



## Working for a Healthier Tennessee Monthly Activity Planner

Q1 (August) 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:**

- Disseminate 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 OVERALL AWARD:**

- [Q1 \(August-September\) Checklist](#)
- [FAQs](#)



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



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[twitter.com/WFHTN](https://twitter.com/WFHTN)

	WELL-BEING ACTIVITIES	PHYSICAL ACTIVITY	HEALTHY EATING
5 POINTS	<p>Share the "<a href="#">Think Like an Olympian</a>" handout with your department.</p> <p>AND/OR (5 points each)</p> <p>Share the <a href="#">WFHTN Monthly Poll Question</a> for August with your department.</p>	<p>Get Commissioner and/or senior leadership to send out an email encouraging participation in the Olympic activities. (Sample email is attached.)</p>	<p>Share the "<a href="#">Be Active Like an Olympian</a>" handout with your department.</p>
	<i>Date shared; other relevant details</i>	<i>Date completed; other relevant details</i>	<i>Date shared; other relevant details</i>
15 POINTS	<p>Participate in the August monthly WFHTN Wellness Council Webinar on Thursday, August 6<sup>th</sup> at 9 a.m. Central. Click <a href="#">here</a> for meeting link.</p> <p>AND (15 points each)</p> <p>Promote AND participate in the Here4TN Scavenger Hunt (August 10-22). <b>Link will be provided on August 10<sup>th</sup>.</b></p>	<p>Play the "<a href="#">Getting to Know Your Team</a>" team-building activity. Send a <a href="#">participation tracking sheet</a> and/or photos to <a href="mailto:WFHT.TN@tn.gov">WFHT.TN@tn.gov</a>.</p>	<p>In August <a href="#">National Farmer's Market Week</a> is celebrated. Head to a local <a href="#">farmer's market</a> and show some support! Take a picture while at the market of yourself, and/or the colorful produce. Send (with <a href="#">permission</a>) to <a href="mailto:WFHT.TN@tn.gov">WFHT.TN@tn.gov</a>.</p>
	<i>Date completed</i>	<i>Date completed; # of participants</i>	<i>Date completed; # of participants</i>
30 POINTS	<p>Host the <a href="#">Office Olympic Triathlon Challenge</a>. (Resource: <a href="#">How to Create a Performance Plate handout</a>) Send a <a href="#">participation tracking sheet</a> and/or photos to <a href="mailto:WFHT.TN@tn.gov">WFHT.TN@tn.gov</a>.</p>	<p>Capture at least one individual or family-related success story related to <a href="#">physical activity</a>, <a href="#">healthy eating</a> or <a href="#">tobacco cessation</a>. (Anonymous stories count too!)</p>	<p>Host a Lunch 'n Learn (live or recorded webinar) for your department on a topic related to healthy eating. Visit the <a href="#">WFHTN website</a> or search the <a href="#">Here4TN training catalog</a> for topics and scheduling.</p>
	<i>Date completed; # of participants</i>	<i>Date received; focus area</i>	<i>Date completed; # of attendees</i>

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

