

# Sample Huddle Agenda



This sample agenda covers a 15-20 minute huddle that can be held in person or virtually. Adjust it to best fit your timeframe and campaign goals.

## 1. Introduction to the #everyBODYmoves Mobility-a-Thon:

- 2 minutes
- Led by the #everyBODYmoves Campaign Champion

## 2. Why mobility matters to your hospital/unit:

- 2-5 minutes
- Share one of our patient testimonials – coming soon!
- Share data from your unit
- Led by a Nursing Leader (nurse manager, nurse educator, etc.)

## 3. Review examples of competitions and staff engagement activities and brainstorm your own

- 5 minutes
- Led by #everyBODYmoves Campaign Champion

## 4. Recap and Motivation

- 1-2 minutes
- Led by #everyBODYmoves Campaign Champion
- Tie it all together

## 5. Next Steps and Thank You

- 3-5 minutes
- Led by #everyBODYmoves Campaign Champion
- Discuss goals for this year's campaign
- Narrow down ideas for the unit campaign

**Thank you!**

For questions and more information, contact [hopkinsAMP@jhmi.edu](mailto:hopkinsAMP@jhmi.edu) or follow us @HopkinsAMP on Twitter.



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