

2026 Annual Wellness Campaign



JANUARY

Reset the Basics

“Start Strong” Challenge: Pick one (Sleep, Steps or Water) for 21 days.



FEBRUARY

Heart Health

Know Your Numbers: Log a BP reading or complete biometric screen.



MARCH

Practical Nutrition

Build a Better Plate: One daily swap (e.g., soda for water)



APRIL

Stress & Focus

Stress Skills Series: Complete 3 of 4 weekly micro-modules.



MAY

Mental Health

Connection Challenge: Weekly meaningful check-in with a peer/buddy.



JUNE

Safety

Hazard Hunt: Weekly micro-drills & near-miss reporting.



JULY

Energy & Fluids

Energy Audit: Daily hydration log or caffeine/sleep check.



AUGUST

Financial Wellbeing

Money Basics: Attend 30-min webinar or do benefits review.



SEPTEMBER

Prevention Push

“Schedule It”: Book annual physical or age-appropriate screenings.



OCTOBER

Movement/Ergo

Move for 10: Daily 10-min movement break (at your desk or in the field)



NOVEMBER

Gratitude

Peer Recognition: Send structured shoutouts (specific, not generic).



DECEMBER

Reflect & Recover

Year in Review: Wellbeing recap & 2027 goal setting.