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|  | Monthly Theme | Monthly Webinar | Challenges  (sample) |
| January | **S.M.A.R.T. Goal Setting** | **Meet the Health Coach** |  |
| February | **Heart Smart** | **Diversity in Health Risks** |  |
| March | **Nutrition 101** | **Meal Planning: Get Comfortable in the Kitchen** | **March Madness Activity Challenge** |
| April | **Financial Fitness** | **Making Sense of your Cents** |
| May | **Spring into Action** | **Positive Psychology: Train Yourself Happy** |  |
| June | **Breathe Easy** | **Improve Your Environment, Improve Your Breathing** |  |
| July | **Prime Time** | **Time Management for Healthy Lifestyles** | **Fruit & Veggie Challenge** |
| August | **Self Love** | **Prioritizing Your Health & Wellbeing** |
| September | **Back to Basics** | **Stress Management** |  |
| October | **The Art of Relaxation** | **Counting Sheep: Improve Your Sleep Habits** |  |
| November | **Mindfulness** | **Emotional Eating** | **Maintain, Don’t Gain Challenge** |
| December | **You Are Enough** | **Optimism During the Holidays** |