

2025 Personify Health Healthy Habits Calendar

	MONTH	HEALTHY HABIT*	TOPIC
1 ST QUARTER	 January 13–19	Workout Time Did you schedule time for your workout today?	Getting Active
	 February 10–16	Better Boundaries Did you uphold a personal boundary at home, work, or in your social life?	Building Relationships
	 March 10–16	Plan for Sleep Did you go to bed at a set time today?	Sleeping Well
2 ND QUARTER	 April 14–20	Going Green Were you mindful about taking a sustainable action today?	Acting Sustainably
	 May 12–18	Fresh Air Did you get out of the house today to get some fresh air?	Reducing Stress
	 June 9–15	Go Unsweetened Did you hydrate with an unsweetened drink today?	Eating Healthy
3 RD QUARTER	 July 14–20	Finding Glimmers Did you notice a small moment today that lit up your world?	Reducing Stress
	 August 11–17	Organize Your Finances Did you do one thing today to keep your finances organized?	Managing Finances
	 September 8–14	Hunger Cues Did you practice listening to hunger and fullness cues today?	Eating Healthy
4 TH QUARTER	 October 13–19	Plant Power Did you take time to eat your vegetables today?	Eating Healthy
	 November 10–16	Gratitude Did you take time to write down the things you are grateful for today?	Living with Gratitude
	 December 8–14	Relaxation Breathing Did you take relaxing breaths during a stressful situation today?	Reducing Stress

*Challenges are subject to change.