

WELL-BEING

SCAVENGER HUNT

PHYSICAL WELL-BEING

- EAT 5 SERVINGS OF FRUITS & VEGGIES TODAY.
- GO FOR A WALK.
- FIND SOMEONE TO PERFORM 10 SQUATS WITH YOU.

MENTAL WELL-BEING

- JOT DOWN 3 THINGS YOU ARE GRATEFUL FOR TODAY.

SOCIAL WELL-BEING

- GIVE A COMPLIMENT TO 3 PEOPLE.
- FIND 3 PEOPLE AND LEARN SOMETHING NEW ABOUT THEM.



EMAIL YOUR COMPLETED SCAVENGER HUNT TO
WFHT.TN@TN.GOV

Name: _____ Department: _____