



Sample game plan, Anna Ruiz—rejuvenating and restoring

Live a healthier lifestyle in terms of diet and exercise by engaging my stakeholders in activities (cooking/dining healthier, exercise) and holding myself accountable daily.

- How achieve better performance? I plan to involve as many stakeholders as possible in this experiment. I think there are a number of ways to include family, friends and co-works and in turn have all domains benefit.
- Assistance / advice needed? Need support of my partners to change the food consumption in the office and their support to leave the office during the day to work out. I need some of them to motivate me and join me in these activities. I also need the support of my friends and family to understand and engage in this “healthier lifestyle” campaign.
- Obstacles?
 - being disciplined and holding myself to the standard
 - not letting my work schedule interfere with my plan to workout during the day or at night due to travel or in-house meetings
 - finding exercise and diet plans that appeal to my stakeholders as much as me
- Is it really innovative? It’s innovative for me to put things out there and state what I want and follow through. This experiment tests my ability to assert what’s important to me and set boundaries. I used to exercise outside of my work schedule and I used to do it on my own. I also have never publicly encouraged the office to live a “healthier lifestyle” with me. This will be innovative for some of my stakeholders to participate in these activities with me, allowing me to bond with co-workers while we workout. It will require me to motivate friends and family to exercise and eat healthier.



Sample scorecard, Anna Ruiz

Goals: Intended Impact

Results: Measuring Success

Action Steps

Work

- Be more focused while at the office and have more energy to get things done
- Get the entire office ordering healthier food for our kitchen
- Set boundaries at work so I can have a healthy lifestyle

- Assess my feelings of productivity by keeping a daily journal
- Keep track of the number of times our office orders healthy vs. unhealthy food

- Get membership to the local gym
- Begin active journaling and leverage support in all domains in order to accomplish this goal
- Take pictures early in the process as motivation to achieve better “after” shots
- Alter my schedule so that I have the flexibility to work out during the week and show my colleagues how much better I will be as a partner because of it

Home

- Be more happy and engaged when I'm with Lee and my family members
- Be happy more consistently; fewer mood swings
- Exercise and eat healthier with Lee and my family members

- Record number of times Lee and I work out together. Have we made the spin classes?
- Assess whether we have eaten healthier meals by keeping a food journal
- Record in separate journal my feelings, and whether I've been less moody around family and Lee

- At work, request that we order healthier food from Freshdirect.com (yogurt, fruit, nuts)
- Ask around the office and see if co-workers are willing to take Pilates class with me on Wednesdays

Community

- Have more energy to do fun things with them
- Eat healthier with friends and get them to do the same

- Assess whether friends and I have been able to spend more time together doing fun things
- Record number of times I exercise with friends, as well as the occurrences when we binge eat/consume junk food

- Plan ahead for meals each week, carefully outlining beforehand and thinking about how nutritious the meal is
- Seek assistance from co-workers and friends, especially during travel and client / social dinners where temptation to give into unhealthy foods is high

Self

- Be more focused while at the office and have more energy to get things done
- Get the entire office ordering healthier food for our kitchen
- Set boundaries at work so I can have a healthy lifestyle

- Keeping track of how many times our office orders healthy vs. unhealthy food
- Record the times I have set boundaries at work in order to live a healthier lifestyle



Results of Anna Ruiz's experiment

Anna reports feeling “much more productive during the day because of working out regularly.” She says “I think I improved performance at work by focusing on self – working out so that I had more positive energy during the day.”

She feel like she is better organized and has learned to set boundaries for herself in the office in order to carry out this experiment. As a whole, she feels rested and more fit when she looks in the mirror, and, although noticed a few “bad days” in her journal, is very much on track in healthful eating and exercising.