



EPIC WAY TO WELLNESS

Wellness Calendar

JANUARY 2022

The Dimensions of Wellness



Challenge

Set intentions for yourself – what is one outcome you want to achieve in each wellbeing dimension?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16 National Nothing Day	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Health Observance: Blood Donor Month

FEBRUARY 2022

Know Your Numbers



Challenge

Did you schedule your annual physical? Are you up to date with your specific age-, background- and gender-appropriate preventive exams? Check out [U.S. Preventive Services Task Force](#) for more information.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13 Random Acts of Kindness Week	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

Health Observance: Heart Month

MARCH 2022

Eating Well on a Budget



Challenge

How will you focus on eating healthy on a budget this month?
Check off the days you accomplished your goal.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22 Diabetes Alert Day	23	24	25	26
27	28	29	30	31		

Health Observance: National Nutrition Month

APRIL 2022

Light-Based Wellness



Challenge

Are your home and workspace set up with mood-enhancing light? Check off the days you got at least 30 minutes of sunlight or mood-enhancing light.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7 World Health Day	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Health Observance: Alcohol Awareness Month

MAY 2022

Self-Care: The Power of Saying “NO”



Challenge

Saying “no” to reclaim your time isn’t selfish – it benefits you and those around you! Write down a few ways you can focus on yourself. Check off at least one day a week for each day that you practiced self-care.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20 Bike to Work Day	21
22	23	24	25	26	27	28
29	30	31 No Tobacco Day				

Health Observance: Mental Health Month

JUNE 2022

Getting Organized for Personal Wellbeing



Challenge

Pick four areas you need to get organized. Check off each week you were able to organize one of these areas.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5 Cancer Survivor Day	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Health Observance: Men's Health Month

JULY 2022

Home Health & Safety



Challenge

When was the last time you changed your air filters? When were your fire and CO2 alarms last checked? Give yourself a reward for checking these this month.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 Tell an Old Joke Day	25	26	27	28	29	30
31						

Health Observance: UV Safety Month

AUGUST 2022

Boost Your Financial Health



Challenge

Do you know how much you're spending versus earning? Create a simple budget sheet to gain a better relationship with your finances, reduce stress and allow yourself to build healthy savings or emergency funds.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31 Opioid Misuse Prevention Day			

Health Observance: Immunization Awareness Month

SEPTEMBER 2022

Suicide Prevention



Challenge

Take a moment to check in with yourself and those around you.
Mark off each day you checked in.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10 Suicide Prevention Day
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Health Observance: Cholesterol Education Month

OCTOBER 2022

Building Healthy Connections



Challenge

Check off the days that you performed a random act of kindness.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 Mental Illness Week	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Health Observance: Breast Cancer Awareness Month

NOVEMBER 2022

Diabetes Awareness & Prevention



Challenge

Find some alternatives for your go-to processed carbohydrates/foods. Mark the days you've substituted a healthy whole food for a processed food. Complete an A1c test or complete the assessment on diabetes.org to know your risk for Type II diabetes.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17 Great American Smokeout	18	19
20	21	22	23	24	25	26
27	28	29	30			

Health Observance: Diabetes Month

DECEMBER 2022

Redefine Success on Your Terms



Challenge

What were your wellness successes in 2022? What do you want to accomplish in 2023 and how will you achieve those goals?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4 Handwashing Awareness Week	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Health Observance: Influenza Vaccination Week (December 4-10)