Booster Break Challenge

Organize a recurring group work break with your department at least once per week (the more frequent the better). Visit gatorcare.org/boost to download a copy of the Boost Guide, a summary of how to maximize your work breaks. Your department should participate in at least four group breaks together before you submit this form. Upon completing four group booster breaks, complete this form and take a picture of one of your group breaks. Then send both to Morgan Papworth at morgan.papworth@bcbsfl.com to be entered into a drawing to win a catered lunch for your group.

Send submissions by Friday, September 28. Lunch will be based off of the number of employees who regularly attend your booster breaks and will cover up to twenty employees.

Your name: _______________________________________________________________________
Your email: _______________________________________________________________________
Your department: ___________________________________________________________________
UF or UF Health: ____________________________________________________________________
How often/frequently has your group been meeting for a booster break: _________________
What time(s) of day do you usually meet: _____________________________________________
What activity or activities have you been doing on your breaks: ___________________________
_________________________________________________________________________________
_________________________________________________________________________________
Number of employees in attendance: _________________________________________________
Any feedback from your group on this challenge: _______________________________________
_________________________________________________________________________________
_________________________________________________________________________________
Will you continue to take booster breaks as a group: _________________________________
Overall rating of this challenge: ★★★★★

Don’t forget to download the Boost Guide located at gatorcare.org/boost for a list of different booster break ideas!