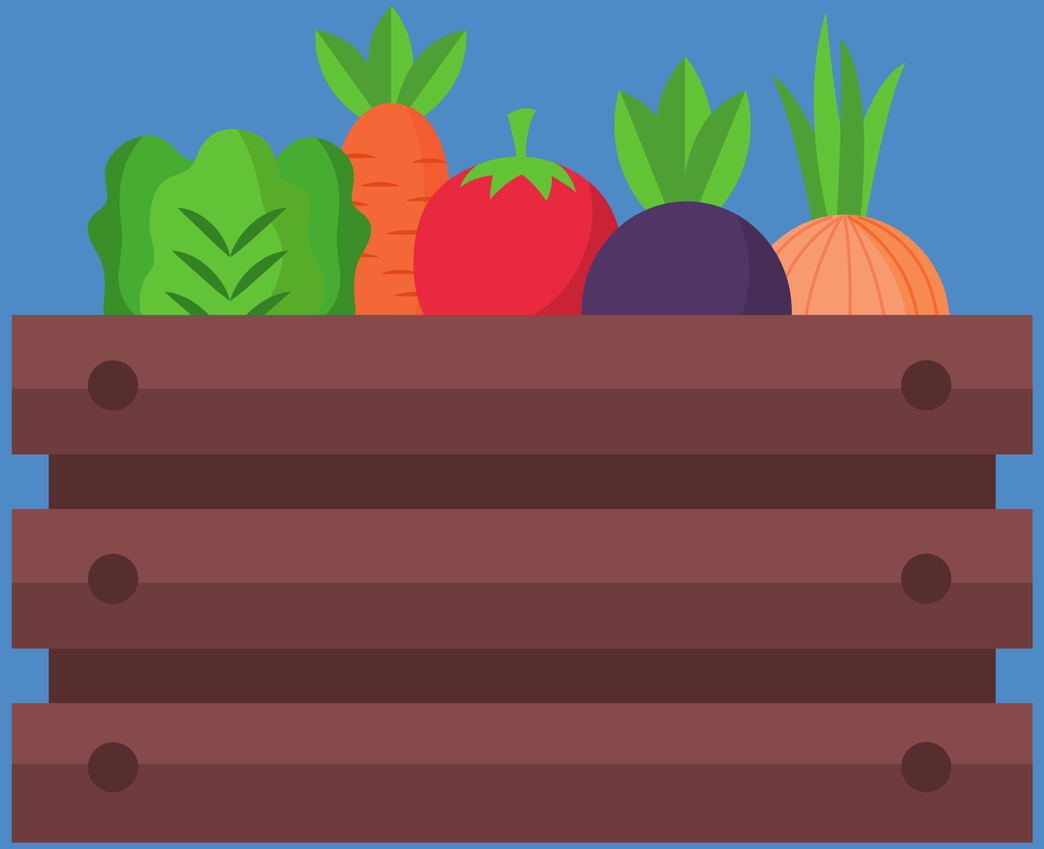
Veggie Trails

Team Nutrition Competition | 30 Days

Competition Benchmark: Average 60 servings.

Description: Pile on the vegetables in this nutrition competition. Participants log their daily servings of vegetables with the recommendation of 2 servings per day. The team with the most average servings at the end of the competition wins.

Variation: If team sizes are equal, total number of servings may be used.



Sleep For Energy

Team Wellbeing Competition | 30 Days

Competition Benchmark: Average 7.5 hours of sleep per night.

Description: Sleep for more energy throughout the day! Team up and aim to get 7-9 hours of sleep each night. Participants record hours of sleep each night for 30 days and the team with the highest average nightly sleep wins.

Variation: If all team sizes are equal, you can run the competition on total hours of sleep instead of average hours.

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A Sporting Chance

Team Activity Competition | 4 Weeks

Competition Benchmark: Average 5 entries.

Description: Bring out your competitive side and log as many entries playing sports as possible during the competition period. Any competitive activity is included (examples include pick-up or organized basketball, softball, tennis, volleyball, 5K, triathlon, soccer, ultimate frisbee, etc.). The team with the highest number of average sport entries at the end of the competition wins.

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Row & Run

Team Activity Competition | 4 Weeks

Competition Benchmark: Average 360 minutes.

Description: Hit the road and the water in this two activity competition. Participants log minutes of any running activity (treadmill, trail, road, etc.) and any rowing activity (stationary, kayaking, canoeing, etc.). The team with the highest average minutes of activity at the end of the competition wins.

Variation: If team sizes are equal, total number of minutes may be used.

An Activity-A-Day

Team Activity Competition | 8 Weeks

Competition Benchmark: 56 entries.

Description: Log a physical activity that is at least 15 minutes every day for 8 weeks in this competition. Activities can include anything that gets your heart racing but cannot include something done for work or a by-product of work (i.e. loading trucks, walking around the office, etc.). The team that averages the most entries wins. If multiple teams are perfect, hold a 1-week tie-breaker competition for average minutes of physical activity!

Smile Within Yoga Competition

Individual Activity Competition | 4 Weeks
Competition Benchmark: 240 Minutes.
Description: Bring out your inner smile and take the competition to the mat. Participants log minutes of yoga during the 4 week competition. The individual with the most minutes accumulated at the end of the competition wins.

4 Week Killer Cardio

Individual Activity Competition | 4 Weeks
Competition Benchmark: 600 minutes.
Description: All cardio activities count in this 4 week showdown! Participants track minutes of cardio throughout the week, getting as close to the recommendation of 150 of moderate cardio per week. Activities include walking briskly, jogging, running at a moderate pace, bicycling, stair machine, swimming, etc. The individual with the most minutes at the end of the competition wins.

Hike & Bike The Great Outdoors

Individual Activity Competition | 4 Weeks
Competition Benchmark: 720 minutes.
Description: Get outside by hiking and biking! Any outdoor variation of hiking and biking is acceptable for this competition. Participants log their minutes of activity each week and the individual with the highest number of minutes at the end of the competition wins.

Gym Rats

Individual Activity Competition | 6 Weeks
Competition Benchmark: 540 minutes.
Description: Pump some iron or maybe workout with your favorite class. This competition is all about activities that make you more fit. Examples include weightlifting, group fitness classes, bootcamps, running on the treadmill, HIIT training, etc. Participants are encouraged to log their activity every day for 6 weeks with a recommendation of 30 minutes, 3 days a week. The individual with the most minutes at the end of the competition wins.

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Maintain Don’t Gain
Individual Wellbeing Challenge| 8 Weeks
Challenge Goal: Stay within 3% of starting body weight.
Description: Maintain and don't gain during the challenge period by staying within 3% of your starting weight check in at the beginning of the competition. Participants log their starting weight and their ending weight to determine their percentage.

Stretch For Success
Individual Activity Challenge| 4 Weeks
Challenge Goal: 300 minutes of stretching.
Description: Take 15 minutes a day, 5 days per week to open up your body and stretch.

Heart Health Challenge
Individual Activity Challenge| 28 Days
Challenge Goal: 420 minutes.
Description: Walk or run for at least 15 minutes each day this month for heart health!

Challenges

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Serve Your Community

Team Wellbeing Challenge| 4 Weeks

Challenge Goal: 4 hours of community service.

Description: Team up and serve the community together! Teams must find volunteer opportunities to complete together, with the goal to average around an hour per week.

SPF For Healthy Skin Challenge

Individual Wellbeing Challenge| 1 Month

Challenge Goal: 30/31 entries (depending on the month).

Description: Each day this month, apply SPF 15 (or higher) to keep your skin healthy and protected. Participants should log their participation for each day.

The Search For Sleep Challenge

Individual Wellbeing Challenge| 30 Days

Challenge Goal: 30 sleep entries.

Description: Track your sleep for 30 nights to learn how much you are getting. Participants log approximate hours of sleep per night for 30 days. The National Sleep Foundation recommends 7-9 hours per night.

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Better With A Budget Challenge

Individual Financial Challenge| 12 Weeks

Challenge Goal: Stay within 5% of your budget each month for 3 months.

Description: Stay on track financially by creating a budget and sticking to it. Participants must stay within 5% of their budget each month for 3 months. A monthly surplus can be allowed to cover a deficit in another month.

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Family Time Challenge

Individual Wellbeing Challenge| 3 Weeks

Challenge Goal: 9 Family Times.

Description: Rebalance your time by making family time a priority. Aim to log 3 family times per week.

Take 5 Challenge

Individual Wellbeing Challenge| 4 Weeks

Challenge Goal: 20 stress relieving activities.

Description: Log at least 1 stress reduction activity each day during the work week. This can be anything that helps you de-stress.

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Golden Silence Challenge

Individual Wellbeing Challenge| 4 Weeks
Challenge Goal: 12 quiet time activities.
Description: Take some quiet time each week to relieve your stress. Log 3 quiet time activities each week. These can be things like meditation, book reading, prayer-time, journaling, etc.

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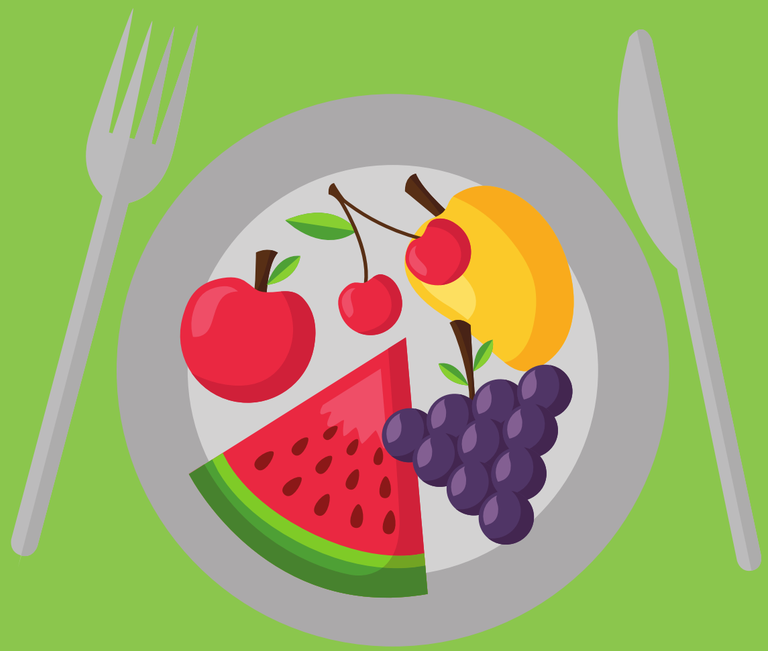

Healthy Hydration Challenge
Individual Nutrition Challenge| 4 Weeks
Challenge Goal: 120 servings of water.
Description: Drink 6, 8 ounce servings of water at least 5 days per week during the challenge period.

5-Day Fiber Challenge
Individual Nutrition Challenge| 5 Days
Challenge Goal: 125 grams of fiber.
Description: Calculate your daily fiber (grams) intake for 5 days. Aim to average 25 grams of fiber per day.

Choose The Rainbow
Individual Nutrition Challenge | 4 Weeks
Challenge Goal: 150 servings of fruits and vegetables.
Description: Choose the nutritious and colorful fruits and vegetables during this challenge. The goal is to log 5 servings of fruits and vegetables daily for 30 days.

New Horizons Recipe Challenge
Individual Nutrition Challenge| 4 Weeks
Challenge Goal: 5 new recipes.
Description: Try five new recipes this month which utilize fresh herbs, spices or produce.

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Team Walk & Talk

Team Activity Challenge | 2 Weeks

Challenge Goal: 10 entries.

Description: Grow your camaraderie and get active at the same time. This challenge requires teams of no more than 6 to take a 10-minute walk together every day for 2 weeks. The majority of team members must be present for the walk to count. Walks indoors (such as around the office, warehouse, etc.) do count.

360 Minute Heart Rate Challenge

Individual Wellbeing Challenge| 4 Weeks

Challenge Goal: 360 minutes of activity in target HR.

Description: Calculate your target heart rate and exercise in your target zone for 90 minutes each week for 4 weeks. Participants should log the duration of each activity.

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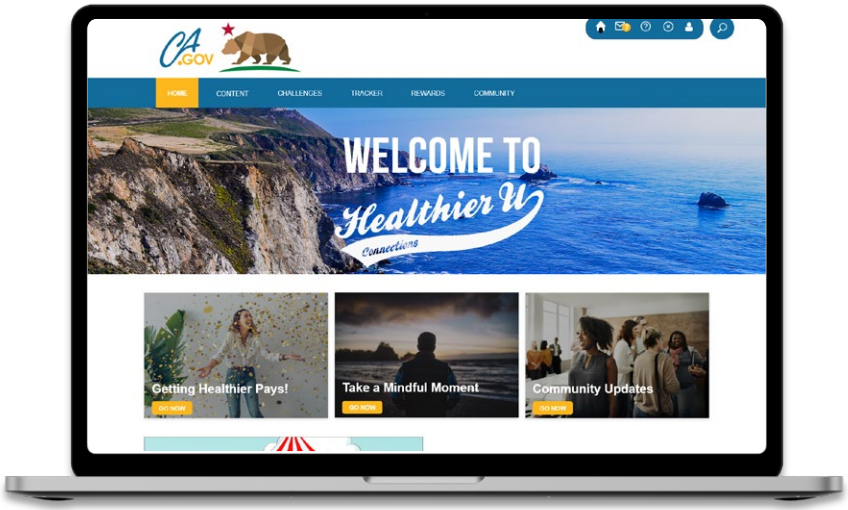
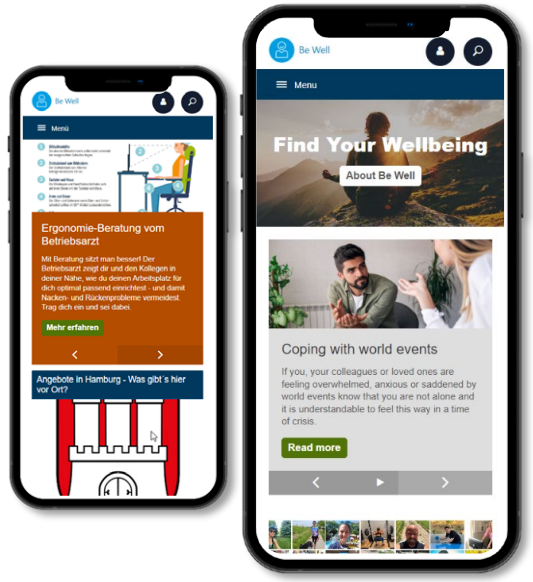
The Propel Platform

Customized For Each Client



Each platform is built for achieving your specific goals with your messaging, communications, and content.

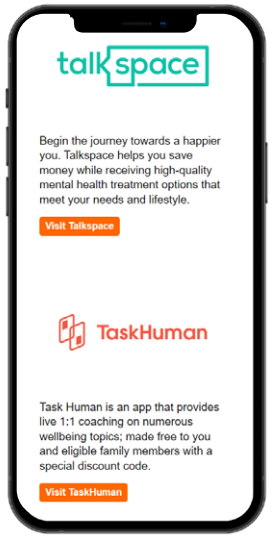
Build out specific pages and sections dedicated to key topics, pillars, or monthly wellbeing themes.



Create a global structure that is localized for different regions or sub-groups.

The Propel Platform

Built For Engagement



Run an unlimited number of global individual, team, or group challenges that can be based on any set of trackable activities, for any period of time.

Popular challenge topics include: steps, physical activity, mental health and mindfulness, financial wellness, sleep, community service, and nutrition.

Educate employees with a deep library of wellbeing programs, videos, recipes, podcasts, and articles over key topics like exercise, mental health, and disease prevention.

Utilize the platform for benefits communication and integration via on-portal callouts, links, downloadable resources, and single sign-on connections.

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Account Support

Intentional Partnership

For our clients, Propel becomes an integral part of their wellbeing team. We lead with responsiveness, regular meetings, preemptive planning, portal management, and strategic guidance.

Program Planning

Planning a 12-month calendar of initiatives and themes.

Challenge Rollout

Setting up, communicating, and launching wellbeing challenges.

Incentive Strategy

Developing an incentive or recognition program that maximizes resources.

Communication Support

Creating custom communication resources to market the program.

OUC The Reliable One

"Propel has been proactive, thoughtful and strategic in their approach. They operate efficiently and seek to adapt and innovate around every turn."

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Enterprise Wellbeing Platform

Set up a product demo by emailing us at sales@propelwellness.com or calling (615) 377 - 6116