



Working for a Healthier Tennessee Monthly Activity Planner

Q3 (February) 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:

- [Q3 \(January-March\) Checklist](#)
- [FAQs](#)



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| | WELL-BEING ACTIVITIES | TOBACCO CESSATION | PHYSICAL ACTIVITY | HEALTHY EATING |
|-----------|--|--|---|---|
| 5 POINTS | Wear RED on Friday, February 5 th for National Wear Red Day . Submit your photo(s) with permission to your WFHTN Regional Wellness Coordinator. | Share Tobacco Quit Aids for Members of the State’s Prescription Drug Coverage in recognition of TN Quit Week (February 21-26). | Share Daily Tips to Stay Active and Know Your Numbers with your department in recognition of American Heart Month (February). | Happy “Canned Food Month”! Share these “un-canny” facts about cans with your co-workers! |
| | <i>Date shared; other relevant details</i> | <i>Date completed; other relevant details</i> | <i>Date shared; other relevant details</i> | <i>Date shared; other relevant details</i> |
| 15 POINTS | Participate in the February monthly WFHTN Wellness Council Webinar on Thursday, February 4 th at 9 a.m. Central. Click here for the meeting link. | How much do your employees know about vaping and smoking? Ask them to take this quiz to test their knowledge. | Host an in-person or virtual workout or stretch break . Ask your WFHTN Regional Wellness Coordinator if you need assistance. (Collaborate with another agency for an extra 5 points!) | Share this “Chocolate IQ Quiz” with your co-workers! |
| | <i>Date completed</i> | <i>Date completed; # of participants</i> | <i>Date completed; # of participants</i> | <i>Date completed; # of participants</i> |
| 30 POINTS | Promote and participate in the all-Wellness Council 28 Days to a Healthy Heart Challenge in observance of American Heart Month (February). Ask your WFHTN Regional Wellness Coordinator for details! | Host a live (or offer a recorded) tobacco cessation webinar . <i>Suggested topics:</i> <i>Tobacco free living**</i> <i>Quitting Smoking*</i> <i>What Do We Know About E-cigarettes</i> | Host a Physical Activity BINGO Challenge . Submit completed BINGO cards to WFHT.TN@tn.gov . | In honor of Cancer Prevention Month , host a live (or offer a recorded) healthy eating webinar . <i>Suggested topics:</i> <i>Eat the Rainbow</i> <i>Healthier Eating at Home</i> <i>Hooray for Fruits and Veggies**</i> |
| | <i>Date completed; other relevant details</i> | <i>Date completed, # of attendees</i> | <i>Date completed; # of participants</i> | <i>Date completed; # of attendees</i> |
| TOTAL | Total # of Well-Being Points | Total # of Tobacco Cessation Points | Total # of Physical Activity Points | Total # of Healthy Eating Points |

***Presented by Here4TN**

****Presented by ActiveHealth**

List any additional activities on the following sheet.

