



Working for a Healthier Tennessee Monthly Activity Planner

Q1 (September) FY 2021

Please use this planner as a guide for possible activities instead of trying to complete every activity suggested. Your WFHTN Regional Wellness Coordinator can assist if you need additional options.

PRE-ACTIVITY CHECKLIST:

- Obtain approval for activity by your internal legal counsel.*

POST-ACTIVITY CHECKLIST:

- Disseminate a Post-Activity Feedback Survey.*
- Submit photos (with [permission](#)) from events, challenges and success stories to WFHT.TN@tn.gov or to your WFHTN Regional Wellness Coordinator. (The Working for a Healthier Tennessee [participation tracking sheet](#) may be submitted in addition to, or as an alternative to, photos.)*
- Track the completed activity here.*

COMPETING FOR THE 2021 OVERALL AWARD:

- [Q1 \(August-September\) Checklist](#)
- [FAQs](#)



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	WELL-BEING ACTIVITIES	PHYSICAL ACTIVITY	HEALTHY EATING
5 POINTS	Share the WFHTN Monthly Poll Question for September with your department.	Share information from the World Heart Federation’s Look After Your Heart resources in recognition of World Heart Day (September 29).	In honor of Whole Grains Month, share the “ Guess the Grains ” quiz. Employees must submit their quiz answers to WFHT.TN@tn.gov to earn points.
	<i>Date shared; other relevant details</i>	<i>Date shared; other relevant details</i>	<i>Date shared; other relevant details</i>
15 POINTS	Participate in the September monthly WFHTN Wellness Council Webinar on Thursday, September 3 rd at 9 a.m. Central. Click here for the meeting link.	Schedule a virtual stretch break in recognition of National Yoga Awareness Month . Be creative or use our Stretch Break handout for additional guidance & ideas.	To celebrate “ Better Breakfast Month ”, have employees complete this “ Breakfast Crossword ” and send marked crossword or list of answers to WFHT.TN@tn.gov (Answer key is below the crossword)
	<i>Date completed</i>	<i>Date completed; # of participants</i>	<i>Date completed; # of participants</i>
30 POINTS	Schedule a meeting with your WFHTN Regional Wellness Coordinator to discuss your department’s ActiveHealth Index . (<i>Earn 10 bonus points by getting your Commissioner or other Senior Leadership to attend.</i>)	Participate in the Celebrate a Healthier YOU WFHTN All-Department Challenge with this calendar tracker . Ask your Regional Wellness Coordinator for details!	In recognition of National Fruits & Veggies Month (September), host a “ Fall Fruit & Veggie BINGO ” (or be creative and develop a healthy eating challenge) for at least one month. Submit marked BINGO boards to WFHT.TN@tn.gov .
	<i>Date completed; other relevant details</i>	<i>Date completed; # of attendees</i>	<i>Date completed; # of attendees</i>

****List any additional activities on the following sheet.**

NAME OF ADDITIONAL ACTIVITY	DATE(S) OCCURED	ACTIVITY DETAILS (What was the goal of the activity? Who/how many participated? etc.)
<i>Example: Virtual Meditation Break</i>	<i>5/14 @ 11:30 am</i>	<i>10 employees joined for a 10-minute Virtual Meditation Break to relieve stress.</i>