

Corporate Wellness 365

Year-round holistic wellness calendar that employees actually use

<p>January LOOKING FORWARD MONTH</p> <ul style="list-style-type: none"> New Year, New You (1st - 14th) 2 Weeks Journaling Competition Blue Monday (17th - 23rd) 1 Week Savor Competition 	<p>February RELAXATION MONTH</p> <ul style="list-style-type: none"> Just Breathe (1st - 14th) 2 Weeks Breathing Competition Valentines Day (14th) 1 Day Social Activity Challenge Dragobete (24th) 1 Day Social Activity Challenge 	<p>March SLEEP AWARENESS MONTH</p> <ul style="list-style-type: none"> Dream Big (1st - 22nd) 3 Weeks Sleep Hygiene Competition Martisor (1st) 1 Day Social Activity Challenge Mother's Day (8th) 1 Day Social Activity Challenge Fruit Fiesta (15th - 22th) 1 Week Nutrition Challenge 	<p>April STRESS AWARENESS MONTH</p> <ul style="list-style-type: none"> Gear n' Go (1st - 15th) 2 Weeks Bike to Work Challenge Zen Zone (23rd - 30th) 1 Week Reduce Stress Challenge Earth day (22th April) 1 Day Savor Challenge
<p>May WELLNESS MONTH</p> <ul style="list-style-type: none"> Thrive Triumph (1st - 22nd) 1 Month All habits Wellness Streak Competition World Meditation day (21st) 1 Day Breathing Challenge No tobacco day (31st) 1 Day Breathing Challenge 	<p>June EMPLOYEE WELLBEING MONTH</p> <ul style="list-style-type: none"> Stepathon 100k (1st - 30th) 1 Month Steps Goal Competition Children's day (1st) 1 Day Social Activity Challenge Father's day (18th) 1 Day Social Activity Challenge 	<p>July SOCIAL ACTIVITIES MONTH</p> <ul style="list-style-type: none"> Connect & Conquer (1st - 15th) 2 Weeks Social Activities Competition Alcohol Awareness (3rd) 1 Day Hydration Challenge International Self Care (24th) 1 Day Savor Challenge World Friendship Day (30th) 1 Day Social Activity Challenge 	<p>August HYDRATION MONTH</p> <ul style="list-style-type: none"> H2Olympics (1st - 30th) 4 Weeks Hydration Challenge World Photo day (19th April) 1 Day Vision Challenge
<p>September WORLD GRATITUDE MONTH</p> <ul style="list-style-type: none"> Gratitude is Attitude (1st - 30th) 4 Weeks Gratitude Challenge World Gratitude Day (21st) 1 Day Gratitude Challenge 	<p>October STEPATHON 100K</p> <ul style="list-style-type: none"> Stepathon 100k (1st - 31th) 1 Month Steps Goal Competition World Mental Health Day (10th) 1 Day Breathing Challenge World Menopause day (18th) 1 Day Social Activity Challenge Halloween (31th) 1 Day Social Activity Challenge 	<p>November PRODUCTIVITY MONTH</p> <ul style="list-style-type: none"> Time Tamers (1st - 15th) 2 Weeks Pomodoro Challenge Stress Awareness Day (2nd) 1 Day Savor Challenge World Kindness Day (14th) 1 Day Social Activity Challenge Page Turner (15th - 30th) 2 Weeks Reading Challenge 	<p>December WELLNESS ADVENT CALENDAR</p> <ul style="list-style-type: none"> Wellness Advent (1st-25th) 25 Days of Wellness Challenge Human Rights day (10th) 1 Day Social Activity Challenge Christmas (25th) 1 Day Savor Challenge

Weekly Streak Raffle
Every user that manages to have a perfect weekly streak is automatically included in our weekly Raffle where they can win prizes and vouchers.

Looking out for the Environment
We will plant a tree for every user that reaches the last level of Joey.