



## Working for a Healthier Tennessee Monthly Activity Planner Q2 (October) 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](mailto: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 WELLNESS WARRIORS AWARD:**

- [Q2 \(October-December\) Checklist](#)
- [FAQs](#)



[tn.gov/wfhtn](http://tn.gov/wfhtn)



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[twitter.com/WFHTN](https://twitter.com/WFHTN)

	WELL-BEING ACTIVITIES	PHYSICAL ACTIVITY	HEALTHY EATING
5 POINTS	Share the <a href="#">WFHTN Monthly Poll Question</a> for October with your department.	Share at least one <a href="#">Post-Challenge Survey</a> after an activity.	Share <a href="#">Tips for Taking Care of Your Joints</a> in recognition of <a href="#">Bone and Joint Action Week</a> (October 12-20).
	<i>Date shared; other relevant details</i>	<i>Date completed; other relevant details</i>	<i>Date shared; other relevant details</i>
15 POINTS	Participate in the October monthly WFHTN Wellness Council Webinar on Thursday, October 1 <sup>st</sup> at 9 a.m. Central. Click <a href="#">here</a> for the meeting link.	Host a Lunch 'n Learn (live or recorded webinar) for your department. Visit the <a href="#">WFHTN website</a> or search the <a href="#">Here4TN training catalog</a> for topics and scheduling. Suggested topics include: <i>Office Ergonomics</i> <i>Embracing Happiness</i>	Host a <a href="#">Virtual Race</a> . Participants should submit completed race times <a href="#">HERE</a> by 5p.m. Central on November 4 <sup>th</sup> .
	<i>Date completed</i>	<i>Date completed; # of participants</i>	<i>Date completed; # of participants</i>
30 POINTS	Host a <a href="#">Financial Fitness Challenge</a> . Send a participation tracking sheet and/or photos to <a href="mailto:WFHT.TN@tn.gov">WFHT.TN@tn.gov</a> .	In honor of <a href="#">Mental Illness Awareness Week</a> (October 4-10), host an <a href="#">ICU (I See You) Challenge</a> ( <a href="#">activity card</a> ).	Host a <a href="#">Fitness BINGO</a> Challenge. Participants should submit completed BINGO to <a href="mailto:WFHT.TN@tn.gov">WFHT.TN@tn.gov</a> .
	<i>Date completed; other relevant details</i>	<i>Date completed, # of attendees</i>	<i>Date completed; # of participants</i>

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

