



WFHTN Scavenger Hunt Checklist

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	
Your department's Wellness Council dashboard	
A WFHTN healthy recipe	
A teambuilding activity	
Deskercises or office exercises	
The name of your department's Wellness Chair	
How to correctly set up your home workspace	
A well-being success story video	
This month's WFHTN monthly handout	
A physical activity Lunch 'n Learn/Webinar topic	
WFHTN's three focus areas	
WFHTN's Facebook page	
A tobacco cessation resource	
TOTAL SCAVENGER HUNT ITEMS COMPLETED	

Name: _____ Department: _____



WFHT.TN@tn.gov



facebook.com/WFHTN



twitter.com/WFHTN