



## Working for a Healthier Tennessee Monthly Activity Planner

Q4 (June) 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:**

- Distribute 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:**

- [FAQs](#)



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



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	WELL-BEING ACTIVITIES	PHYSICAL ACTIVITY	HEALTHY EATING	
5 POINTS	Help the men in your life lead longer, healthier lives in honor of <a href="#">National Men's Health Week</a> and <a href="#">National Men's Health Month</a> by encouraging your employees to learn about their <a href="#">family health history</a> .	Wear <b>BLUE</b> on Friday, June 18 <sup>th</sup> for <a href="#">Men's Health Month</a> . Submit your photo(s) and/or selfies (with <a href="#">permission</a> ) to <a href="mailto:WFHT.TN@tn.gov">WFHT.TN@tn.gov</a> .	Share " <a href="#">Get Out! 5 Benefits of Outdoor Exercise</a> " in recognition of <a href="#">Great Outdoors Month</a> .	Share the video " <a href="#">How to Cut a Mango</a> " in honor of <a href="#">National Fruits &amp; Vegetables Month</a> .
	<i>Date shared; other relevant details</i>	<i>Date completed; other relevant details</i>	<i>Date shared; other relevant details</i>	<i>Date shared; other relevant details</i>
15 POINTS	Participate in the June monthly WFHTN Wellness Council Webinar on Thursday, June 3 <sup>rd</sup> at 9 a.m. Central. Click <a href="#">here</a> for the meeting link.	Create a work playlist for "World Day of Music" (June 21). Share your playlist, favorite workday songs or music genre with us at <a href="mailto:WFHT.TN@tn.gov">WFHT.TN@tn.gov</a> .	Encourage employees to <a href="#">move more outdoors</a> in recognition of <a href="#">Great Outdoors Month</a> . Submit photo(s) (with <a href="#">permission</a> ) to <a href="mailto:WFHT.TN@tn.gov">WFHT.TN@tn.gov</a> .	June 10 <sup>th</sup> is National Herbs and Spices Day. Encourage your co-workers to share the most unique or favorite herb/spice they have at home. Ask your co-workers to share their answer using this <a href="#">Google Form</a> . They can also share pictures with <a href="mailto:WFHT.TN@tn.gov">WFHT.TN@tn.gov</a> !
	<i>Date completed</i>	<i>Date completed; # of participants</i>	<i>Date completed; # of participants</i>	<i>Date completed; # of participants</i>
30 POINTS	In recognition of "National Say Something Nice Day" (June 1), pass along a genuine compliment or say something nice to a co-worker. (Check out <a href="#">these tips</a> .) If you don't mind sharing your compliment, send it to <a href="mailto:WFHT.TN@tn.gov">WFHT.TN@tn.gov</a> .	In honor of "National Work from Home Day" (June 24), take a moment to make sure your workspace (at <a href="#">home</a> or at the <a href="#">office</a> ) is ergonomically fit for YOU. Share a pic of your workspace to <a href="mailto:WFHT.TN@tn.gov">WFHT.TN@tn.gov</a> .	Host a webinar for your agency. Visit the <a href="#">WFHTN website</a> or search the <a href="#">Here4TN training catalog</a> for topics and scheduling. Suggested topics include: <i>Relaxation Techniques*</i> <i>Aging Healthfully and Gracefully**</i>	In honor of <a href="#">National Fruits &amp; Vegetables Month</a> , host a two week <a href="#">Exotic Fruit Challenge</a> . Participants can send their <a href="#">tracking sheets</a> 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>	<i>Date completed; # of attendees</i>
TOTAL	<b>Total # of Well-Being Points</b>	<b>Total # of Tobacco Cessation Points</b>	<b>Total # of Physical Activity Points</b>	<b>Total # of Healthy Eating Points</b>

**\*Presented by Here4TN**

**\*\*Presented by ActiveHealth**

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

