

Quarterly Activity List

Q1 (July-September) FY 2025

- Aim to complete one physical activity, healthy eating, well-being and wellness council activity in each column (Share, Engage, Inspire).
- Check the box next to the activities you complete.
- Your Wellness Coordinator can assist if you need additional activity ideas.

Pre-activity Checklist

- Obtain approval for activity by your internal legal counsel.

Post-activity Checklist

- Complete this [Activity Submission Form](#).
- Distribute a [Post-activity Feedback Survey](#).
 - Submit photos (with permission) from events, challenges and success stories to WFHT.TN@tn.gov or to your wellness coordinator.
 - Your wellness coordinator can track your wellness council's efforts and suggest strategies.
- Submit completed activities to your wellness coordinator by Monday, Sept. 30.

Resources

- [Achievement Levels](#)
- [Fiscal Year 2025 Well Workplace Awards](#)
- [Award Nomination Form](#)

Note: All healthy eating, physical activity and well-being activities listed by month will be promoted in the Working for a Healthier Tennessee weekly newsletters.

- We support your creativity! If you have an idea not included on this list, share with your wellness coordinator to see where it would fit in the focus areas.
- A blank activity list is provided if you wish to track your creative activities.

	Share:	Engage:	Inspire:
July	<ul style="list-style-type: none"> <input type="checkbox"/> The Social Wellness Checklist in honor of Social Wellness Month (July). <input type="checkbox"/> Top 10 Tips for Healthy Grilling and Barbecuing in honor of National Grilling Month. <input type="checkbox"/> This Q1 Activity List with your wellness council members. 	<ul style="list-style-type: none"> <input type="checkbox"/> Promote and join us for Olympic Trivia on Tuesday, July 30.* <input type="checkbox"/> Check your email on July 10 for the July wellness council webinar recording, slides and notes. 	<ul style="list-style-type: none"> <input type="checkbox"/> Encourage participation in Sharecare's Jump Start Your Heart Challenge happening July 1-31. <input type="checkbox"/> Attend the WFHTN annual celebration on July 24!
August	<ul style="list-style-type: none"> <input type="checkbox"/> Resources to get you moving! <input type="checkbox"/> Eat Right on a Budget (2-minute video) in honor of National Financial Awareness Day (Aug. 14). 	<ul style="list-style-type: none"> <input type="checkbox"/> Practice Progressive Muscle Relaxation on Aug. 14 from 12-12:15 CT.* <input type="checkbox"/> Attend the wellness council webinar on Aug. 1. 	<ul style="list-style-type: none"> <input type="checkbox"/> Celebrate National Relaxation Day (Aug. 15) with some Relaxation Techniques. Tell us which technique you tried.* <input type="checkbox"/> Host a two-week 48 A Day Water Challenge in honor of World Water Week (Aug. 25-29).
September	<ul style="list-style-type: none"> <input type="checkbox"/> What you need to know about yoga in honor of National Yoga Month. <input type="checkbox"/> Preventing Suicide at Work in honor of National Suicide Prevention Month. 	<ul style="list-style-type: none"> <input type="checkbox"/> Encourage employees to attend the Healthy Eating on a Budget 4Mind4Body webinar on Sept. 11. <input type="checkbox"/> Promote and join us for an interactive Meal Prepping 101 event on Tuesday, Sept. 25. <input type="checkbox"/> Attend the wellness council webinar on Sept. 5. 	<ul style="list-style-type: none"> <input type="checkbox"/> Invite a coworker to attend a Stretch & Destress session!* <input type="checkbox"/> Add yoga exercises to a wellness break or team meeting and let us know you did!*
Anytime	<ul style="list-style-type: none"> <input type="checkbox"/> Resources and/or events from Here4TN or Partners for Health Wellness Program. <input type="checkbox"/> Use a post-activity or presentation survey for evaluation of your wellness initiatives. 	<ul style="list-style-type: none"> <input type="checkbox"/> Host a physical activity related team building activity and let us know what you did! * <input type="checkbox"/> Encourage employees to complete a short activity (crossword puzzle, word search, etc.). <input type="checkbox"/> Hold a wellness council meeting or recruit a new wellness council member. 	<ul style="list-style-type: none"> <input type="checkbox"/> Share an employee success story or quote related to healthy eating. <input type="checkbox"/> Invite Working for a Healthier Tennessee to speak at your all-staff meeting. <input type="checkbox"/> Share event photos with WFHTN to be shared on Facebook and Instagram.

Wellness Council Quarterly Activity List

Quarter: 1 FY: 2025

	Share	Engage	Inspire
July	<input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____
August	<input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____
September	<input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____
Notes	<div style="border: 1px solid black; height: 150px;"></div>		