



1 Potato, 2 Potato, 3 Potato, 4 Fitness Program

Measure your amount of activity to determine your fitness level

1 Potato level (couch potato)	2 Potato level (small fry)	3 Potato level (sweet potato)	4 Potato level (super spud)
I am not doing any physical activity right now, basically a couch potato.	I do vigorous or moderate activity infrequently or only on weekends.	I do moderate physical activities such as brisk walking, dancing, doubles tennis, or vigorous yard work such as weeding and digging at least 3 days per week.	I do vigorous physical activity such as jogging, fast cycling, swimming laps, aerobics classes or racquetball for a total of 90 minutes or more a week.

1. Determine which category you fall into and sign up accordingly on the sign up sheets located on the bulletin boards in your area.
2. Choose any type of exercise you want because for every 15 minutes of exercise you earn 1 point.
3. Exercise points can only be accumulated during break time and lunch time or after work hours (not during work hours).
4. Challenge will consist of teams with 3 or 4 people mixed up from each potato level. Everyone keeps track of their exercise points on a daily basis. At the end of the week, the team will use the average of their weekly points to record.
5. Prizes will be given out on a weekly basis, some at random while other prizes to the top teams or individuals.
6. Grand team prize will be picked at random, but based on the amount of weekly points. If you have more weekly points your odds of winning are greater.
7. There will be a most improved "hot" potato award and a "dud" spud prize for the person who does the least amount of exercise.
8. \$5 entry fee. Payable to Jason Bradley, Jeanne Kohl, Jane Dolphin, Steve VerKuilen or Judy Espland.
9. Signup deadline and team selection on Thursday, October 7th.
10. Contest begins on Monday, October 11th.



The Quality Forum's Workplace-Focused Diabetes Project Team would like to thank Patricia Grunewald and Dave Smith for sharing this document and generously offering to have it included in the toolbox as an example for other employers.