



## Working for a Healthier Tennessee Monthly Activity Planner

Q3 (January) 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 WELLNESS WARRIORS AWARD:**

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



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



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	WELL-BEING ACTIVITIES	PHYSICAL ACTIVITY	HEALTHY EATING
5 POINTS	<p>Fun and relaxation are good for your health! Celebrate National Hobby Month (January) by sharing the <a href="#">WFHTN Hobbies Resources</a>.</p>	<p>Promote “Live Workouts with WFHTN”. Ask your WFHTN Regional Wellness Coordinator for details.</p>	<p>Many New Year’s goals involve both healthier eating and sticking to a budget. Share the video: “<a href="#">Eat Right on A Budget</a>” from <a href="#">eatright.org</a>.</p>
	<i>Date shared; other relevant details</i>	<i>Date shared; other relevant details</i>	<i>Date shared; other relevant details</i>
15 POINTS	<p>Participate in the January monthly WFHTN Wellness Council Webinar on Thursday, January 7<sup>th</sup> at 9 a.m. Central. Click <a href="#">here</a> for the meeting link.</p> <p style="text-align: center;"><b>AND/OR</b></p> <p>Host a webinar for your agency. Visit the <a href="#">WFHTN website</a> or search the <a href="#">Here4TN training catalog</a> for topics and scheduling. Suggested topics include:  <i>Embracing Happiness</i>  <i>Health Trends</i>  <i>A New Year of Health</i></p>	<p>Host a webinar for your agency. Visit the <a href="#">WFHTN website</a> or search the <a href="#">Here4TN training catalog</a> for topics and scheduling. Suggested topics include:  <i>Physical Activity Trivia</i>  <i>Upping Your Activity at Home</i>  <i>Take five: Stop and stretch</i></p>	<p>Have co-workers complete the “<a href="#">Label Me Healthy!</a>” crossword (<a href="#">answer key here</a>). Send completed crosswords (or a typed list of answers) to <a href="mailto:WFHT.TN@tn.gov">WFHT.TN@tn.gov</a>.</p>
	<i>Date completed; # of participants</i>	<i>Date completed; # of participants</i>	<i>Date completed; # of participants</i>
30 POINTS	<p>Help your colleague reach their 2021 goals! Host a four-week <a href="#">S.M.A.R.T. Goal Challenge</a> with your agency.</p>	<p>Host a <a href="#">Mile-Per-Day Challenge</a>. Submit <a href="#">challenge trackers</a> or a <a href="#">participation tracking sheet</a> to <a href="mailto:WFHT.TN@tn.gov">WFHT.TN@tn.gov</a>.</p>	<p>Small steps can lead to big successes! Encourage your co-workers to participate in the one week “<a href="#">Small Steps to Healthier Eating</a>” challenge. They can send their <a href="#">tracker</a> to <a href="mailto:WFHT.TN@tn.gov">WFHT.TN@tn.gov</a>.</p>
	<i>Date completed; number of participants</i>	<i>Date completed; other relevant details</i>	<i>Date completed; # of attendees</i>
TOTAL	<b>Total # of Well-Being Points</b>	<b>Total # of Physical Activity Points</b>	<b>Total # of Healthy Eating Points</b>

**\*Challenges are made to be challenging but remind your co-workers to do their best.**

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

NAME OF ADDITIONAL ACTIVITY	DATE(S) OCCURED	ACTIVITY DETAILS (What was the goal of the activity? Who/how many participated? etc.)
<i>Example: Virtual Meditation Break</i>	<i>12/14 @ 11:30 am</i>	<i>10 employees joined for a 10-minute Virtual Meditation Break to relieve stress.</i>