



## Working for a Healthier Tennessee Monthly Activity Planner

Q4 (May) 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:**

- Distribute 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:**

- [FAQs](#)



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



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	WELL-BEING ACTIVITIES	TOBACCO CESSATION	PHYSICAL ACTIVITY	HEALTHY EATING
5 POINTS	Anyone can get skin cancer, regardless of skin color. In honor of <a href="#">Skin Cancer Awareness Month</a> (May) share about “ <a href="#">How To Perform A Skin Self-Exam.</a> ”	In recognition of <a href="#">World No Tobacco Day</a> (May 31), share “ <a href="#">How can I help someone stay Smoke-Free?</a> ”	Share “ <a href="#">7 Easy Ways to Move More</a> ” with your department.	In honor of <a href="#">Asian American &amp; Pacific Islander Heritage Month</a> , share <a href="#">this resource</a> filled with recipes.
	<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 May monthly WFHTN Wellness Council Webinar on Thursday, May 6 <sup>th</sup> at 9 a.m. Central. Click <a href="#">here</a> for the meeting link.	Ask employees to complete the “ <a href="#">How Much Do You Know About E-Cigarettes?</a> ” quiz. ( <a href="#">Answer Key</a> ) Employees can learn more in this <a href="#">E-Cigarette webinar</a> presentation. Please submit completed quizzes to <a href="#">WFHT.TN@tn.gov</a> .	Capture the healthy habits of employees (in office and/or AWS). Send photos (with <a href="#">permission</a> ) to <a href="#">WFHT.TN@tn.gov</a> or have them share their individual or family success story related to <a href="#">physical activity</a> , <a href="#">healthy eating</a> or <a href="#">tobacco cessation</a> . (Anonymous stories count too!)	Let’s get punny! Share your favorite food pun (Example: Have an egg-cellent day!) Submit using this <a href="#">Google Form</a> or send an email to <a href="#">WFHT.TN@tn.gov</a> . (You might see your pun featured on WFHTN’s social media!)
	<i>Date completed</i>	<i>Date completed; # of participants</i>	<i>Date completed; # of participants</i>	<i>Date completed; # of participants</i>
30 POINTS	Challenge your co-workers to take on the <a href="#">National Blood Pressure Month Scavenger Hunt</a> . Those who complete the hunt will have the chance at winning a prize from WFHTN! <i>*WFHTN will provide prizes.</i>	Benefits of quitting tobacco are almost immediate. Read <a href="#">100 reasons to quit tobacco</a> . Or, have you or a family member quit using tobacco? Share your/their <a href="#">success story</a> at <a href="#">WFHT.TN@tn.gov</a> .	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: Blow Away Your Exercise Routine** Creating a Healthier Lifestyle* Avoiding Injuries During Exercise	Challenge your co-workers to a Healthy Eating-themed trivia game (like Nutrition Jeopardy)! Contact your WFHTN Regional Wellness Coordinator for more information.
	<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	<b>Total # of Well-Being Points</b>	<b>Total # of Tobacco Cessation Points</b>	<b>Total # of Physical Activity Points</b>	<b>Total # of Healthy Eating Points</b>

**\*Presented by Here4TN**

**\*\*Presented by ActiveHealth**

**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>5/14 @ 11:30 am</i>	<i>10 employees joined for a 10-minute Virtual Meditation Break to relieve stress.</i>