

Aetna Get ActiveSM*

2022 healthy habit calendar

	Month	Healthy habit	Thrive area	Dates
Quarter 1	January	Lean on Me As you take steps toward a personal goal, did you reach out for help today?	Building Relationships	January 10 - 16
	February	See Your Lens Did you think about how you grew up and how it shaped your thinking?	Embracing Diversity	February 14 - 20
	March	Loosen Up Did you take time to relax your body before bed?	Sleeping Well	March 14 - 20
Quarter 2	April	Go Green Did you avoid using disposable plastics today (shopping bags, plastic bottles...)?	Contributing to my Community	April 11 - 17
	May	Be Kind Did you perform an act of kindness today?	Building Relationships	May 9 - 15
	June	Process Bias Did you list one way an unconscious bias impacted your feelings or behaviors today?	Embracing Diversity	June 13 - 19
Quarter 3	July	Keep it Routine Did you make your day easier by doing one small routine?	Being Productive	July 11 - 17
	August	Workout Time Did you schedule time for your workout today?	Getting Active	August 8 - 14
	September	Smart Eating Did you choose the right portions for your body's needs today?	Eating Healthy	September 12 - 18
Quarter 4	October	Relaxation Breathing Did you respond to stress by taking 3 deep breaths?	Reducing Stress	October 10 - 16
	November	Listen First Did you listen fully to others before responding today?	Building Relationships	November 14 - 20
	December	Track Spending Did you track your spending today?	Managing My Finances	December 12 - 18

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