

# January 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
26	27	28	29	30	31	1		
2	3	4	5	6	7	8		
9	10	11	12	13	14	15		
16	17	18	19	20	21	22		
23	24	25	26	27	28	29		
30	31	Notes	minute workout set workouts over the exercise and ment	ires the member to ssions per week or to course of the qualift tal health activities. editate for 10 minute	welve (12) separate ying month. You co For example, one c	e 30- minute In combine could exercise for		



# February 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	1	2	3	4	5
6	7	Notes	minute workout set workouts over the exercise and ment	ires the member to ssions per week or t course of the qualif tal health activities. editate for 10 minute	welve (12) separate ying month. You co For example, one c	e 30- minute an combine could exercise for

#### **March 2022**





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	Notes	minute workout se workouts over the exercise and ment	ires the member to ssions per week or to course of the qualify tal health activities. deditate for 10 minute	welve (12) separate ying month. You co For example, one c	e 30- minute an combine could exercise for

## April 2022





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
1	2	Notes	minute workout ses workouts over the exercise and ment	ires the member to ssions per week or to course of the qualifical health activities.	welve (12) separate ying month. You co For example, one c	e 30- minute In combine could exercise for

#### May 2022





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4
5	6	Notes	minute workout se workouts over the exercise and ment	ires the member to ssions per week or to course of the qualify tal health activities. editate for 10 minute	welve (12) separate ying month. You co For example, one c	e 30- minute an combine could exercise for

#### June 2022





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	Notes	minute workout set workouts over the exercise and ment	ires the member to ssions per week or to course of the qualify tal health activities. editate for 10 minute	welve (12) separate ying month. You co For example, one c	e 30- minute an combine could exercise for

#### **July 2022**





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
26	27	28	29	30	1	2	
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31	1	Notes  The calendar requires the member to complete a minimum of three (3), 30-minute workout sessions per week or twelve (12) separate 30-minute workouts over the course of the qualifying month. You can combine exercise and mental health activities. For example, one could exercise for 20 minutes and meditate for 10 minutes for a total of 30 minutes					

### August 2022





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	Notes	minute workout set workouts over the exercise and ment	ires the member to ssions per week or t course of the qualif tal health activities. editate for 10 minute	welve (12) separate ying month. You co For example, one c	e 30- minute an combine could exercise for

## September 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	Notes	minute workout set workouts over the exercise and ment	ires the member to ssions per week or to course of the qualift tal health activities. editate for 10 minute	welve (12) separate ying month. You co For example, one c	e 30- minute In combine could exercise for

#### October 2022





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
25	26	27	28	29	30	1	
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31	Notes  The calendar requires the member to complete a minimum of three (3), 30-minute workout sessions per week or twelve (12) separate 30-minute workouts over the course of the qualifying month. You can combine exercise and mental health activities. For example, one could exercise for 20 minutes and meditate for 10 minutes for a total of 30 minutes					







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	Notes	minute workout se workouts over the exercise and ment	ires the member to ssions per week or to course of the qualify tal health activities. editate for 10 minute	welve (12) separate ying month. You co For example, one c	e 30- minute In combine could exercise for

# December 2022 employee wellness





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
27	28	29	30	1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	
1	2	Notes	The calendar requires the member to complete a minimum of three (3), 30-minute workout sessions per week or twelve (12) separate 30-minute workouts over the course of the qualifying month. You can combine exercise and mental health activities. For example, one could exercise for 20 minutes and meditate for 10 minutes for a total of 30 minutes				