

“JumpStart Challenge” Essential Elements

- 1) **Time limit** (no more than four weeks)
- 2) **Everyone on the same schedule** (they start and stop the Challenge at the same time)
- 3) **Daily results posted where everyone can see them**
- 4) **Use an online forum** (if possible) so everyone sees everyone’s posts
- 5) **Project has an end goal**
- 6) **Celebrate successes** (consider adding extra milestones along the way)
- 7) **Keep it positive!**