



Scavenger Hunt

Well-being Edition



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 & learn something new about them.

Submit your completed scavenger hunt to WFHT.TN@TN.GOV.

Name: _____

Dept: _____