

Monday

Tuesday

Wednesday

Thursday

Friday

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So many delicious fruits & vegetables are in season this month. Support your local farmer's market & enjoy your produce at its peak freshness!

2

Time for a quick workout! Take 10 minutes to do some push-ups or go for a quick walk.

3

Have fun & stay active: Break out some lawn games and invite your family or friends over for a small gathering this weekend!

6

Do something nice for someone today! Give someone a compliment unexpectedly or spend extra time with someone doing something they love to do.

7

Reduce your sodium intake without sacrificing flavor. Give your food a boost with fresh or dried herbs and spices.

8

Don't wait until the weekend to catch up on sleep.



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Catch up with a friend and get some extra steps in tonight—take a walk while you talk on the phone!

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Spending time outside? Don't forget the sunscreen and sunglasses!



13

Make one meeting this week a walking meeting. Working remotely? Dial in from your phone and take a lap!



14

Do a quick body scan and notice any tension you might be holding in your body. Close your eyes and focus on relaxing those tense muscles.

15

Start your day by drinking a glass of water. Can you make it to 8 cups today?

16

Everyone loves a good podcast. Learn a new skill by listening to a podcast about it.

17

Take a screen break this weekend—plan some time to relax with a book, spend quality time with your pets and family or take a scenic drive.



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Add a new healthy habit to track in the Virgin Pulse app to track for the week.

21

Time for a stretch break!

22

Staying productive while working from home is easy with these tips.



23

Writing down 3-5 things you're grateful for can improve your wellbeing in as short as 2 weeks.

24

Keep your mind engaged while you unwind. Try a crossword puzzle or word search after dinner!

27

Challenge yourself to try a new exercise this week. From barre to yoga to kickboxing, there are tons of free videos available online!

28

Buddha bowls are a quick, fun & healthy meal you can make at home with a few basic ingredients: grains, veggies, protein & sauce.



29

Got some extra time today? Spend it on your favorite hobby and reduce some stress at the same time.

30

When was the last time you checked in on your wellbeing goals? Take a few minutes today to revisit your goals & start working towards them with intention.



31

Exercising outdoors? Make sure to avoid the hottest part of the day, drink plenty of water and wear light-colored, lightweight clothing to avoid overheating.