

Name: \_\_\_\_\_

# January 2025



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"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	Goal	Actual
6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/>	Goal	Actual
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"/>	Goal	Actual
20 Martin Luther King Jr. Day <input type="checkbox"/>	21 <input type="checkbox"/>	22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/>	26 <input type="checkbox"/>	Goal	Actual
27 <input type="checkbox"/>	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>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"> <li>•</li> <li>•</li> <li>•</li> </ul>		<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>		

Name: \_\_\_\_\_

# February 2025



Heart Health  
Awareness  
Month

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
					1 <input type="checkbox"/>	2 Groundhog Day <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 Valentine's Day <input type="checkbox"/>	15 <input type="checkbox"/>	16 <input type="checkbox"/>	Goal	Actual
17 Presidents 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 Ramadan starts <input type="checkbox"/>			Goal	Actual
You First Challenge		Personal Challenge			Beginning-of-Month Goals		End-of-Month Achievements	
<p>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.</p>					<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>		<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>	

Name: \_\_\_\_\_

# March 2025



**National  
Nutrition  
Month**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
					1 <input type="checkbox"/>	2 <input type="checkbox"/>	Goal	Actual
3 <input type="checkbox"/>	4 Town Meeting Day <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 Daylight Saving <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 Eid-al-Fitr (End of Ramadan) <input type="checkbox"/>	30 <input type="checkbox"/>	Goal	Actual
31 <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"> <li>•</li> <li>•</li> <li>•</li> </ul>		<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>	

Name: \_\_\_\_\_

# April 2025



Plant  
positive  
thoughts

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 Passover begins <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 Easter <input type="checkbox"/>	Goal	Actual
21 <input type="checkbox"/>	22 Earth Day <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"/>					Goal	Actual
You First Challenge		Personal Challenge		Beginning-of-Month Goals		End-of-Month Achievements		
<ul style="list-style-type: none"> <li>• Staying hydrated is good for your whole body. Track how many glasses of water you drink each day.</li> <li>• Remember to stretch! Make it a habit by stretching while you brush your teeth or when you watch TV.</li> </ul>				<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>		<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>		

Name: \_\_\_\_\_

# May 2025



**Skin Cancer  
Prevention  
Month**

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"/>	Mother's Day		
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"/>	<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"/>	<input type="checkbox"/>		
26	27	28	29	30	31		Goal	Actual
Memorial Day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
<b>You First Challenge</b>		<b>Personal Challenge</b>		<b>Beginning-of-Month Goals</b>		<b>End-of-Month Achievements</b>		
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"> <li>•</li> <li>•</li> <li>•</li> </ul>		<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>		

Name: \_\_\_\_\_

# June 2025



Brain Health & Alzheimer's  
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	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"/>	Father's Day <input type="checkbox"/>		
16	17	18	19	20	21	22	Goal	Actual
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Juneteenth <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								
<input type="checkbox"/>								
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"> <li>•</li> <li>•</li> <li>•</li> </ul>		<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>		

Name: \_\_\_\_\_

# July 2025



Moving  
your body  
can be fun!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 Independence Day <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 <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>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"> <li>•</li> <li>•</li> <li>•</li> </ul>		<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>		

Name: \_\_\_\_\_

# August 2025

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

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	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 Bennington Battle Day <input type="checkbox"/>	17	Goal	Actual
<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	26	27	28	29	30	31	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>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"> <li>•</li> <li>•</li> <li>•</li> </ul>		<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>	



Name: \_\_\_\_\_

# September 2025



Look for the  
sweetness  
in life.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
1 Labor Day <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 <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 Rosh Hashanah <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"/>						Goal	Actual
							Goal	Actual
You First Challenge		Personal Challenge		Beginning-of-Month Goals		End-of-Month Achievements		
<p>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.</p>				<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>		<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>		

Name: \_\_\_\_\_

# October 2025



**Breast  
Cancer  
Awareness  
Month**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
		1 Yom Kippur <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	Goal	Actual
6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/>	Goal	Actual
13 Indigenous Peoples' Day <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"/>	Goal	Actual
20 Diwali <input type="checkbox"/>	21 <input type="checkbox"/>	22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/>	26 <input type="checkbox"/>	Goal	Actual
27 <input type="checkbox"/>	28 <input type="checkbox"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>	31 Halloween <input type="checkbox"/>			Goal	Actual
<b>You First Challenge</b>		<b>Personal Challenge</b>		<b>Beginning-of-Month Goals</b>		<b>End-of-Month Achievements</b>		
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.				<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>		<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>		

Name: \_\_\_\_\_

# November 2025



American  
Diabetes  
Month

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
					1 <input type="checkbox"/>	2 Daylight Saving <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 Veterans Day <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 Thanksgiving <input type="checkbox"/>	28 Native American Heritage Day <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		
Need support with managing or preventing diabetes? Visit <a href="http://MyHealthyVT.org">MyHealthyVT.org</a> for free classes and other support.				<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>		<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>		

Name: \_\_\_\_\_

# December 2025

Try to choose an attitude of gratitude.

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 Hanukkah <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 Christmas <input type="checkbox"/>	26 Kwanzaa <input type="checkbox"/>	27 <input type="checkbox"/>	28 <input type="checkbox"/>	Goal	Actual
29 <input type="checkbox"/>	30 <input type="checkbox"/>	31 New Year's Eve <input type="checkbox"/>					Goal	Actual
							Goal	Actual
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"> <li>•</li> <li>•</li> <li>•</li> </ul>		<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>		