

# Quarterly Activity List

Q2 (October-December) FY 2025

- Aim to complete one healthy eating, physical activity, well-being and wellness council activity in each column (Share, Engage, Inspire).
- Check the box next to the activities you complete.
- Your wellness coordinator can assist if you need additional activity ideas.

## Pre-activity Checklist

- Obtain approval for activity by your internal legal counsel.

## Post-activity Checklist

- Complete this [Activity Submission Form](#).
- 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 wellness coordinator.
  - Your wellness coordinator can track your wellness council's efforts and suggest strategies.
- Submit completed activities to your wellness coordinator by Monday, Sept. 30.

## Resources

- [Achievement Levels](#)
- [Fiscal Year 2025 Well Workplace Awards](#)
- [Award Nomination Form](#)

**Note:** All healthy eating, physical activity and well-being activities listed by month will be promoted in the Working for a Healthier Tennessee weekly newsletters.

- We support your creativity! If you have an idea not included on this list, share it with your wellness coordinator to see where it would fit in the focus areas.
- A blank activity list is provided if you wish to track your creative activities.

	Share	Engage	Inspire
October	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Weekly Food/Emotion Journal</b></li> <li><input type="checkbox"/> This Q2 Activity List with your wellness council members</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Encourage employees to <b>test their knowledge with this Portion Distortion Quiz*</b></li> <li><input type="checkbox"/> Attend the <b>Caring for Elders</b> webinar with Optum Health on Oct. 9 from 11:30 a.m. - 12:30 p.m. CT</li> <li><input type="checkbox"/> Attend the wellness council webinar on <b>Oct. 3</b></li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Encourage participation in Sharecare's <b>Live Mindfully Challenge</b> happening Oct. 1-31</li> <li><input type="checkbox"/> Attend WFHTN's <b>Mindfulness at Work</b> on Oct. 24 from 12-12:30 p.m. CT*</li> </ul>
November	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>At-home workouts</b></li> <li><input type="checkbox"/> <b>Healthy Tips for Healthful Holiday Parties</b></li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Submit your pics for <b>Take a Hike Day</b> and/or <b>TN State Parks After-Thanksgiving Hikes</b> to WFHT.TN@tn.gov by Dec. 6.*</li> <li><input type="checkbox"/> Attend the <b>Balancing Your Financial &amp; Emotional Well-being</b> webinar with MSA on Nov. 13</li> <li><input type="checkbox"/> Attend the wellness council webinar on <b>Nov. 7</b></li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Join WFHTN's <b>Planksgiving Challenge</b> from Nov. 1-30*</li> <li><input type="checkbox"/> Promote and join us for <b>Healthier and Happier Holidays Food Trivia</b> on Nov. 6*</li> </ul>
December	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Seasonal Savings tips</b></li> <li><input type="checkbox"/> Tips on <b>How to stay active in cold weather</b></li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Encourage employees to <b>complete this Holiday Food Word Search</b></li> <li><input type="checkbox"/> Encourage employees to join <b>Stretch &amp; Destress</b> happening on Mondays from 12-12:15 p.m. CT</li> <li><input type="checkbox"/> Watch for the December wellness council webinar recording to hit your inbox the week of Dec. 2</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Promote and join WFHTN's <b>O'Fitness Tree Challenge</b> happening Dec. 9-15*</li> <li><input type="checkbox"/> Promote and join WFHTN's <b>O'Fitness Tree Watch Party</b> happening Dec. 10 from 12-12:15 p.m. CT</li> </ul>
Anytime	<ul style="list-style-type: none"> <li><input type="checkbox"/> Resources and events from <b>Here4TN</b> and <b>Partners for Health Wellness Program</b></li> <li><input type="checkbox"/> <b>Post-activity or presentation survey</b> for evaluation of your wellness activities and events</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Host a healthy eating <b>team building activity</b> and let us know what you did! *</li> <li><input type="checkbox"/> Encourage employees to complete a short activity (crossword puzzle, word search, etc.)</li> <li><input type="checkbox"/> Hold a wellness council meeting or recruit a new wellness council member</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Share an <b>employee success story or quote</b> related to healthy eating</li> <li><input type="checkbox"/> Invite <b>Working for a Healthier Tennessee</b> to speak at your all-staff meeting</li> <li><input type="checkbox"/> Share event photos with WFHTN to be shared on <b>Facebook</b> and <b>Instagram</b></li> </ul>

	Share	Engage	Inspire
October	<input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____
November	<input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____
December	<input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____
Notes	<div style="border: 1px solid black; height: 150px;"></div>		