

Aetna Get Active™* 2024 healthy habit calendar

	Month	Healthy habit	Thrive area	Dates
Quarter 1	January	Time for Friends Did you make time to connect with a friend today?	Building Relationships	Jan 8-14
	February	Keep it Routine Did you reduce decision fatigue by sticking to routines for basic needs?	Being productive	Feb 12-18
	March	Mindful Minute Did you take a minute to pause and be mindful today?	Being Productive	Mar 11-17
Quarter 2	April	On Budget Did you stick to your budget today?	Managing My Finances	Apr 8-14
	May	Device-Free Zone Did you remove all devices from your bedroom?	Sleeping Well	May 13-19
	June	Brain Games Did you play brain games or work on puzzles today?	Learning New Things	June 10-16
Quarter 3	July	Bit of Everything Did you eat a variety of different foods from different food groups today?	Eating Healthy	July 8-14
	August	Workout Time Did you schedule time for your workout today?	Getting Active	Aug 12-18
	September	Loosen Up Did you take time to relax your body before bed?	Sleeping Well	Sept 9-15
Quarter 4	October	Staying Thoughtful Did you look inwards today to stay curious about your emotions?	Finding Emotion Balance	Oct 14-20
	November	Seriously Fun Did you make work fun today (by sharing a laugh, celebrating a win, etc.)?	Being Productive	Nov 11-17
	December	Step Away Did you choose to step away and calm your emotions when needed?	Being Effective	Dec 9-15

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