



Wellness Warriors Award

Quarterly Checklist

Q2 (October – December) FY 2021

The goal of Working for a Healthier Tennessee is to create a healthy and positive workplace. We want to highlight your accomplishments and increase engagement across our state.

The quarterly checklists are designed for consistent programming throughout the year. By the end of the third quarter, all departments that have completed the checklists will be placed in a tournament.

Activity	Notes	✓
Share at least one post-challenge survey.		
Share the WFHTN monthly poll question .		
Attend at least two Wellness Council webinars and/or Water Cooler Talk.		
Hold at least one Wellness Council meeting (in-person or WebEx).		
Host at least one Here4TN or WFHTN webinar/lunch n’ learn (can be live or recorded).		
Participate in an all-department challenge hosted by WFHTN or create your own four-week challenge .		

****Reach out to your WFHTN Regional Wellness Coordinator for help or questions.***



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