








OCTOBER

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			 1 WORLD VEGETARIAN DAY Explore new recipes full of vegetables and healthy grains.	2 FREE WEBINAR HEALTHY SWAPS 12 PM CDT Make healthy substitutions for meals, exercise, and snacks!	3 MENTAL HEALTH CHECK-IN Track your mood on the myHealthCheck360 app and enter for your chance to win a \$50 Amazon gift card .	4 WORLD SMILE DAY Make someone smile today. Send a thank you note, share a joke, or pay it forward.	5
MENTAL HEALTH AWARENESS WEEK	6 EXERCISE YOUR MIND & BODY Physical activity can boost mental health. Work up a sweat today to reap the full mind & body benefits.	7 WELLNESS POSTER Get health coach-approved tips on our blog for making healthy swaps.	8 MONTHLY NEWSLETTER Our Live Well, Work Well Newsletter is here. Check it out on our blog!	 9 TRY MINDFULNESS Mindfulness practices can reduce negative thoughts and improve your outlook on life.	10 WORLD MENTAL HEALTH DAY If you need to talk to a professional, call the National Alliance on Mental Health at 800.950.6264 .	11 TALK WITH A PROFESSIONAL A therapist can help you through trauma, mental illness, or negative thoughts. You deserve to live your best life.	 12 BE GRATEFUL What is one thing you're grateful for today?
	13 MEAL PREP MADNESS Spend an hour planning and shopping for your meals this week to set yourself up for success.	14 OBESITY INCREASES YOUR RISK Obesity has been linked to developing breast cancer. Making lifestyle changes can reduce your risk.	 15 TRACK YOUR TUESDAY Get at least 6,000 steps today! Tracking is easy with the myHealthCheck360 app!	16 SAVINGS CHECK-IN Check your spending in the first half of October and create budget goals for the next two weeks.	17 SWAP IT! Switch your soda for water or chips for veggies today. Track this in the myHealthCheck360 app and enter for a \$50 Amazon gift card .	18 WEAR PINK DAY NATIONAL MAMMOGRAPHY DAY 1 in 8 women will develop breast cancer. Schedule your annual mammogram today.	19
20 MENTAL HEALTH CHECK-IN Track your mood on the myHealthCheck360 app for three days to see what affects your mood, and how you can live a happier, healthier life. Track for all 3 days and get in a drawing for \$100!		21	22	23	24 WOMEN'S HEALTH Do a breast self-exam today. It helps you become familiar with your body so you're aware of any changes.	25 DAY IN THE LIFE OF A COACH Read how Coach Michelle stays on top of her health goals on our blog!	 26 EAT REAL FOOD Eat fresh vegetables or fruit with every meal today.
27 IT'S IN YOUR GENES People who have relatives that have been diagnosed with breast cancer have a higher risk. Give your family a call and talk family history.	28 MOBILE MONDAY Check out your goals on the myHealthCheck360 app to see if you're on track.	29 GET SOCIAL Reach out to a friend or loved one today and catch up.	 30 HALLOWEEN PREP Don't be scared away from enjoying this fun holiday. Plan for extra exercise and don't feel guilty about enjoying some treats.	 31			