



Working for a Healthier Tennessee Monthly Activity Planner

Q3 (March) 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	PHYSICAL ACTIVITY	HEALTHY EATING
5 POINTS	Select one (or more) of these ‘Sleep Videos’ to share with your agency in honor of Sleep Awareness Week (March 14-20).	Share the Physical Activity Log and Free Step Tracking Apps handout with your department.	Happy Frozen Foods Month ! Share these WFHTN recipes: Sheet Pan Shrimp Fajitas (from frozen) Quick & Easy Stir Fry (from frozen) Roasted Brussels Sprouts (from frozen)
	<i>Date shared; other relevant details</i>	<i>Date shared; other relevant details</i>	<i>Date shared; other relevant details</i>
15 POINTS	Participate in the March WFHTN Wellness Council Webinar on Thursday, March 4 th at 9 a.m. Central. Click here for the meeting link.	Capture at least one individual or family-related success story related to physical activity , healthy eating or tobacco cessation . (Anonymous stories count too!)	Share your rainbow! Have your co-workers share a picture in which they are enjoying at least two different colors of vegetables and/or fruit. Send pictures to WFHT.TN@tn.gov .
	<i>Date completed</i>	<i>Date completed; other relevant details</i>	<i>Date completed; # of participants</i>
30 POINTS	In honor of International Day of Happiness (Saturday, March 20), plan a two-week “Happiness Fest” leading up to the holiday to encourage employees to experience and uncover their inner joy(s) in life. Reach out to your WFHTN Regional Wellness Coordinator for assistance and/or ideas.	Promote AND participate in the Here4TN Scavenger Hunt. More details to come!	In honor of National Nutrition Month , hold a “Create a Healthier Plate Challenge” . Participants can submit their food journal and/or something they learned to WFHT.TN@tn.gov .
	<i>Date completed; # of participants</i>	<i>Date completed; # of participants</i>	<i>Date completed; # of participants</i>
TOTAL	Total # of Well-Being Points	Total # of Physical Activity Points	Total # of Healthy Eating Points

List any additional activities on the following sheet.

