

Name: _____

January 2022



**Cervical
Cancer
Awareness
Month**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
					1 New Year's Day <input type="checkbox"/>	2 <input type="checkbox"/>	Goal	Actual
3 <input type="checkbox"/>	4 <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 Martin Luther King Jr. Day <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

Challenge	My Goals	Beginning-of-Month Measurements	End-of-Month Measurements
<ul style="list-style-type: none"> • Check with your health care provider about when you are due for breast and cervical cancer screenings. Then mark your calendar so you remember to stay on track. • Set a weekly goal to get outside for fresh air and a brisk walk. Find the time of day that works best for you. 	<ul style="list-style-type: none"> • • • 	Weight: Waist: Hip: Other:	Weight: Waist: Hip: Other:

Name: _____

February 2022



Heart Health
Awareness
Month

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
	1 <input type="checkbox"/>	2 Groundhog Day <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 Valentine's Day <input type="checkbox"/>	15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>	Goal	Actual
21 Presidents' Day <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"/>							Goal	Actual
Challenge	My Goals			Beginning-of-Month Measurements		End-of-Month Measurements		
Put yourself first during heart health month. Focus on your heart for 15 minutes each day. Put your hand over your heart, take deep breaths, and listen to your heartbeat. Taking time to slow down is an act of self-love.	<ul style="list-style-type: none"> • • • 			Weight: Waist: Hip: Other:		Weight: Waist: Hip: Other:		

Name: _____

March 2022



National
Nutrition
Month

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
	1 Town Meeting Day <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 Daylight Saving <input type="checkbox"/>	Goal	Actual
14 <input type="checkbox"/>	15 <input type="checkbox"/>	16 <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
Challenge		My Goals		Beginning-of-Month Measurements		End-of-Month Measurements		
Set a goal to “eat the rainbow” this month. Try to eat fruits and vegetables of every color, like red peppers, orange carrots, yellow squash, green scallions, blueberries, and purple eggplant.		<ul style="list-style-type: none"> • • • 		Weight: Waist: Hip: Other:		Weight: Waist: Hip: Other:		

Name: _____

April 2022



Plant
positive
thoughts

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
				1 <input type="checkbox"/>	2 Ramadan <input type="checkbox"/>	3 <input type="checkbox"/>	Goal	Actual
4 <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 Passover <input type="checkbox"/>	16 <input type="checkbox"/>	17 Easter <input type="checkbox"/>	Goal	Actual
18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>	22 Earth Day <input type="checkbox"/>	23 <input type="checkbox"/>	24 <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
Challenge		My Goals			Beginning-of-Month Measurements		End-of-Month Measurements	
<p>As we are getting more warm days and sunshine, set a goal to spend more time outside. Find your waterproof boots and innerchild, then enjoy the mud.</p>		<ul style="list-style-type: none"> • • • 			<p>Weight:</p> <p>Waist:</p> <p>Hip:</p> <p>Other:</p>		<p>Weight:</p> <p>Waist:</p> <p>Hip:</p> <p>Other:</p>	

Name: _____

May 2022



**Skin Cancer
Prevention
Month**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
						1	Goal	Actual
						<input type="checkbox"/>		
2 Eid-al-Fitr (End of Ramadan) <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 Mother's Day <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 <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 Memorial Day <input type="checkbox"/>	31 <input type="checkbox"/>						Goal	Actual

Challenge	My Goals	Beginning-of-Month Measurements	End-of-Month Measurements
<ul style="list-style-type: none"> Reduce your risk of sun damage by wearing sunscreen and protective clothing, like long sleeves and a hat. Stay hydrated to help not only your skin but your whole body. Track how many glasses of water you drink each day. 	<ul style="list-style-type: none"> 	Weight: Waist: Hip: Other:	Weight: Waist: Hip: Other:

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June 2022



Brain Health & Alzheimer's
Awareness 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"/>		
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	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"/>	Father's Day, Juneteenth <input type="checkbox"/>		
20	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	29	30				Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					

Challenge	My Goals	Beginning-of-Month Measurements	End-of-Month Measurements
<p>Staying active and eating well aren't just good for your heart, they also help your brain. Try a new activity this month. Is there a walking path you have been meaning to visit or a nearby state park with kayak rentals?</p>	<ul style="list-style-type: none"> • • • 	<p>Weight:</p> <p>Waist:</p> <p>Hip:</p> <p>Other:</p>	<p>Weight:</p> <p>Waist:</p> <p>Hip:</p> <p>Other:</p>

Name: _____

July 2022



I am strong and capable.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
				1	2	3	Goal	Actual
				<input type="checkbox"/>	<input type="checkbox"/>	<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"/>	10 <input type="checkbox"/>	Goal	Actual
11 <input type="checkbox"/>	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 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>	22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <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"/>	31 <input type="checkbox"/>	Goal	Actual

Challenge	My Goals	Beginning-of-Month Measurements	End-of-Month Measurements
<p>Set a walking goal for yourself this month (example: 25 days of 7,000+ steps).</p> <p>Need a step counter? Call You First at 800-508-2222 or email YouFirst@vermont.gov for a FREE pedometer to track your steps.</p>	<ul style="list-style-type: none"> • • • 	<p>Weight:</p> <p>Waist:</p> <p>Hip:</p> <p>Other:</p>	<p>Weight:</p> <p>Waist:</p> <p>Hip:</p> <p>Other:</p>

Name: _____

August 2022

*The world is
lucky
to have YOU*

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 <input type="checkbox"/>	Goal	Actual
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"/>	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 <input type="checkbox"/>	30 <input type="checkbox"/>	31 <input type="checkbox"/>					Goal	Actual
Challenge		My Goals		Beginning-of-Month Measurements		End-of-Month Measurements		
Vermont farms and gardens are full this time of year. Challenge yourself to try a new vegetable and a new recipe. You may find a new favorite! Share your creativity on Facebook and tag @YouFirstVT.		<ul style="list-style-type: none"> • • • 		Weight: Waist: Hip: Other:		Weight: Waist: Hip: Other:		

Name: _____

September 2022



Celebrate
all you have
achieved

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 Labor Day <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 <input type="checkbox"/>	Goal	Actual
19 <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>	22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 Rosh Hashanah <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
Challenge		My Goals		Beginning-of-Month Measurements		End-of-Month Measurements		
Enjoy the sunshine as the days begin to get shorter! Make a plan to get active outside and enjoy the season's fresh vegetables and fruits.		<ul style="list-style-type: none"> • • • 		Weight: Waist: Hip: Other:		Weight: Waist: Hip: Other:		

Name: _____

October 2022



**Breast
Cancer
Awareness
Month**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
					1	2	Goal	Actual
					<input type="checkbox"/>	<input type="checkbox"/>		
3	4 Yom Kippur	5	6	7	8	9	Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
10 Indigenous Peoples' Day	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	22	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 Diwali	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"/>		
31 Halloween							Goal	Actual
<input type="checkbox"/>								
Challenge		My Goals			Beginning-of-Month Measurements		End-of-Month Measurements	
<ul style="list-style-type: none"> It's Breast Cancer Awareness Month. Check that you are up to date on your breast cancer screening. 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"> 			Weight: Waist: Hip: Other:		Weight: Waist: Hip: Other:	

Name: _____

November 2022



American
Diabetes
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 Daylight Saving <input type="checkbox"/>	Goal	Actual
7 <input type="checkbox"/>	8 Election Day <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 Veterans' Day <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>	Goal	Actual
14 <input type="checkbox"/>	15 <input type="checkbox"/>	16 <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 Thanksgiving <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"/>					Goal	Actual
Challenge		My Goals		Beginning-of-Month Measurements		End-of-Month Measurements		
<ul style="list-style-type: none"> Challenge yourself and your family to cut back on sugar. Try to drink more water by keeping a container of water in your fridge and to eat more fruit by buying fresh, frozen, and canned (without added sugar). Visit MyHealthyVT.org for more support. 		<ul style="list-style-type: none"> 		Weight: Waist: Hip: Other:		Weight: Waist: Hip: Other:		

Name: _____

December 2022

Habits
are built
day-by-day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
			1	2	3	4	Goal	Actual
			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
5	6	7	8	9	10	11	Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
12	13	14	15	16	17	18	Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Hanukkah <input type="checkbox"/>		
19	20	21	22	23	24	25	Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Christmas <input type="checkbox"/>		
26	27	28	29	30	31		Goal	Actual
Kwanzaa <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	New Year's Eve <input type="checkbox"/>			
Challenge	My Goals			Beginning-of-Month Measurements		End-of-Month Measurements		
Plan a fun activity with your loved ones to get active and relieve stress. The more laughs the better. One thing that will make everyone laugh is trying out some new dance trends. Enjoy the present moment.	<ul style="list-style-type: none"> • • • 			Weight: Waist: Hip: Other:		Weight: Waist: Hip: Other:		