



Working for a Healthier Tennessee Monthly Activity Planner

Q2 (December) 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 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 WELLNESS WARRIORS AWARD:

- [Q2 \(October-December\) Checklist](#)
- [FAQs](#)



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	WELL-BEING ACTIVITIES	PHYSICAL ACTIVITY	HEALTHY EATING
5 POINTS	Share the WFHTN Monthly Poll Question for December with your department.	Spread the cheer! Share about holiday volunteer opportunities (such as TN Serves , TCAD , etc.) with your employees.	Share the WFHTN Physical Activity Log .
	<i>Date shared; other relevant details</i>	<i>Date completed; other relevant details</i>	<i>Date shared; other relevant details</i>
15 POINTS	Participate in the December monthly WFHTN Wellness Council Webinar on Thursday, December 3 rd at 9 a.m. Central. Click here for the meeting link.	Host a Lunch 'n Learn (live or recorded webinar) for your department. Visit the WFHTN website or search the Here4TN training catalog for topics and scheduling. Suggested topics include: <i>Holiday Survival Plan</i> <i>Making the Holidays Happier</i>	Challenge your co-workers to an online " Holiday Food Word Search "! (answer key here) Send a picture and/or let us know how you liked this activity to WFHT.TN@tn.gov .
	<i>Date completed</i>	<i>Date completed; # of participants</i>	<i>Date completed; # of participants</i>
30 POINTS	Participate in WFHTN's Holiday All-Department Challenge. Ask your Regional Wellness Coordinator for details!	Host a Tag You're It! Challenge (Winter Edition) . Submit your Tag Log or a participation tracking sheet with photos to WFHT.TN@tn.gov .	'Tis the season for holiday food! Encourage co-workers to partake in a virtual recipe swap. Have them share their healthier holiday favorites. To submit a recipe, they can send an email using the recipe template to WFHT.TN@tn.gov .
	<i>Date completed; other relevant details</i>	<i>Date completed, # of attendees</i>	<i>Date completed; # of attendees</i>

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

