



Active Workplace Team Competition Activity



Facilitator:

This activity is a competition where teams compete to engage in the most minutes of physical activity at work in one month. Competitions encourage employees to engage in the program and be more active in the workplace.

This activity can be used as part of the Active Workplace toolkit or as a stand alone tool depending on how much of the program you are implementing. If you are implementing this competition activity as part of the Active Workplace toolkit, it is recommended to have two competition periods that are each designed to last one month and to implement the two competitions during the monthly topics of sedentary behavior and physical activity.

If employees do not respond well to competition, find your own creative way to collaboratively work on the goal to be more physically active during the workday. For example, you could change the structure of the competition to be a relay. Once one team records a predetermined number of minutes, the next team starts. There are many other ways to modify the competition to fit your workplace and employees. Talk with your Steering Committee to see what they are most interested in and design the competition activity to meet their needs.



Active Workplace Team Competition



Facilitator Continued

Implementing the Competition Activity:

1. Choose the competition activity. Here are some suggestions: time spent walking, time spent standing, time spent using an active workstation, time spent stretching.

Activity

(minutes)

1. Divide employees into teams (by supervisor, desk location, etc.) and establish a team leader.
2. Distribute the Team Competition Worksheet (page 3) to all participating employees including supervisors/team leaders. Ask them to use the provided table to track the number of minutes they spend doing the competition activity every day they are at work throughout the competition period. Ask them to share their daily totals with their supervisor/team lead.
3. Ask supervisors/team leaders to tally their team's minutes weekly and share the total with the facilitator at the end of each competition week.
4. The facilitator will chart each team's total on the western or eastern route competition map (pages 4 and 5) by moving the team one dot along the route for every 15 minutes of activity. Team marker flags are provided on page 6.
5. Report the team totals to everyone using the digital maps weekly or on a schedule that makes sense for the facilitator and workplace. There are also optional competition map posters that you can download and print if you would like to track and display competition results in the office.
6. There is an optional competition spreadsheet that the facilitator and team leaders can use if they would like assistance in tracking minutes of activity for each team.

Active Workplace Team Competition Worksheet



Employees and Supervisors: Use the table to record how many minutes of the competition activity you complete during each work day. Please share these numbers with your team leader or the facilitator if asked to do so.

Week #	Day #	Date	Minutes of Activity per day
Week 1	1		
	2		
	3		
	4		
	5		
Week 2	6		
	7		
	8		
	9		
	10		
Week 3	11		
	12		
	13		
	14		
	15		
Week 4	16		
	17		
	18		
	19		
	20		