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INFO SHEET: HEALTHY HABITS POD GAME

Transitioning to WFPB

The Healthy Habits Pod Game was introduced to PPC and the Pod Network by a Pod member.* It can be played by new and veteran Pod members to help facilitate healthy habits and lasting behavior change. This Info Sheet offers background information on the game, suggestions on how to introduce this game to your Pod, and an outline of the game that can be printed for distribution to Pod members.

Introducing the Game at a Pod Meeting

- Give a brief synopsis of the game (see below) and consider printing out this Info Sheet which contains (below) the game description for meeting attendees. Emphasize this game is an excellent way to meet new people in the Pod as well as encourage healthy habits in all areas of life.
- Then, ask if anyone would like to participate and take down names and contact information (email, phone number - call or text preferred, birthdate - for birthday gifts) of those who are interested. Assign partners and declare who the leader, treasurer, timekeeper, secretary and administrator will be (roles described below). Consider putting this to a vote or accepting volunteers.
- As a group, collectively decide what the money that ends up in the treasury will be used for, and when and where players will meet (face-to-face, video chat, etc.). If an entire Pod wishes to play the game, consider holding weekly Pod meetings where the players discuss the game: briefly go over results, pay the treasury and declare new promises. (It will take about 1 hour, depending on the size of your group).

The Game: This is generally how the game has been played. It can be tailored to work with your group's needs.

- Each game is 12 weeks long, and involves a 1-hour meeting 1x/week. Meetings may be a combination of face-to-face and conference calls. New players can join in the middle of the game or leave any time.
- Players make quantifiable promises in all areas of life (e.g., 4x/week perform 30 minutes of aerobics, calling family members, organizing your desk 20 minutes every day, practicing yoga 1x/week, staying away from animal-based and processed food, avoiding oil, speaking with your parents or children, reading... whatever is important to each player). There is no established minimum or maximum of promises and the promises change each week. (*Note: Promises do not need to be centered around health or lifestyle changes. They can be made in all areas of life.*)



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- For each 12-week game, there is a leader, a treasurer, time-keeper, secretary and an administrator. The leader manages the flow of the meeting. The treasurer tracks all payments and expenses, both cash and remote web payments. The time-keeper tracks the time and lets speakers know when their time is up, when the meeting begins and when it is over. The administrator puts together and updates the rotating partner list, contact information list and all the agreements for how the game is played. The secretary keeps the minutes. The minutes include who attended, penalties paid and agreements voted on.
- For every promise that is not kept, each player pays \$5 (or other agreed upon amount) to the treasury. Penalties are paid in cash or via internet quick-pay.
- The money collected in the treasury pays for birthday presents, a dinner out as a group, and/or a donation to a charity of the group's choice or leader's choice. After the 12 weeks of the game is up the treasurer tallies up how much money has been collected and this becomes the group's spending money. The remainder is put toward a Pod-related priority or divvied up among participants. *(Note: This is a suggestion from the current Long Island group playing the game. Each group can collectively choose what happens to the leftover money. Everyone plays this game in their own way. Some may play it safely and rarely pay the treasury. Others may have a more dispensable income and might love stretching themselves to make promises - paying \$20 or more per week. After donations, birthday gifts and divvying, there may very rarely be a sizeable amount of money given out. The reward is comradery, productivity, fun and personal growth.)*
- A rotating partner list is created so players get different partners each week. Partners must keep in contact with each other 4x a week (via voicemail, text, face to face, email or video chat) to update one another on successes and failures. If one of the partners is unreachable, a partner may reach out to another game participant to share updates.
- The group meets once a week for an hour to report results, pay the treasury, declare new promises, change partners, discuss old and new business. The meeting can be in person and/or via conference call - those players participating via conference call must set up electronic payment ahead of time. Game participants that cannot attend, must let the leader know at least 1 hour before the meeting starts, or there is a penalty of \$5 dollars - this rule is specific to the Long Island group, you may choose whether or not to follow this.





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This is a suggested format the leader may follow when running the meeting:

- Start the meeting with either one minute of meditation, the reading of an inspirational quote or poem, doing yoga stretches or doing the “Hokey Pokey” - keep it fun and simple.
- People report their results and pay for unkept promises (\$5/unkept promise)
- Treasury report from the treasurer.
- People declare their promises for the next week
- Assign new partners for the following week.
- Old or new business is discussed.

(Note: The number of people playing determines how much time is allocated for reporting results and declaring next week's promises - two or three minutes often works.)

Resources:

- Refer to [“Robert’s Rules of Order”](#) for information on how to run fair and orderly meetings. Several of the rules on this document have been adopted by players of the game from the Long Island Pod.

*PPC developed this document with input from many sources. Special thanks to Josh Orlean from the Long Island Pod.



We welcome your suggestions and ideas! Please send them to info@plantpurecommunities.org. This material may not be used out of context. Please refer to PPC's terms and conditions for more information. Updated November 2017.