

Aetna Get ActiveSM*

2023 healthy habit calendar

	Month	Healthy habit	Thrive area	Dates
Quarter 1	January	Take Your Time Did you take time to eat and be mindful at meals today?	Eating Healthy	January 9 - 15
	February	Celebrate Yourself Did you name one positive quality about yourself related to your culture or background?	Embracing Diversity	February 13 - 19
	March	Mind Sweeper Did you take time to relax your mind before bed?	Sleeping Well	March 13 - 19
Quarter 2	April	Unplug It Did you unplug an appliance you're not using today?	Acting Sustainably	April 10 - 16
	May	Emotions and Decisions Did you notice how your emotions affected your decisions?	Finding Emotion Balance	May 8 - 14
	June	Rewire Stereotypes Did you mentally challenge a stereotype you thought about today?	Diversity, Equity & Inclusion	June 12 - 18
Quarter 3	July	Fit in Strength Did you do some strength exercises today?	Getting Active	July 10 - 16
	August	Smart Scale Did you practice using the hunger scale today?	Eating Healthy	August 7 - 13
	September	Connect through Empathy Did you stop and notice your emotions without judgement?	Diversity, Equity & Inclusion	September 11 - 17
Quarter 4	October	Checking In Did you respond to stress by taking 3 deep breaths?	Finding Emotion Balance	October 9 - 15
	November	Power for Good Did you speak positively of someone with less privilege or power than you today?	Diversity, Equity & Inclusion	November 13 - 19
	December	Organize your Finances Did you do one thing today to keep your finances organized?	Managing My Finances	December 11 - 17

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