

# 2026 Healthy Habits

	<b>January</b> 12 – 18	<b>Organize Your Finances</b> Did you do one thing today to keep your finances organized?	<b>Financial Wellbeing</b>
<b>Q1</b>	<b>February</b> 9 – 15	<b>Keep it Routine</b> Did you make your day easier by doing one small routine?	<b>Managing Stress</b>
	<b>March</b> 9 – 15	<b>Speak Up</b> Did you advocate for yourself today?	<b>Life and Work</b>
	<b>April</b> 13 – 19	<b>Connect Through Empathy</b> Did you seek to understand someone else's perspective today?	<b>Healthy Relationships</b>
<b>Q2</b>	<b>May</b> 11 – 17	<b>Device-free Zone</b> Did you remove all devices from your bedroom before bed?	<b>Mental Wellbeing</b>
	<b>June</b> 8 – 14	<b>Workout Time</b> Did you schedule time for your workout today?	<b>Physical Activity</b>
	<b>July</b> 13 – 19	<b>Step Away</b> Did you choose to step away and calm your emotions, when needed?	<b>Mental Wellbeing</b>
<b>Q3</b>	<b>August</b> 10 – 16	<b>Fit in Strength</b> Did you do some strength exercises today?	<b>Physical Activity</b>
	<b>September</b> 14 – 20	<b>Seriously Fun</b> Did you make work fun today (sharing a laugh, celebrating a win)?	<b>Life and Work</b>
	<b>October</b> 12 – 18	<b>Time for Friends</b> Did you make time to connect with a friend today?	<b>Healthy Relationships</b>
<b>Q4</b>	<b>November</b> 9 – 15	<b>Take Your Time</b> Did you take time to eat and be mindful at meals today?	<b>Nutrition</b>
	<b>December</b> 14 – 20	<b>Mindful Minute</b> Did you take a minute to pause and be mindful today?	<b>Mindfulness</b>