

Name: _____

January 2023



**Cervical
Cancer
Awareness
Month**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
						1 New Year's Day <input type="checkbox"/>	Goal	Actual
2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>	Goal	Actual
9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/>	15 <input type="checkbox"/>	Goal	Actual
16 Martin Luther King Jr. Day <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>	22 <input type="checkbox"/>	Goal	Actual
23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/>	26 <input type="checkbox"/>	27 <input type="checkbox"/>	28 <input type="checkbox"/>	29 <input type="checkbox"/>	Goal	Actual
30 <input type="checkbox"/>	31 <input type="checkbox"/>						Goal	Actual
You First Challenge		Personal Challenge			Beginning-of-Month Goals		End-of-Month Achievements	
<p>It's Cervical Cancer Awareness Month. Check with your health care provider about when you are due for cervical cancer screenings. Then mark your calendar so you remember to schedule your appointment.</p>					<ul style="list-style-type: none"> • • • 		<ul style="list-style-type: none"> • • • 	

Name: _____

February 2023



Heart Health
Awareness
Month

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
		1	2 Groundhog Day	3	4	5	Goal	Actual
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
6	7	8	9	10	11	12	Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
13	14 Valentine's Day	15	16	17	18	19	Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
20 Presidents Day	21	22	23	24	25	26	Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
27	28						Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>							
You First Challenge		Personal Challenge		Beginning-of-Month Goals		End-of-Month Achievements		
Put yourself first during heart health month by setting aside a few moments each day for your heart. You can focus on what you are grateful for, go for a walk, or spend this time stretching. Track how this time makes you feel.				<ul style="list-style-type: none"> • • • 		<ul style="list-style-type: none"> • • • 		

Name: _____

March 2023



**National
Nutrition
Month**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
		1	2	3	4	5	Goal	Actual
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
6	7 Town Meeting Day	8	9	10	11	12 Daylight Saving	Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
13	14	15	16	17	18	19	Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
20	21	22 Ramadan starts	23	24	25	26	Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
27	28	29	30	31			Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
You First Challenge		Personal Challenge		Beginning-of-Month Goals		End-of-Month Achievements		
<p>During National Nutrition Month, set a goal to increase your fruit and vegetable intake. You can try a new recipe or add veggies to your favorite dish. Remember to count frozen and canned vegetables and fruits too!</p>				<ul style="list-style-type: none"> • • • 		<ul style="list-style-type: none"> • • • 		

Name: _____

April 2023



Plant
positive
thoughts

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
					1	2	Goal	Actual
					<input type="checkbox"/>	<input type="checkbox"/>		
3	4	5 Passover	6	7	8	9 Easter	Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
10	11	12	13	14	15	16	Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
17	18	19	20	21 Eid-al-Fitr (End of Ramadan)	22 Earth Day	23	Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
24	25	26	27	28	29	30	Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
You First Challenge		Personal Challenge		Beginning-of-Month Goals		End-of-Month Achievements		
<ul style="list-style-type: none"> • Staying hydrated is good for your whole body. Track how many glasses of water you drink each day. • Remember to stretch! Make it a habit by stretching while you brush your teeth or when you watch TV. 				<ul style="list-style-type: none"> • • • 		<ul style="list-style-type: none"> • • • 		

Name: _____

May 2023



**Skin Cancer
Prevention
Month**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>	Goal	Actual
8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 Mother's Day <input type="checkbox"/>	Goal	Actual
15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>	Goal	Actual
22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/>	26 <input type="checkbox"/>	27 <input type="checkbox"/>	28 <input type="checkbox"/>	Goal	Actual
29 Memorial Day <input type="checkbox"/>	30 <input type="checkbox"/>	31 <input type="checkbox"/>					Goal	Actual
You First Challenge		Personal Challenge		Beginning-of-Month Goals		End-of-Month Achievements		
As we are getting more warm days and sunshine, set a goal to spend more time outside. Reduce your risk of sun damage by wearing sunscreen and protective clothing, like long sleeves and a hat.				<ul style="list-style-type: none"> • • • 		<ul style="list-style-type: none"> • • • 		

Name: _____

June 2023



Brain Health & Alzheimer's
Awareness Month

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
			1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	Goal	Actual
5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>	Goal	Actual
12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/>	15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>	18 Father's Day <input type="checkbox"/>	Goal	Actual
19 Juneteenth <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>	22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/>	Goal	Actual
26 <input type="checkbox"/>	27 <input type="checkbox"/>	28 <input type="checkbox"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>			Goal	Actual
You First Challenge		Personal Challenge		Beginning-of-Month Goals		End-of-Month Achievements		
<p>Staying active and eating well aren't just good for your heart, they also help your brain! Try a new activity this month and ask a friend to join you.</p>				<ul style="list-style-type: none"> • • • 		<ul style="list-style-type: none"> • • • 		

Name: _____

July 2023



Moving
your body
can be fun!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
					1 <input type="checkbox"/>	2 <input type="checkbox"/>	Goal	Actual
3 <input type="checkbox"/>	4 Independence Day <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>	Goal	Actual
10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/>	15 <input type="checkbox"/>	16 <input type="checkbox"/>	Goal	Actual
17 <input type="checkbox"/>	18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>	22 <input type="checkbox"/>	23 <input type="checkbox"/>	Goal	Actual
24 <input type="checkbox"/>	25 <input type="checkbox"/>	26 <input type="checkbox"/>	27 <input type="checkbox"/>	28 <input type="checkbox"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>	Goal	Actual
31 <input type="checkbox"/>							Goal	Actual
You First Challenge		Personal Challenge			Beginning-of-Month Goals		End-of-Month Achievements	
<p>Variety in your movement can keep it fun and enjoyable. Try a new activity, like kayaking, a dance class, or a new walking trail. Reach out to You First for support and connections to heart health activities.</p>					<ul style="list-style-type: none"> • • • 		<ul style="list-style-type: none"> • • • 	

Name: _____

August 2023

I love myself, respect myself, and accept myself exactly as I am.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	Goal	Actual
7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>	Goal	Actual
14 <input type="checkbox"/>	15 <input type="checkbox"/>	16 Bennington Battle Day <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>	Goal	Actual
21 <input type="checkbox"/>	22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/>	26 <input type="checkbox"/>	27 <input type="checkbox"/>	Goal	Actual
28 <input type="checkbox"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>	31 <input type="checkbox"/>				Goal	Actual
You First Challenge		Personal Challenge		Beginning-of-Month Goals		End-of-Month Achievements		
<p>Vermont farms and gardens are full this time of year. Challenge yourself to try a new vegetable and a new recipe. Let us know if you find a new favorite!</p>				<ul style="list-style-type: none"> • • • 		<ul style="list-style-type: none"> • • • 		

Name: _____

September 2023



Look for the
sweetness
in life.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
				1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	Goal	Actual
4 Labor Day <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>	Goal	Actual
11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/>	15 Rosh Hashanah <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>	Goal	Actual
18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>	22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 Yom Kippur <input type="checkbox"/>	Goal	Actual
25 <input type="checkbox"/>	26 <input type="checkbox"/>	27 <input type="checkbox"/>	28 <input type="checkbox"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>		Goal	Actual
You First Challenge		Personal Challenge			Beginning-of-Month Goals		End-of-Month Achievements	
Visit an apple orchard to pick apples with a loved one. Use your senses to identify 5 things you can see, smell, taste, touch, or hear. Try to stay in the moment and enjoy yourself.					<ul style="list-style-type: none"> • • • 		<ul style="list-style-type: none"> • • • 	

Name: _____

October 2023



**Breast
Cancer
Awareness
Month**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
						1	Goal	Actual
						<input type="checkbox"/>		
2	3	4	5	6	7	8	Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
9 Indigenous Peoples' Day <input type="checkbox"/>	10	11	12	13	14	15	Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
16	17	18	19	20	21	22	Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
23	24	25	26	27	28	29	Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
30	31 Halloween						Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>							
You First Challenge		Personal Challenge			Beginning-of-Month Goals		End-of-Month Achievements	
<p>It's Breast Cancer Awareness Month. Check that you are up to date on your breast cancer screening. If not, call and schedule your mammogram appointment.</p>					<ul style="list-style-type: none"> • • • 		<ul style="list-style-type: none"> • • • 	

Name: _____

November 2023



American
Diabetes
Month

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
		1	2	3	4	5 Daylight Saving	Goal	Actual
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
6	7 Election Day	8	9	10	11 Veterans Day	12 Diwali	Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
13	14	15	16	17	18	19	Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
20	21	22	23 Thanksgiving	24 Native American Heritage Day	25	26	Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
27	28	29	30				Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
You First Challenge		Personal Challenge		Beginning-of-Month Goals		End-of-Month Achievements		
Need support with managing or preventing diabetes? Visit MyHealthyVT.org for free classes and other support.				<ul style="list-style-type: none"> • • • 		<ul style="list-style-type: none"> • • • 		

Name: _____

December 2023

Try to choose an attitude of gratitude.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
				1	2	3	Goal	Actual
				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
4	5	6	7 Hanukkah	8	9	10	Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
11	12	13	14	15	16	17	Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
18	19	20	21	22	23	24	Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
25 Christmas	26 Kwanzaa	27	28	29	30	31 New Year's Eve	Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
You First Challenge		Personal Challenge		Beginning-of-Month Goals		End-of-Month Achievements		
<p>The year is almost over, and it is a good time to slow down, enjoy the present moment, and reflect on the past year. Try to think of one person you are grateful for and send them a message to let them know you appreciate them.</p>				<ul style="list-style-type: none"> • • • 		<ul style="list-style-type: none"> • • • 		