


February

Content What's Coming and Going

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Media – What’s Coming in February





Media Topic	Media- continued Weekly launches each Monday (week 3) 
<ul style="list-style-type: none">1. Physical Activity2. Physical Activity3. Physical Activity4. Physical Activity5. Physical Activity6. Physical Activity7. Physical Activity8. Healthy Eating9. Meditation10. Meditation	February 16 <i>(all in partnership with FitOn)</i> <ul style="list-style-type: none">1. Essential Abs2. Amazing Arm Strength3. Energizing Walk4. Easy Seated Yoga5. Level Up Cardio6. Tabata Combos7. Total Body Toning8. How to Reduce Your Added Sugar Intake9. Self-Soothing Meditation10. Thank Your Body

Media Topic	Media- continued Weekly launches each Monday (week 4)
<ul style="list-style-type: none">1. General Wellbeing2. General Wellbeing; Emotional Balance3. Healthy Eating4. Emotional Balance; Personal Growth5. Financial Wellness; Personal Growth6. Physical Activity	February 23 <ul style="list-style-type: none">1. Coach Minute: Quick Tip to Move Past Barriers2. 3 Ways to Make Friends as an Adult3. Make It: 3 Easy and Delicious Chicken Bowl Combos4. The Power of Acceptance in Thriving Relationships5. Thrifting Secrets: Save Money and Shop Sustainably6. Trainer Tip: The Benefits of Jump Training for Women

Daily Cards and More – What’s Coming in February



Topic	Daily Cards 	Topic	Challenges & PHHC's 
			BOB PHHC: Keep it Routine (2/9-2/15)

Advance Notice

- 2026 New Challenge Templates:
- Mar: World Soccer Challenge Theme (Destination)
 - April: Staged Challenge topic TBD
 - June: Step Into Sports Challenge (Destination)
 - August: Holistic Challenge
 - October: Race Around the World (Destination)

2026 Content – What’s Leaving in February



Topic	Retiring Journeys 		Retiring Media 	Topic
	N/A		<p>Retiring 2/1/2026</p> <ol style="list-style-type: none">1. Daily Reflection2. Easy Sweat3. Emotional Eating4. Full Body Flex5. Relaxing Yoga Flow6. Strong All Over7. Tempo Full Body Pilates8. Understanding Intermittent Fasting9. Walk with Weights10. Well-Rounded Flow <p>Retiring 2/16/26</p> <ol style="list-style-type: none">1. Anytime Aerobics2. Beginner Strength and HIIT Intervals3. Fit and Strong4. Inspired Flow5. Moments of Gratitude6. Stride & Shine7. Surrender and Grace8. Tempo and Tone9. The Hunger Fullness Scale10. Upper Body Party	
		Challenge s		

Advance Notice