



# Wellness Warriors Award

## Quarterly Checklist

*Q1 (August – September) FY 2021*

The goal of Working for a Healthier Tennessee is to create a healthy and positive workplace. We want to highlight your accomplishments and increase engagement across our state.

The quarterly checklists are designed for consistent programming throughout the year. By the end of the third quarter, all departments that have completed the checklists will be placed in a tournament.

Activity	Notes	✓
Review the <a href="#">Service Delivery Guidelines</a> .		
Create a Liability Waiver for 2021 ( <a href="#">Sample</a> ).		
Share the <a href="#">WFHTN monthly poll question</a> .		
Hold at least one four-week challenge.		
Host at least one <a href="#">Here4TN</a> or <a href="#">WFHTN</a> webinar/lunch n’ learn (can be live or recorded).		
Schedule a meeting with your Regional Wellness Coordinator to discuss the ActiveHealth Index.		

***\*Reach out to your WFHTN Regional Wellness Coordinator for help or questions.***



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