



Success Story Submission Form

Well-being, Physical Activity and/or Healthy Eating

Please answer the following questions and submit your completed form to WFHT.TN@tn.gov. Please complete the [photo waiver form](#) if you choose to submit a photo(s) with your success story. Would you like to hear about successes from other state employees? [Click here](#). With permission, some success stories may be filmed.

Tell us about the healthy changes you've made. What results have you seen because of these changes?

What inspired you to make those changes?

How did you get started?

What were your health-related goals?

Have you participated in any of your department's Wellness Council challenges or events? If so, which ones?

What's your favorite part of any of your department's Wellness Council challenges or events?

How do you stay motivated?

What obstacles did you face during your journey and how did you tackle them?

How do you reward yourself when you meet a goal?

What's your advice for others?

What have you learned about yourself during this journey?