

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>National Nutrition Month Kickoff 1</p> <p>Set a nutrition goal for March. Launch the Walk Your Plants Off group challenge (week 1: "The Importance of Leafing the House").</p>	<p>2</p> <p>Share your favorite go-to healthy snack with colleagues on the Social Wall.</p>	<p>Host a team goal-setting session: 3</p> <p>Share your top wellbeing focus for 2026 and discuss ideas for staying balanced with your team.</p>	<p>4</p> <p>Take your Wellbeing Survey for personalized insights.</p>	<p>5</p> <p>Try a plant-based recipe and post your experience or a photo in the group thread.</p>	<p>6</p> <p>Join a 10-minute mindful eating practice, notice flavors, textures, and gratitude for your meal.</p>	<p>7</p> <p>Share a nutrition myth you've encountered and bust it with a trusted fact or resource.</p>
<p>International Women's Day 8</p> <p>Celebrate achievements in women's health. Share stories or tips from female wellbeing leaders.</p>	<p>Movement Monday: 9</p> <p>Pair your meals with a walk or gentle stretch before or after eating.</p>	<p>10</p> <p>Share a tip for staying hydrated during your workday (bonus: try a new infused water recipe).</p>	<p>11</p> <p>Post a photo of your most colorful meal this week, challenge team members to add more produce to their plates.</p>	<p>12</p> <p>Watch the Healthy Heart: Fats and Fiber video course (on-demand in your portal). Summarize a key takeaway for the team.</p>	<p>World Sleep Day 13</p> <p>Exchange tips for improving sleep quality. Watch the "Restorative Sleep and Nutrition" micro-course (portal library).</p>	<p>14</p> <p>Try a 10-minute meditation focused on body appreciation and nourishment (link in portal).</p>
<p>15</p> <p>Mid-month Check-in:</p> <p>How's your Walk Your Plants Off challenge going? Celebrate creative ways you've fit in extra steps.</p>	<p>16</p> <p>The Conference Board East (Mar 16-18):</p> <p>Share learnings from event sessions; those attending virtually can post highlights.</p>	<p>St. Patrick's Day 17</p> <p>Share a green (nutritious!) recipe or try a "green" smoothie together as a team.</p>	<p>18</p> <p>Organize a virtual lunch & learn on mindful grocery shopping or meal prep hacks.</p>	<p>19</p> <p>Encourage everyone to swap one sweet treat for a whole food snack, share how you felt after.</p>	<p>20</p> <p>Friday fun:</p> <p>Share a photo of your lunch "with a view", show off creative eating spots, indoors or outside!</p>	<p>21</p> <p>Practice mindful portion sizes at a meal and notice how it impacts your energy.</p>
<p>22</p> <p>Encourage a screen-free meal with family or friends, reflect on the connections you notice.</p>	<p>23</p> <p>Post a gratitude note about one nutrition or wellbeing habit you've built.</p>	<p>24</p> <p>Do you have 'news anxiety'? Spend the day away from your phone and focus on the present.</p>	<p>Recipe swap: 25</p> <p>Invite team members to share their recipes for quick, healthy breakfasts.</p>	<p>26</p> <p>Celebrate a small nutrition or movement win; give kudos to a colleague for their healthy habits.</p>	<p>27</p> <p>Watch a short nutrition TED Talk or mini-lesson (link shared in team chat); discuss a takeaway as a team.</p>	<p>28</p> <p>Mask-making contest for Mardi Gras:</p> <p>Encourage everyone to add a wellbeing or healthy eating theme and share photos.</p>
<p>29</p> <p>Share one way you overcame a nutrition or exercise hurdle this month.</p>	<p>Host a team poll: 30</p> <p>What nutrition or renewal activity would you like to see offered next quarter?</p>	<p>Reflect on March: 31</p> <p>What nutrition or renewal habit will you carry forward? Share one success on the Social Wall.</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>