# Team Activities

Fun and social activities designed to bring colleagues together, attract attention and get people to ask, “What are you doing?”

## Planned team activities for 2018

1. **February 5 – March 4**  
   One Million Steps

* To meet the challenge, your team must collectively exercise at least 1,000,000 steps
* Average of 7,200 steps per day, per team member for a team of five
* Team sizes: 5 – 10 people
* SmartHealth points: 200

1. **April 9 – April 22**  
   Eat Fruits and Veggies

* To meet the challenge, your team must collectively track at least 300 servings of fruits and veggies
* Average of about five fruits or veggies per day, per team member for a team of five
* Team sizes: 5 – 10 people
* SmartHealth points: 200

1. **June 11 – June 24**  
   500,000 steps

* To meet the challenge, your team must collectively exercise at least 500,000 steps
* Average of 7,150 steps per day, per team member for a team of five
* Team sizes: 5 – 10 people
* SmartHealth points: 200

1. **August 13 – August 26**  
   50 Stand and Stretch Breaks

* To meet the challenge, your team must collectively track at least 50 total stretch breaks
* Average of one stretch break per day, per team member for a team of five
* Team sizes: 5 – 10 people
* SmartHealth points: 200

1. **September 10 – September 23**  
   300 Minutes of Meditation

* To meet the challenge, your team must collectively mediate for at least 300 minutes
* Average of three, 10-minute meditation sessions per team member, per week, for a team of five
* Team sizes: 5 – 10 people
* SmartHealth points: 200

1. **November 12 – November 25**  
   750 Minutes of Exercise

* To meet the challenge, your team must collectively exercise at least 750 minutes
* Average of three, 25-minute workouts per team member, per week, for a team of five
* Team sizes: 5 – 10 people
* SmartHealth points: 200

1. **December 10 – December 23**  
   30 Lunches with Co-workers

* To meet the challenge, your team must collectively track at least 30 lunches with co-worker
* Average of three lunches with a co-worker per team member, per week, for a team of five
* Team sizes: 5 – 10 people
* SmartHealth points: 200