



WFHTN Scavenger Hunt Checklist

Sample Answer Key

How to Play: Go to www.tn.gov/wfhtn to find each item below. Jot down a description and the link to item. Submit your Scavenger Hunt checklist to WFHT.TN@tn.gov.

It's OK if you didn't "find" all the Scavenger Hunt items! Just do your best.

Items to Find	Description/ Link to Item
List of free wellness trackers	Resources → Tools & Trackers https://www.tn.gov/content/dam/tn/wfhtn/documents/wfhtn_free_wellness_trackers.pdf
Your department's Wellness Council dashboard	https://www.tn.gov/wfhtn/wellness-council-dashboard.html
A WFHTN healthy recipe	Resources → Recipes https://www.tn.gov/wfhtn/resources/recipes.html
A teambuilding activity	Activities & Challenges → Team-building Activities https://www.tn.gov/wfhtn/challenges/team-building-activities.html
Deskercises or office exercises	Resources → Physical Activity https://www.tn.gov/wfhtn/resources/physical-activity.html
The name of your department's Wellness Chair	Wellness Council Dashboard → Click on your department https://www.tn.gov/wfhtn/wellness-council-dashboard.html
How to correctly set up your home workspace	Resources → Well-being → Ergonomics https://www.tn.gov/wfhtn/resources/well-being.html
A well-being success story video	Success Stories https://www.tn.gov/wfhtn/success-stories.html
This month's WFHTN monthly handout	Resources → Monthly Handout https://www.tn.gov/wfhtn/resources/monthly-handout.html
A physical activity Lunch 'n Learn/Webinar topic	Activities & Challenges → Lunch 'n Learns/Webinars https://www.tn.gov/wfhtn/challenges/lunch--n-learns-webinars.html
WFHTN's three focus areas	About Us → Focus Area Overview https://www.tn.gov/wfhtn/about-us/focus-area-overview.html
WFHTN's Facebook page	https://www.facebook.com/WFHTN
A tobacco cessation resource	Resources → Tobacco Cessation https://www.tn.gov/wfhtn/resources/tobacco-cessation.html
TOTAL SCAVENGER HUNT ITEMS COMPLETED	