



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	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			



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	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			

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	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			

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	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			

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	<p>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</p>			

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	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			

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	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			

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	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			

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			

November 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	29	30	1	2	3
4	5	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			

December 2022



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			