

September 2024



Motto of the month:
 You have two homes:
 Earth and your body.
 Take care of them.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Because health is personal™



It's Organic September
 Try buying from local shops or growing your own produce this month.

1



2

Start the week focused. Write down 3 things you absolutely want to achieve by Sunday.

Don't rush through lunch. Practice mindful eating for a more satisfying break.

3

The GO Challenge starts today! Sign your teams up for our next [workplace wellbeing virtual race](#).

4

How are you feeling? Take time to process your feelings today.

5



It's officially Virgo season. It's an excellent time to make plans and get organised.

6

Why not try making something sweet at home? Fudge? Toffee apples? Turkish Delight?

7

Got the Sunday Scaries? Talk to your manager about how to get more out of your job.

8

Try a new workout or workout class!

9



World Suicide Prevention Day
 Check in on loved ones or offer support to someone who might be struggling.

10

Do you feel connected with your team at the moment? Why not organise a team-building day?

11

Sit up straight and focus on good posture.

12

Aim to reduce your screen time today.

13

Start the day with 10 burpees or squats!

14



Did you eat breakfast today? Add whole grains, fruit, or nuts to improve focus.

15

Looking for ways to prove that investing in wellbeing really works? [Download our ROI/VOI Toolkit](#).

16

Evaluate your work-life balance. Do you need to spend more time doing the things you love?

17

Try making a smoothie you haven't tried before. Add ginger if you want to reduce bloating.

18



Remember to hydrate!

19

Celebrate your work achievements, even if it was something small.

20



World Gratitude Day
 Reflect on what or who makes you grateful today.

21

How many veggies can you add to your dinner tonight?

22



23

Discover our [5 top ways to make sure your workforce are psychosocially safe](#) (and what that means)!

Avoid multitasking and say no to additional commitments if it's going to increase stress.

24

Compliment someone today – whether it's a colleague or a complete stranger.

25



What's your bedtime routine like? Do you need to introduce a herbal tea or less screen time?

26

It's the end of the week. Shake off any negativity from the week.

27

Your Saturday reminder: Take a break!

28



Prep tomorrow's lunch and make sure to add lots of colours.

29

It's a new month tomorrow. Plan today so you can start the month strong.

30

The world's #1 digital health & wellbeing solution

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