

2026 HEALTH & FITNESS CHALLENGE – 42 Day Wellness Challenge Calendar

DAY : FOCUS : SUGGESTED ACTIVITY

Day 1 Move 10k steps or walking meeting

Day 2 Fuel Eat 5 servings of fruits/vegetables

Day 3 Strength 20-minute strength workout

Day 4 Recharge 10-minute meditation / Stretch

Day 5 Endurance 30-minute cardio

Day 6 Connect Workout with a teammate or group walk

Day 7 Move 10k steps or walking meeting

Day 8 Fuel Eat 5 servings of fruits/vegetables

Day 9 Strength 20-minute strength workout

Day 10 Recharge 10-minute meditation / Stretch

Day 11 Endurance 30-minute cardio

Day 12 Connect Workout with a teammate or group walk

Day 13 Move 10k steps or walking meeting

Day 14 Fuel Eat 5 servings of fruits/vegetables

Day 15 Strength 20-minute strength workout

Day 16 Recharge 10-minute meditation / Stretch

Day 17 Endurance 30-minute cardio

Day 18 Connect Workout with a teammate or group walk

Day 19 Move 10k steps or walking meeting

Day 20 Fuel Eat 5 servings of fruits/vegetables

Day 21 Strength 20-minute strength workout

Day 22 Recharge 10-minute meditation / Stretch

- Day 23** Endurance 30-minute cardio
- Day 24** Connect Workout with a teammate or group walk
- Day 25** Move 10k steps or walking meeting
- Day 26** Fuel Eat 5 servings of fruits/vegetables
- Day 27** Strength 20-minute strength workout
- Day 28** Recharge 10-minute meditation / Stretch
- Day 29** Endurance 30-minute cardio
- Day 30** Connect Workout with a teammate or group walk
- Day 31** Move 10k steps or walking meeting
- Day 32** Fuel Eat 5 servings of fruits/vegetables
- Day 33** Strength 20-minute strength workout
- Day 34** Recharge 10-minute meditation / Stretch
- Day 35** Endurance 30-minute cardio
- Day 36** Connect Workout with a teammate or group walk
- Day 37** Move 10k steps or walking meeting
- Day 38** Fuel Eat 5 servings of fruits/vegetables
- Day 39** Strength 20-minute strength workout
- Day 40** Recharge 10-minute meditation / Stretch
- Day 41** Endurance 30-minute cardio
- Day 42** Connect Workout with a teammate or group walk

AB CHALLENGE

(complete the weekly sequence 3x and Plank for the corresponding time)

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Total
AB Challenge x 3							
Plank (1,2,3,4,5,6)							
Total (out of 2 weekly)							