



Working for a Healthier Tennessee Monthly Activity Planner

Q2 (November) 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 November with your department.	In honor of American Diabetes Month (November), encourage employees to learn their (or someone they love) risk for Type 2 Diabetes with this Risk Test .	Share Tips for Overcoming Exercise Barriers in recognition of World Diabetes Day (November 14 th).
	<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 November monthly WFHTN Wellness Council Webinar on Thursday, November 5 th at 9 a.m. Central. Click here for the meeting link.	On Thursday, November 19 th , for the Great American Smokeout , ask employees to complete a tobacco cessation sign and share a photo/selfie. a) #MyWhy b) #TheDayIQuit c) #WhyIDon'tSmoke	November 15 th is National Clean Out Your Refrigerator Day! Share this infographic with your co-workers and encourage them to share pictures of their cleaning process (with permission) with WFHT.TN@tn.gov .
	<i>Date completed</i>	<i>Date completed; # of participants</i>	<i>Date completed; # of participants</i>
30 POINTS	Promote AND participate in the Here4TN Scavenger Hunt (November 9-20). Link will be provided on November 9th.	Host a virtual Gratitude Scavenger Hunt . Ask employees to submit their completed cards to WFHT.TN@tn.gov .	Encourage your co-workers to attempt to use a food journal for one week. They can use a Hunger/Fullness Food Journal and/or an Emotion Food Journal . Participants can log their participation on this Google Form .
	<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.**

