



# Healthy Habits Scavenger Hunt List

## How to Play:

- Take a photo, selfie or screenshot for each item listed below. (You do *not* have to appear in these photos!)
  - If you, or any other person appears in the photo(s), please complete the [WFHTN Photo Release Form](#) to give permission to share your photo(s).
- Check off each item as you complete the task and collect the photo.
- Submit your Scavenger Hunt checklist and photos (with [Photo Release Form](#) if applicable) to [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov) by the end of the day on           .
  - It's okay if you didn't "find" all of the Scavenger Hunt items! Just do your best.

Name:		Dept:	
	Photo		Photo
Find something that starts with the first letter of your first name.		Make a healthy snack.	
Find your favorite beverage or drink container.		Find a fresh fruit or vegetable.	
Find something that makes you smile.		Find an inspirational quote.	
Share your tennis shoes.		Share a healthy meal you're eating.	
Find something in nature.		Find a low- or no-calorie beverage.	
Share what's for lunch.		Do some <a href="#">Desk Stretches</a> or <a href="#">Office Exercises</a> .	
Find something funny.		Find a food label from your fridge, pantry or freezer.	
Set up your <a href="#">home</a> workspace or office <a href="#">workspace</a> .		Visit <a href="#">Here4TN</a> , our Employee Assistance Program.	
Share your <a href="#">grocery list</a> .		Find a new-to-you healthy recipe	
Share how you spend free time.		Find this month's <a href="#">WFHTN Handout</a> .	
		<b>TOTAL SCAVENGER HUNT ITEMS COMPLETED</b>	



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