

While enjoying “the good stuff” this fall, don’t forget to eat the “good-for-you stuff” as well! To help keep nutrition in mind this fall, the Walworth County Employee Wellness Council presents:

Flushin' It

October 05 to November 01, 2020

In this Challenge, participants earn points for consuming fruits, vegetables, and water. Participants can also earn points for not eating fast food or for not drinking alcohol or soda. Participants may eat more or less of each category and earn points accordingly. Teams of 3 to 5 participants will compete against each other in a bracket style format. The winning team will move on and the non-winner will fall into a consolation bracket (which means **no giving up** if you might have lost one round).

RECOMMENDED DAILY GOAL:		
2 Fruits 	1 Day No Fast Food 	2 Vegetables 
1 Day No Alcohol or Soda 	9 Glasses of Water 	
15 total servings/points per day		

1 Serving Fruits = 1 Cup or 1 piece
1 Serving Vegetables = 1 Cup cooked/raw vegetables or 2 cups leafy greens
1 Glass Water = 8 oz

The recommended daily goal is designed to encourage you to take in the healthy choices while reducing the non-healthy choices. You can eat more or less of each category, but this is the recommended breakdown for this campaign.

We are capping the water points at 12 points/day and the total daily points at 18 to prevent one or two people from carrying the whole team.

Step 1: Form a team of 3 to 5 participants; choose a team name, and a team captain. (Members of your immediate household are welcome to participate too!)
Send your Flushin' It Sign Up form to Carley Fettig in the Walworth County District Attorneys Office by **October 1, 2020**.
**Need a team? If you would like to be placed on a team, please contact Carley Fettig at x7190*

Step 2: **Participants** - Use the **Individual Tracking** sheet to track your daily progress.
Captains – Use the **Team Tracking** sheet to track your team’s progress.
Team Tracking Forms are Due to Carley Fettig on the following dates by 5 PM:

- Oct 12 th	- Oct 26 th
- Oct 19 th	- Nov 2 nd

Step 3: Create some healthy competition with your coworkers!

Incentives:

Everyone will earn a prize of living a healthier lifestyle. In addition to the health benefits, prizes will be awarded to:

1. The team who makes it all the way to win the championship!!!
2. The team who wins the consolation bracket!!
3. And regardless of the bracket, the team who has the most total points! This means you could fall out of the bracket at first, but get the most points/servings overall. **Every team is in it until the end!**
4. Every team that submits all 4 completed team tracking sheets will get a participation prize.

**Since the number of team members may vary from team to team, team averages will be used to calculate scores.*