

# 2026 Healthy Habits

January  
12 – 18

## Organize Your Finances

Did you do one thing today to keep your finances organized?

Financial  
Wellbeing

Q1

February  
9 – 15

## Keep it Routine

Did you make your day easier by doing one small routine?

Managing  
Stress

March  
9 – 15

## Speak Up

Did you advocate for yourself today?

Life and  
Work

April  
13 – 19

## Connect Through Empathy

Did you seek to understand someone else's perspective today?

Healthy  
Relationships

Q2

May  
11 – 17

## Device-free Zone

Did you remove all devices from your bedroom before bed?

Mental  
Wellbeing

June  
8 – 14

## Workout Time

Did you schedule time for your workout today?

Physical  
Activity

July  
13 – 19

## Step Away

Did you choose to step away and calm your emotions, when needed?

Mental  
Wellbeing

Q3

August  
10 – 16

## Fit in Strength

Did you do some strength exercises today?

Physical  
Activity

September  
14 – 20

## Seriously Fun

Did you make work fun today (sharing a laugh, celebrating a win)?

Life and  
Work

October  
12 – 18

## Time for Friends

Did you make time to connect with a friend today?

Healthy  
Relationships

Q4

November  
9 – 15

## Take Your Time

Did you take time to eat and be mindful at meals today?

Nutrition

December  
14 – 20

## Mindful Minute

Did you take a minute to pause and be mindful today?

Mindfulness