

## 2026 Personify Healthy Habit Challenges

Month/Date	Healthy Habit/Challenge Title	Topic
Mar 9-15	Speak Up Did you advocate for yourself today?	Life & Work
Apr 13 - 19	Connect Through Empathy Did you seek to understand someone else's perspective today?	Healthy Relationships
May 11 - 17	Device-Free Zone Did you remove all devices from your bedroom before bed?	Mental Wellbeing
Jun 8 - 14	Workout Time Did you schedule time for your workout today?	Physical Activity
Jul 13-19	Step Away Did you choose to step away and calm your emotions, when needed?	Mental Wellbeing
Aug 10-16	Fit in Strength Did you do some strength exercises today?	Physical Activity
Sept 14-20	Seriously Fun Did you make work fun today (by sharing a laugh, celebrating a win, etc.)?	Life & Work
Oct 12-18	Time for Friends Did you make time to connect with a friend today?	Healthy Relationships
Nov 9-15	Take Your Time Did you take time to eat and be mindful at meals today?	Nutrition
Dec 14-20	Mindful Minute Did you take a minute to pause and be mindful today?	Mindfulness