

February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Lunchtime's Wellness Team challenges you to focus on your physical wellness this month.</p>						<p>1</p> <p>Calculate your BMI. Set a goal to get into the "Healthy" range.</p> <p>Visit: NIH BMI online calculator</p>
<p>2</p> <p>Start a food journal; written or free online Apps: My Fitness Pal or Lose It!</p>	<p>3</p> <p>Fill ½ of your plate with Vegetables at each meal today</p>	<p>4</p> <p>Listen to a positive Nutrition Podcast; Medicine with a Fork or The Doctor's Kitchen</p>	<p>5</p> <p>Avoid fried foods for the rest of the month</p>	<p>6</p> <p>Calculate your daily H2O intake. Visit Univ of FL free online water calculator</p>	<p>7</p> <p>Learn about the 3 Macro Nutrients: Carbohydrates, Proteins and Fats</p>	<p>8</p> <p>Switch from white bread and Pasta to whole wheat versions</p>
<p>9</p> <p>Meal plan and prep for the week to avoid unhealthy choices</p>	<p>10</p> <p>Find out how much daily fiber you should be eating at: https://www.usada.org</p>	<p>11</p> <p>Practice appropriate portion controls for each Macro Nutrient at each meal</p>	<p>12</p> <p>Start taking a Probiotic daily</p>	<p>13</p> <p>Add a side salad to your lunch to increase your daily vegetable intake</p>	<p>14</p> <p>Know your daily sodium limits. Visit: www.heart.org</p>	<p>15</p> <p>Choose low-fat dairy only</p>
<p>16</p> <p>Cut sugar out this week</p>	<p>17</p> <p>Read Nutrition Labels. Choose foods with less than 5 ingredients only</p>	<p>18</p> <p>Try a new Vegetable today</p>	<p>19</p> <p>Make a Vegetarian dinner such as Black Bean Tacos to decrease saturated Fats</p>	<p>20</p> <p>Snack on nuts, fruits, low-fat cheese instead of chips or sweets</p>	<p>21</p> <p>Prepare a new fish recipe for dinner to increase lean protein intake Eat fish 1Xwk</p>	<p>22</p> <p>Start drinking green tea daily to decrease inflammation</p>
<p>23</p> <p>Cut out all processed meats this week</p>	<p>24</p> <p>Try a new fruit today</p>	<p>25</p> <p>Research a good multi-vitamin and start taking daily</p>	<p>26</p> <p>Eat a vegetable from each of the color groups today: orange/red/dark green/leafy green</p>	<p>27</p> <p>Add a legume serving (type of bean or pea) to lunch or dinner</p>	<p>28</p> <p>Eat ½ an Avocado for your daily serving of healthy fat</p>	
<p>Take a picture while you are completing one of the activities this month and send it to HR@lunchtimesolutions.com.</p>				<p>All picture entries will be entered into a drawing for a prize at the end of the month. And you might even be featured in the newsletter!</p>		

March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Lunchtime's Wellness Team challenges you to focus on your emotional wellness this month.</p>						<p>1 Read a book for fun for at least 20 minutes.</p>
<p>2 Find a mantra that motivates you and write it on an index card and hang it up.</p>	<p>3 Sit quietly for 10 min. think about relaxing each of your body parts.</p>	<p>4 Listen to music in a quiet room for 20 minutes</p>	<p>5 Watch a full sunrise or sunset.</p>	<p>6 Find a quiet place to color or draw for 15 minutes.</p>	<p>7 Create a playlist that helps you calm down and utilize this week.</p>	<p>8 Go for a 20-30 minute walk/run with out tunes.</p>
<p>9 Do some feel-good yoga poses.</p>	<p>10 Journal for 15 minutes</p>	<p>11 Read a book for 20 minutes</p>	<p>12 Unplug from technology for 4 hours.</p>	<p>13 Do some feel-good yoga poses today.</p>	<p>14 Write 3 things you are grateful for this week</p>	<p>15 Download the Calm app and do a guided meditation.</p>
<p>16 Create a goal to do 1 mindful practice every day this week.</p>	<p>17 Set a timer and take 10 deep breaths at the top of every hour.</p>	<p>18 Go for a walk without music. Listen and watch things around you.</p>	<p>19 Find a quiet place to color or draw for at least 15 minutes.</p>	<p>20 In a stressful situation? Take a deep breath before responding.</p>	<p>21 Sit quietly for 10 minutes and think about relaxing each part of your body.</p>	<p>22 Pick one meal of the day to mindful eat, use your senses to engage with the food.</p>
<p>23 Mindfully wake up. Brush your teeth before turning on the news or checking your phone.</p>	<p>24 Find a mantra that motivates you and write it on an index card and hang it up.</p>	<p>25 Let yourself laugh. Watch your favorite comedian or comedy show or movie.</p>	<p>26 Do some feel-good yoga poses today.</p>	<p>27 Find 10 quotes that inspire you and share with your team.</p>	<p>28 Write 3 things you are grateful for this week</p>	<p>29 Read a book for fun for at least 20 minutes.</p>
<p>30 Watch a full sunrise or sunset.</p>	<p>31 Journal for 15 minutes.</p>					

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April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Write a budget plan for the month	2 Find ways to cut down on your grocery bill	3 Sell something you no longer use.	4 Pay in cash and put the extra change in a piggy bank	5 Learn about investing
6 Start a spending journal to track your expenses.	7 Review your 401k enrollment	8 Audit your subscriptions. Are you paying for something you're not using?	9 No extra spending day.	10 Add beneficiaries to your 401k plan	11 Start an emergency fund.	12 Find out what your credit score is.
13 Read an article about money management.	14 Set money aside for a family trip.	15 Play a money-based game. (Monopoly, Risk, Payday, etc)	16 Donate to charity.	17 Set up auto pay for your bills. This will help avoid any late fees.	18 Take your piggy bank to the bank and make a deposit.	19 Write down 3 short term savings goals.
20 Track all of your spending this week.	21 Pay in cash today and take the extra change to the bank.	22 Plan your holiday and gift budget. Set aside money each month.	23 Sell something you are no longer using.	24 Listen to a podcast about money management.	25 Save money today. Avoid eating out.	26 Set up a college savings plan for your kids or grandkids.
27 Write a savings plan for a future large purchase.	28 No extra spend day.	29 Talk to your kids about money management	30 Review monthly budget. Make changes if you overspent.	Lunchtime's Wellness Team challenges you to focus on your financial wellness this month.		

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