

JANUARY

Productivity

2nd - 8th of Jan.

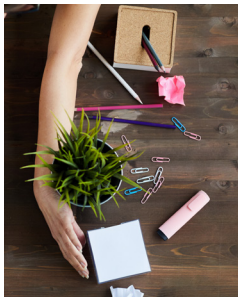
Welcome back!

Write down 3 goals for yourself about how you can be productive.

9th - 15th of Jan.

NATIONAL CLEAN OFF YOUR DESK DAY
(Monday)

Let this be a weekly challenge: clean off your desk every time you leave the office.



16th - 22nd of Jan.

Return to the first week and follow up on your 3 goals. How is it going?

23rd - 29th of Jan.

Reflection time:

This is an important exercise. Try to reflect on this month, what worked well and what did not?



30th - 31st of Jan.

Congrats! You made it through January. Awesome!

FEBRUARY

TEAM

1st - 5th of Feb.

T is for Trust

Chitchat with your team about trust. How do you establish trust at work?

16th - 12th of Feb.

E is for Energy

It is walk-and-talk time: take a break with your team and talk about energy. How do you get energized?

13th - 19th of Feb.

A is for Achievements

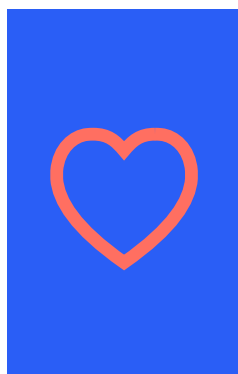
Stand-up meeting: talk about how the team achieves goals together.

20th - 26th of Feb.

M is for Membership

Remember you are a member of something bigger.

This week take some time to acknowledge your teammates.



27th - 28th of Feb.

Reflection time:

This is an important exercise. Try to reflect on this month, what worked well and what did not?

MARCH

Sleep

1st - 5th of Mar.

Hey you! Are you ready for this month?

6th - 12th of Mar.

NO COFFEE WEEK

Say no to coffee for a whole week, or try to drink only one cup per day.

At the end of the week talk with your colleagues and share your experiences.

13th - 19th of Mar.

WORLD SLEEP DAY
(Friday)

Do you get enough sleep? Talk with your colleagues and try to help each other with tips and solutions.



20th - 26th of Mar.

Another way to get more rest and sleep is to **quit the phone**. Try not to look at your work phone when you are home.

27th - 31st of Mar.

Reflection time:

This is an important exercise. Try to reflect on this month, what worked well and what did not?

APRIL

Job satisfaction

1st - 2nd of Apr.

#smileweek: smiles are contagious. Take time this week to send some smiles after your colleagues.



3rd - 9th of Apr.

Break - this month is also easter. Depending where you live, the holiday days will differ. Take some time off this week.

10th - 16th of Apr.

Writing exercise: this week pick a day out and write for 5 minutes whatever comes to mind about job satisfaction.

Then talk with your colleagues about each other's writing and findings.

17th - 23rd of Apr.

HAPPY PLAYLIST

Happy tunes! Make a playlist for the office with the best happy songs.

24th - 30th of Apr.

Reflection time:

This is an important exercise. Try to reflect on this month, what worked well and what did not?

MAY

Mental health

1st - 7th of May

Hey you! Are you ready for this month?

8th - 14th of May

From job satisfaction to mental health. Do you know who you should go to if you feel stressed or depressed at work?

This week, investigate what opportunities your organization offers.



15th - 21st of May

Stand-up meeting: Talk with your team about how to react when a colleague is down and needs help.



22nd - 28th of May

Reflection time: This is an important exercise. Try to reflect on this month, what worked well and what did not?

29th - 31st of May

Congrats! You made it through May. Awesome!

JUNE

Work-life-balance

1st - 4th of Jun.

Hey you! Are you ready for this month?

5th - 11th of Jun.

Hybrid work: this week, try hybrid work and note down what worked and did not work for you.



12th - 18th of Jun.

STRETCH OUT WEEK

For a whole week, stretch out at least two times a day at your work desk.



19th - 25th of Jun.

Remember the balance at work! Do you tend to eat at our work desk? This week, try as a team to go to lunch together.

26th - 30th of Jun.

Piece of mind: try to make an overview over all your tasks and try to come up with a plan how to finish them without being stressed.

JULY

You

1st - 2nd of Jul.

SUMMER PLAYLIST

It is summer time. Make a playlist for the office with the best summer songs.

3rd - 9th of Jul.

BOOK WEEK

Share book recommendations with your colleagues and note down books you would like to read. Perhaps you have time this week or month to finish one book?



10th - 16th of Jul.

ME TIME

This week is all about you. Take some time off and enjoy your break.

17th - 23rd of Jul.

PODCAST WEEK

Enjoying summer or are you still at work? Try to listen to a podcast this week - it can be about anything.

24th - 30th of Jul.

Reset: this week take some time to get an overview over your tasks.

31st of Jul.

Congrats! You made it through July. Awesome!

AUGUST

Environment

1st - 6th of Aug.

BIKE WEEK

Ready to challenge your colleagues? All week, skip the bus or car and take your bike instead to work.



7th - 13th of Aug.

Well-being for all: our surroundings affect us. Talk with your team about what the company does to keep the environment safe.

14th - 20th of Aug.

INDOOR CLIMATE

Say yes to a good indoor climate. This week, focus on the organization's indoor climate.

21st - 27th of Aug.

Reflection time: This is an important exercise. Try to reflect on this month, what worked well and what did not?

28th - 31st of Aug.

Congrats! You made it through August. Awesome!

SEPTEMBER

Culture

1st - 3rd of Sep.

Hey you! Are you ready for this month?

4th - 10th of Sep.

What do you know about your company's culture?

This week, talk with your colleagues and find out how the culture is.

11th - 17th of Sep.

Writing exercise: this week pick a day out and write for 5 minutes whatever comes to mind about your company's culture.

Then talk with your colleagues about each other's writing and findings.



18th - 24th of Sep.

Stand-up meeting: talk with your team how you all can participate to make a good company culture. Should any changes be made? Come up with 3 suggestions.

25th - 30th of Sep.

Reflection time: This is an important exercise. Try to reflect on this month, what worked well and what did not?

OCTOBER

Nutrition

1st of Oct.

Hey you! Are you ready for this month?

2nd - 8th of Oct.

#foodinspiration

Share some of your favorite recipes with your colleagues on Slack or on Teams.

9th - 15th of Oct.

WORLD MENTAL HEALTH DAY (Tuesday)

This week do some research on nutrition and whether or not it affects our mental health. Share your findings with your colleagues.

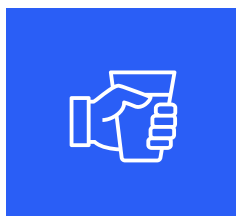
16th - 22nd of Oct.

#smoothieinspiration

Share your best smoothie recipes on Slack or on Teams. Note down some of the recipes, you will need them later on.

23rd - 29th of Oct.

Soft drinks: ready for this week's challenge? This week say no to soft drinks and yes to water.



30th - 31st of Oct.

SMOOTHIE DAY

Either on monday or tuesday bring a smoothie to work.

NOVEMBER

Stress

1st - 5th of Nov.

Hey you! Are you ready for this month?

6th - 12th of Nov.

Walk and talk: this week, talk with your colleagues about stress. How do you experience it and do you have any solutions?

13th - 19th of Nov.

WORLD KINDNESS DAY (Monday)

Every once in a while, we are busy. This week, be extra kind to those colleagues who may feel stressed and help them if possible.



20th - 26th of Nov.

CALM PLAYLIST

Make a playlist for the office with calm melodies or tunes.

27th - 30th of Nov.

Reflection time: This is an important exercise. Try to reflect on this month, what worked well and what did not?

DECEMBER

Reflection

1st - 3rd of Dec.

XMAS PLAYLIST

It is Christmas time! Make the best holly jolly playlist at the office. Ho ho ho.



4th - 10th of Dec.

The last month of 2023.

This week take some time to reflect on yourself and your goals. What will you do differently in 2024?

Share your viewpoints with your colleagues.

11th - 17th of Dec.

Congratulations!

You have finished our well-being calendar. We hope it was fun.

Enjoy the last couple of weeks of 2023.

18th - 24th of Dec.

Christmas & New Year

25th - 31st of Dec.

Christmas & New Year

