

Aetna Get ActiveSM*

2018 healthy habit calendar

	Month	Healthy habit	Thrive area	Dates
Quarter 1	January	Move on the hour Did you get up at least once an hour?	Getting Active	January 8 - 14
	February	Fruit is sweet Did you eat fruit first when you craved something sweet?	Eating Healthy	February 12 - 18
	March	Fresh air Did you walk outside?	Reducing Stress	March 12 - 18
Quarter 2	April	Save energy Did you conserve energy?	Contributing to My Community	April 16 - 22
	May	Wordsmith Did you learn a new word?	Learning New Things	May 14 - 20
	June	Be in bed Were you in bed for at least 7 hours?	Sleeping Well	June 11 - 17
Quarter 3	July	Appreciate others Did you express gratitude to someone?	Reducing Stress	July 16 - 22
	August	Time for friends Did you make time to connect with a friend?	Building Relationships	August 13 - 19
	September	Stairs Did you take the stairs?	Getting Active	September 10 - 16
Quarter 4	October	Relaxation breathing Did you respond to stress by taking 3 deep breaths?	Reducing Stress	October 15 - 21
	November	On budget Did you stick to your budget?	Managing My Finances	November 5 - 11
	December	Overserved Did you check how many servings are in your packaged food?	Eating Healthy	December 10 - 16

*Aetna Get Active is powered by Virgin Pulse.

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