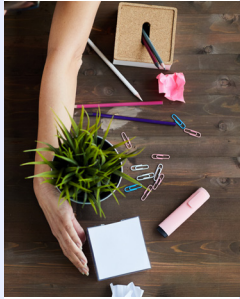

















JANUARY Productivity	FEBRUARY TEAM	MARCH Sleep	APRIL Job satisfaction	MAY Mental health	JUNE Work-life-balance	JULY You	AUGUST Environment	SEPTEMBER Culture	OCTOBER Nutrition	NOVEMBER Stress	DECEMBER Reflection
<div>2nd - 8th of Jan.</div> <div>Welcome back!</div> <div>Write down 3 goals for yourself about how you can be productive.</div> <div>9th - 15th of Jan.</div> <div>NATIONAL CLEAN OFF YOUR DESK DAY (Monday)</div> <div>Let this be a weekly challenge: clean off your desk every time you leave the office.</div> <div></div> <div>16th - 22nd of Jan.</div> <div>Return to the first week and follow up on your 3 goals. How is it going?</div> <div>23rd - 29th of Jan.</div> <div>Reflection time: This is an important exercise. Try to reflect on this month, what worked well and what did not?</div> <div></div> <div>30th - 31st of Jan.</div> <div>Congrats! You made it through January. Awesome!</div>	<div>1st - 5th of Feb.</div> <div>T is for Trust</div> <div>Chitchat with your team about trust. How do you establish trust at work?</div> <div>16th - 12th of Feb.</div> <div>E is for Energy</div> <div>It is walk-and-talk time: take a break with your team and talk about energy. How do you get energized?</div> <div>13th - 19th of Feb.</div> <div>A is for Achievements</div> <div>Stand-up meeting: talk about how the team achieves goals together.</div> <div>20th - 26th of Feb.</div> <div>M is for Membership</div> <div>Remember you are a member of something bigger.</div> <div>This week take some time to acknowledge your teammates.</div> <div></div> <div>27th - 28th of Feb.</div> <div>Reflection time: This is an important exercise. Try to reflect on this month, what worked well and what did not?</div>	<div>1st - 5th of Mar.</div> <div>Hey you! Are you ready for this month?</div> <div>6th - 12th of Mar.</div> <div>NO COFFEE WEEK</div> <div>Say no to coffee for a whole week, or try to drink only one cup per day.</div> <div>At the end of the week talk with your colleagues and share your experiences.</div> <div>13th - 19th of Mar.</div> <div>WORLD SLEEP DAY (Friday)</div> <div>Do you get enough sleep? Talk with your colleagues and try to help each other with tips and solutions.</div> <div></div> <div>20th - 26th of Mar.</div> <div>Another way to get more rest and sleep is to quit the phone. Try not to look at you work phone when you are home.</div> <div>27th - 31st of Mar.</div> <div>Reflection time: This is an important exercise. Try to reflect on this month, what worked well and what did not?</div>	<div>1st - 2nd of Apr.</div> <div>#smileweek: smiles are contagious. Take time this week to send some smiles after your colleagues.</div> <div></div> <div>3rd - 9th of Apr.</div> <div>Break - this month is also easter. Depending where you live, the holiday days will differ. Take some time off this week.</div> <div>10th - 16th of Apr.</div> <div>Writing exercise: this week pick a day out and write for 5 minutes whatever comes to mind about job satisfaction.</div> <div>Then talk with your colleagues about each other's writing and findings.</div> <div>17th - 23rd of Apr.</div> <div>HAPPY PLAYLIST</div> <div>Happy tunes! Make a playlist for the office with the best happy songs.</div> <div>24th - 30th of Apr.</div> <div>Reflection time: This is an important exercise. Try to reflect on this month, what worked well and what did not?</div>	<div>1st - 7th of May</div> <div>Hey you! Are you ready for this month?</div> <div>8th - 14th of May</div> <div>From job satisfaction to mental health. Do you know who you should go to if you feel stressed or depressed at work?</div> <div>This week, investigate what opportunities your organization offers.</div> <div></div> <div>15th - 21st of May</div> <div>Stand-up meeting: Talk with your team about how to react when a colleague is down and needs help.</div> <div></div> <div>22nd - 28th of May</div> <div>Reflection time: This is an important exercise. Try to reflect on this month, what worked well and what did not?</div> <div>29th - 31st of May</div> <div>Congrats! You made it through May. Awesome!</div>	<div>1st - 4th of Jun.</div> <div>Hey you! Are you ready for this month?</div> <div>5th - 11th of Jun.</div> <div>Hybrid work: this week, try hybrid work and note down what worked and did not work for you.</div> <div></div> <div>12th - 18th of Jun.</div> <div>STRETCH OUT WEEK</div> <div>For a whole week, stretch out at least two times a day at your work desk.</div> <div></div> <div>19th - 25th of Jun.</div> <div>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.</div> <div>26th - 30th of Jun.</div> <div>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.</div>	<div>1st - 2nd of Jul.</div> <div>SUMMER PLAYLIST</div> <div>It is summer time. Make a playlist for the office with the best summer songs.</div> <div>3rd - 9th of Jul.</div> <div>BOOK WEEK</div> <div>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?</div> <div></div> <div>10th - 16th of Jul.</div> <div>ME TIME</div> <div>This week is all about you. Take some time off and enjoy your break.</div> <div>17th - 23rd of Jul.</div> <div>PODCAST WEEK</div> <div>Enjoying summer or are you still at work? Try to listen to a podcast this week - it can be about anything .</div> <div>24th - 30th of Jul.</div> <div>Reset: this week take some time to get an overview over your tasks.</div> <div>31st of Jul.</div> <div>Congrats! You made it through July. Awesome!</div>	<div>1st - 6th of Aug.</div> <div>BIKE WEEK</div> <div>Ready to challenge your colleagues? All week, skip the bus or car and take your bike instead to work.</div> <div></div> <div>7th - 13th of Aug.</div> <div>Well-being for all: our surroundings affect us. Talk with your team about what the company does to keep the environment safe.</div> <div>14th - 20th of Aug.</div> <div>INDOOR CLIMATE</div> <div>Say yes to a good indoor climate. This week, focus on the organization's indoor climate.</div> <div>21st - 27th of Aug.</div> <div>Reflection time: This is an important exercise. Try to reflect on this month, what worked well and what did not?</div> <div>28th - 31st of Aug.</div> <div>Congrats! You made it through August. Awesome!</div>	<div>1st - 3rd of Sep.</div> <div>Hey you! Are you ready for this month?</div> <div>4th - 10th of Sep.</div> <div>What do you know about your company's culture? This week, talk with your colleagues and find out how the culture is.</div> <div>11th - 17th of Sep.</div> <div>Writing exercise: this week pick a day out and write for 5 minutes whatever comes to mind about your company's culture.</div> <div>Then talk with your colleagues about each other's writing and findings.</div> <div></div> <div>18th - 24th of Sep.</div> <div>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.</div> <div>25th - 30th of Sep.</div> <div>Reflection time: This is an important exercise. Try to reflect on this month, what worked well and what did not?</div>	<div>1st of Oct.</div> <div>Hey you! Are you ready for this month?</div> <div>2nd - 8th of Oct.</div> <div>#foodinspiration</div> <div>Share some of your favorite recipes with your colleagues on Slack or on Teams.</div> <div>9th - 15th of Oct.</div> <div>WORLD MENTAL HEALTH DAY (Tuesday)</div> <div>This week do some research on nutrition and whether or not it affects our mental health. Share your findings with your colleagues.</div> <div>16th - 22nd of Oct.</div> <div>#smoothieinspiration</div> <div>Share your best smoothie recipes on Slack or on Teams. Note down some of the recipes, you will need them later on.</div> <div>23rd - 29th of Oct.</div> <div>Soft drinks: ready for this week's challenge? This week say no to soft drinks and yes to water.</div> <div></div> <div>30th - 31st of Oct.</div> <div>SMOOTHIE DAY</div> <div>Either on monday or tuesday bring a smoothie to work.</div>	<div>1st - 5th of Nov.</div> <div>Hey you! Are you ready for this month?</div> <div>6th - 12th of Nov.</div> <div>Walk and talk: this week, talk with your colleagues about stress. How do you experience it and do you have any solutions?</div> <div>13th - 19th of Nov.</div> <div>WORLD KINDNESS DAY (Monday)</div> <div>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.</div> <div></div> <div>20th - 26th of Nov.</div> <div>CALM PLAYLIST</div> <div>Make a playlist for the office with calm melodies or tunes.</div> <div>27th - 30th of Nov.</div> <div>Reflection time: This is an important exercise. Try to reflect on this month, what worked well and what did not?</div>	<div>1st - 3rd of Dec.</div> <div>XMAS PLAYLIST</div> <div>It is Christmas time! Make the best holly jolly playlist at the office. Ho ho ho.</div> <div></div> <div>4th - 10th of Dec.</div> <div>The last month of 2023.</div> <div>This week take some time to reflect on yourself and your goals. What will you do differently in 2024?</div> <div>Share your viewpoints with your colleagues.</div> <div>11th - 17th of Dec.</div> <div>Congratulations! You have finished our well-being calendar. We hope it was fun.</div> <div>Enjoy the last couple of weeks of 2023.</div> <div>18th - 24th of Dec.</div> <div>Christmas &amp; New Year</div> <div>25th - 31st of Dec.</div> <div>Christmas &amp; New Year</div> <div></div>