



Working for a Healthier Tennessee Monthly Activity Planner

Q4 (April) 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 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](#)



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	WELL-BEING ACTIVITIES	PHYSICAL ACTIVITY	HEALTHY EATING
5 POINTS	Share the WFHTN Overview recorded presentation .	Share these Yoga Video Resources in recognition of Stress Awareness Month (April).	In honor of Earth Day (April 22 nd) share this 2.5 minute video from the Food and Drug Administration (FDA): Tips on Reducing Food Waste .
	<i>Date shared; other relevant details</i>	<i>Date shared; other relevant details</i>	<i>Date shared; other relevant details</i>
15 POINTS	Participate in the April monthly WFHTN Wellness Council Webinar on Thursday, April 1 st at 9 a.m. Central. Click here for the meeting link.	Schedule a virtual stretch break in recognition of Stress Awareness Month (April). Be creative or use our Stretch Break handout for additional guidance and ideas.	Share with us! How are you reducing food waste? Encourage co-workers to share their pictures and/or stories with WFHTN by emailing WFHT.TN@tn.gov .
	<i>Date completed</i>	<i>Date completed; # of participants</i>	<i>Date completed; # of participants</i>
30 POINTS	In recognition of Stress Awareness Month and National Humor Month (April), start a “funny train” by sending a laugh (joke, meme, video, etc.) to a co-worker. Ask your co-worker to keep the “funny train” going by forwarding their own hilarious pick to another co-worker. Share your funnies with WFHT.TN@tn.gov by cc’ing or forwarding them to us.	Get active outdoors by visiting one of the many Tennessee Greenways, Trails or State Parks ! Share your photo(s) with us at WFHT.TN@tn.gov .	Capture the healthy habits of employees (in office and/or AWS). Send photos (with permission) to wfht.tn@tn.gov or have them share their individual or family success story related to physical activity , healthy eating or tobacco cessation . (Anonymous stories count too!)
	<i>Date completed; other relevant details</i>	<i># of participants</i>	<i>Date completed; # of attendees</i>
TOTAL	Total # of Well-Being Points	Total # of Physical Activity Points	Total # of Healthy Eating Points

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>4/14 @ 11:30 am</i>	<i>10 employees joined for a 10-minute Virtual Meditation Break to relieve stress.</i>