

Right-Size Your Goals

The new year is a great time to refresh your fitness routine—success will come from setting realistic goals. Making sure your goals are the right size builds healthy habits that last instead of fading too fast. Small, consistent changes add up to big wins in the long run.

Challenges

- Stretch before or after work
- Monitor daily steps
- Strength train twice a week

January

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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
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Love Your Heart

Your heart works hard for you every day—show it some love in return. Healthy eating and regular movement can strengthen your heart and lower your risk of heart disease. Even small daily choices, like adding fiber or going for a walk, make a lasting difference for your health.

Challenges

Make one snack a day a fruit or vegetable

Move for 30 minutes a day – take a walk or a dance break!

Learn how to get more fiber in your diet



February

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Level Up

Are you focusing on what's left to do and overlooking the big and small wins you've made in life? Take the opportunity to celebrate those wins and reflect on how amazing you are and the progress you've made. And when you're ready for the next step and need motivation to get started, remember to use your Life Coaching benefit through EFR!

Challenges

Write down past accomplishments

Identify one goal for this month

Practice something you wish to improve

Use your life coaching benefit through EFR



March						
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Financially Fit

Money is one of the biggest areas of stress, but implementing a few smart habits can ease the pressure. Take some time to review your expenses and savings goals. Use EFR's Financial Consultation benefit for access to financial calculators, toolkits, and worksheets. You'll find those resources here.

Challenges



Use the financial calculators available through your Employee Assistance Program (EAP)

Review your recurring subscription expenses

Check your retirement allocations and projections

April

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Boost Your Brain

We know the physical benefits of exercise such as weight loss, lower blood pressure, and increased muscle mass, but there are mental benefits, too! Even short bursts of physical activity can reduce symptoms of anxiety and depression, improve sleep, and boost your brainpower!

Challenges

- Exercise with a friend or pet
- Go for a walk after work
- Stretch before bed

May

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Jump Start

Get a jump start on healthy eating by choosing a breakfast that helps power you for the day. Be sure to choose foods with protein and fiber and remember to hydrate in the morning. Breakfast is the most important meal of the day and choosing wisely can keep you energized and focused!

Challenges

Drink a glass of water in the morning

Have one serving of fruit or vegetables with your breakfast

Include a source of protein (eggs, yogurt, cottage cheese, oats, peanut butter, etc.) at breakfast

June

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Reach Out

Life is best navigated when you have support. Having consistent connections to family, friends, and colleagues enhances well-being for all. Take this month to focus on and foster meaningful connections.

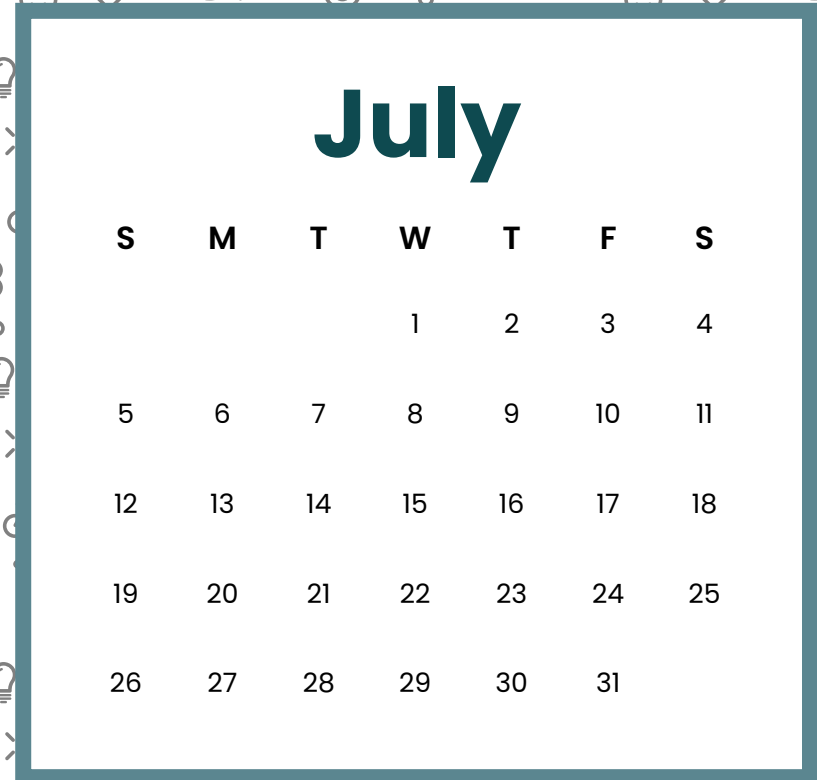
Challenges

Explore Togetherall, an online peer support platform where you can connect with others anonymously to give and get support

Go for a walk with a friend

Share photos or memories with a friend to remember the fun you've had together

Get started with
Togetherall



Reset and Refresh

As the summer winds down, it's a perfect time to reset your routine. Simple habits like setting regular sleep times, meal planning, or completing small chores creates structure, reduces stress, and increases productivity.

Challenges

Establish a set bedtime and wake up time (even if it's the weekend!)

Create a meal plan each week

Knock out one small chore (dishes, laundry, dusting, yardwork) each day

August

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Ready, Set, Focus

Distractions are everywhere, but building focus is possible by setting small intentions each day. Whether you're trying to knock out a project at work or focus on a movie, being intentional about your priorities will help you find success.

Challenges

Put your phone on 'Do not Disturb' mode for two hours each day

Identify three "must-dos" each day

Declutter your work space

September

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Expand Your Palate

Picky eating is a habit that can start as a kid and last into adulthood. Trying new foods or putting a healthy spin on a favorite dish keeps meals interesting and nourishing. It's never too late to explore new foods or recipes!

Challenges

Try a new food

Re-introduce a food you disliked as a kid

Try a new recipe

October

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Healthy Holidays

The holiday season will soon be in full swing and it can be tempting to relax on your health goals to make room for the extra goodies this season can bring. But the best way to go into a New Year is to end the current year well. Staying on track is easier than getting back on track and it's less challenging than you may think!

Challenges

Drink water with every meal

Strive for 7,500 steps each day

Indulge in your favorite treats in moderation

November

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Food and Mood

Are you finding it hard to stay motivated and on track with healthy eating as the year comes to a close? Whether your good intentions were hijacked by the holidays, the colder weather, or shorter days—focus on the foods and habits that keep you energized and feeling your best. Choose what fuels you and let go of what doesn't.

Challenges

Bring your lunch to work

Try a new recipe

Snack on fresh fruits and vegetables

December

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