

2025

Center for Weight Management & Wellness

Monthly Challenge

Join us for a whole year of daily and monthly challenges to help you stay focused and engaged on your health journey! Challenges include healthy eating, physical activity, and self-care tasks.

Participate in any way that feels right for you—try and complete every day or just complete the ones that feel most helpful for you. Although it's a challenge, it's not a competition! So have fun with it and be sure to share your progress with us and fellow patients on our group **Facebook page**. Just ask your dietitian how to join!

For additional resources and information about educational events and behavioral/nutrition groups, please see our website:

<https://www.brighamandwomens.org/cwmw/patient-and-family-resources>

January

2025

Please refrain from adding any foods mentioned in the calendar to your diet if you haven't reached that stage yet.

New Year, New Activities

Incorporate something new into your days to ring in the new year!

Try something new for each item listed below.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 New Year's Day Song	2 Morning routine	3 Trail or walking space	4 Breakfast
5 Scent	6 Vegetable	7 Dance	8 Affirmation	9 Pair of socks	10 Flavor of water	11 Sunrise spot
12 Dinner recipe	13 Book	14 Fruit	15 Stretch or Yoga Pose	16 Friend	17 Movie or Show	18 Trail or walking space
19 Nightly routine	20 Outfit or Accessory	21 Word	22 Healthy Snack	23 Song	24 Podcast or Audiobook	25 Sport
26 Hobby	27 Dance	28 Scent	29 Dinner recipe	30 Sunset spot	31 Doodle	

February

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Love All Around

Show yourself and those around you some extra love and care this month!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						¹ Write yourself a love letter
² Make your favorite healthy treat	³ Take an extra long bath or shower	⁴ Call a friend or family member	⁵ Go for a walk at your favorite spot	⁶ Put your phone away ~1 hour before bed	⁷ Make dinner with a friend or family member	⁸ Watch your favorite movie or show
⁹ Write down 5 things you love about yourself	¹⁰ Meditate for 5-10 minutes	¹¹ Make your favorite dinner recipe	¹² Send a card to a friend or family member	¹³ Write down 2 positive affirmations	¹⁴ Valentine's Day Buy yourself flowers	¹⁵ Declutter a space in your home
¹⁶ Wear your favorite outfit	¹⁷ Spend 10 minutes outside	¹⁸ Exceed your daily fluid goal	¹⁹ Take yourself on a date	²⁰ Compliment a stranger	²¹ Move your body in your favorite way	²² Unplug from social media
²³ Do an activity with a friend or loved one	²⁴ Exceed your protein goal	²⁵ Write down 5 things you're proud of yourself for	²⁶ Go to bed 1 hour earlier than normal	²⁷ Make your favorite healthy treat	²⁸ Write down any non-scale victories from this month	

March

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National Nutrition Month®

This year's theme is "Food Connects Us". Keep the following weekly themes in mind as you work through this month's challenge focused on food and eating!

Week 1: Connect with Food

Week 2: Connect with a Nutrition Expert

Week 3: Explore the Connection Between Food and Culture

Week 4: Build the Connection Across All Stages of Life



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						¹ Google and read about National Nutrition Month®
² Research 1-2 new recipes you want to try this week	³ Eat at least 2 servings of vegetables	⁴ Eat all colors of the rainbow	⁵ Write down how eating went for you today	⁶ Try a new lean protein	⁷ Reflect on your relationship with food and eating	⁸ Eat a meal with a friend or family member
⁹ Read about Nutritionists and Registered Dietitians Click Here	¹⁰ Book an appointment with your Registered Dietitian	¹¹ Practice reading nutrition labels	¹² Find a new recipe published by a Registered Dietitian	¹³ For at least 1 meal, fill half your plate with fruits & veggies	¹⁴ Post a nutrition-related question to the Facebook group	¹⁵ Enjoy your Saturday! Halfway through the month
¹⁶ Read about another culture's food traditions	¹⁷ St. Patrick's Day Eat at least 2 different green foods	¹⁸ Try a recipe from a different culture	¹⁹ Eat foods that align with the Mediterranean Diet Click Here	²⁰ Prepare a meal with others	²¹ Make all meals screen-free	²² Visit a farmer's market or research ones around you
²³ Clean out your fridge and/or pantry	²⁴ Learn about how nutrient needs differ across the lifespan Here	²⁵ Eat at least 2 servings of fruits	²⁶ Make sure you are taking your supplements!	²⁷ Incorporate protein with each meal and snack	²⁸ Make your favorite healthy snack	²⁹ Exceed your fluid goal
³⁰ Document your hunger and fullness cues	³¹ You made it through National Nutrition Month®!					

April

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Active April

Celebrate all that your body can do for you and incorporate physical activity this month by doing the activities listed below.

Be mindful of your abilities and refrain from completing any activity that may be unsafe for you.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		¹ 15 minutes of yoga	² 10 minute core workout	³ 20 minute walk	⁴ 10 minutes dancing	⁵ Take a break – enjoy your Saturday!
⁶ 25 minute walk	⁷ 15 minutes strength training	⁸ 15 minutes arm workout (using light weights or body weight)	⁹ 15 minutes of stretching	¹⁰ Take a break (and maybe a nap!)	¹¹ 20 minutes low-impact aerobics	¹² 15 minutes of yoga
¹³ 25 minute walk	¹⁴ 10 minute meditation	¹⁵ 10 minutes dancing	¹⁶ 15 minutes strength training	¹⁷ 20 minutes activity of your choice	¹⁸ Take a break – remember to stay hydrated!	¹⁹ 15 minutes of stretching
²⁰ 30 minute walk	²¹ 10 minute core workout	²² 15 minutes of yoga	²³ 25 minutes low-impact aerobics	²⁴ Take a break	²⁵ Clean a few rooms at home (it counts!)	²⁶ 10 minute meditation
²⁷ 30 minute walk	²⁸ 10 minutes dancing	²⁹ 15 minutes strength training	³⁰ You made it! Keep it going!			

May

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Mindful May

Tune into your body and mind for a peaceful and reduced stress month.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				¹ Refrain from using your phone for 1 hour after waking up	² Write down all feelings of hunger and fullness	³ Do yoga or stretch for 10-15 minutes
⁴ Journal about your day before going to bed	⁵ Make all meals screen-free	⁶ Listen to a calming playlist	⁷ Take a nap	⁸ Spend 30 minutes in nature	⁹ Journal about your feelings first thing in the morning	¹⁰ Keep track of your fluid intake
¹¹ Take a day off from social media	¹² Eat slowly and chew thoroughly at each meal	¹³ Write down any cravings you have throughout the day	¹⁴ Practice meditating for 5-10 minutes	¹⁵ Do a full body scan, recognizing any aches, pains, or discomfort	¹⁶ Spend at least 30 minutes eating your dinner	¹⁷ Refrain from using your phone for 1 hour before bed
¹⁸ Create 3 health-related goals for the week	¹⁹ Measure your portion sizes at each meal	²⁰ Go for a walk in nature	²¹ Use all 5 senses to eat your meal	²² Eat a meal with your non-dominant hand	²³ Listen to a calming playlist	²⁴ Reflect on the progress you made for your 3 goals
²⁵ Plan out your meals for the week	²⁶ Take a nap	²⁷ Set an intention for the day	²⁸ Write down all feelings of hunger and fullness	²⁹ Do yoga or stretch for 10-15 minutes	³⁰ Write down 3 things you love about your body	³¹ Practice mindfulness in a way that you enjoy most

June

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Summer Sun Anyone?

Challenge yourself to get outside for at least 10 minutes every day as spring transitions into summer!

Check the boxes for each day that you complete this challenge.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/>
15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 Summer Solstice <input type="checkbox"/>	21 <input type="checkbox"/>
22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/>	26 <input type="checkbox"/>	27 <input type="checkbox"/>	28 <input type="checkbox"/>
29 <input type="checkbox"/>	30 <input type="checkbox"/>					

July

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Taste the Rainbow!

Challenge yourself this month to try new fruits, vegetables, and recipes of a different color each week!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		¹ Color of the week: Red	² Eat a serving of raspberries at breakfast	³ Try a new recipe: Spinach and pepper egg bites	⁴ 4th of July: Try a new red fruit or vegetable	⁵ Try a new recipe: Caprese salad
⁶ Color of the week: Green	⁷ Try a new recipe: Homemade guacamole	⁸ Add limes or cucumbers to your water	⁹ Try this new recipe: Creamy avocado dressing	¹⁰ Try fresh veggies and hummus for a quick snack	¹¹ Add a fresh side salad to your dinner	¹² Try frozen green grapes for a refreshing snack
¹³ Color of the week: Yellow	¹⁴ Enjoy some fresh corn on the cob	¹⁵ Try this new recipe: Peach mango salsa	¹⁶ Try peanut butter and banana toast for breakfast	¹⁷ BONUS: Try a yellow fruit or vegetable you've never tried	¹⁸ Try this new recipe: Sqaghetti squash pasta	¹⁹ Explore a local farmer's market in your area for fresh produce
²⁰ Color of the week: Blue/Purple	²¹ Add blueberries to some Greek yogurt for a nutritious snack	²² Enjoy this summer salad	²³ Enjoy a blue Gatorade Zero for a hydration boost	²⁴ Try this dinner side dish (don't forget to add a protein)	²⁵ Enjoy some fresh purple grapes at snack time	²⁶ Make a berry smoothie
²⁷ Color of the week: Orange	²⁸ Enjoy some fresh cantaloupe for a sweet snack	²⁹ Try these chocolate dipped oranges for a sweet treat	³⁰ BONUS: Try a new orange fruit or vegetable	³¹ Try breakfast stuffed (orange) peppers for some breakfast prep		

August

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Digital Detox

As summer winds down, take some time this month to take a break from all the screens!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					¹ Track how much time you spend on your phone	² Delete apps that are cluttering your screen
³ Silence non-urgent app notifications	⁴ Reach for your water instead of your phone when you wake up	⁵ Eat one meal without a TV, computer, or your phone	⁶ Replace phone time with short walks around the house or yard	⁷ Refrain from checking your phone in the first 30 minutes of your day	⁸ Read for 30 minutes before bed	⁹ Start your day with a walk
¹⁰ Refrain from using devices 1 hour before bed	¹¹ Go for an evening walk after dinner	¹² Designate 1 hour as 'phone free' for the day	¹³ Take a break from social media	¹⁴ Reach for your water instead of your phone when you wake up	¹⁵ PAUSE: Reflect on any changes in your mood or productivity	¹⁶ Designate a device free zone in your home
¹⁷ Visit your local library and pick out a new book	¹⁸ Try a new hobby like arts and crafts or a puzzle	¹⁹ Set time limits on your apps	²⁰ Go device free for the first hour of your morning	²¹ Take a social media break	²² Enjoy a meal outside	²³ Try a new hobby
²⁴ Try a new outdoor activity	²⁵ Schedule an activity with a friend	²⁶ Take a social media break	²⁷ Have a sip of water whenever you reach for a device	²⁸ Designate 1 hour as 'phone free' for the day	²⁹ Wind down from the week with an evening walk	³⁰ CHALLENGE: Go device free for the whole day
³¹ Think about 1-2 ways you can implement this challenge into everyday life						

September

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Weekly Challenges

Week 1: Fitness week

Week 2: Nutrition week

Week 3: Hydration week

Week 4: Wellness week



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	¹ Take a 30 minute walk outside	² Start your morning with a 10 minute stretch	³ Try a at-home Youtube workout	⁴ Do 20 minutes of strength training activity	⁵ End your day with a 10 minute stretch	⁶ Do 25 minutes of your favorite physical activity
⁷ Take some time to plan your meals for the week	⁸ Get 2 servings of fruits in	⁹ Pay close attention to your hunger and fullness cues	¹⁰ Make sure to have protein at every meal	¹¹ Build a plate with at least 3 different colors	¹² Get a serving of vegetables in at every meal	¹³ Practice mindful eating and slowing down between bites
¹⁴ Fill a water bottle before bed this evening	¹⁵ Flavor your water with fresh fruit like lemons and limes	¹⁶ Drink 8oz of water before breakfast time	¹⁷ Carry your water bottle with you throughout the day	¹⁸ Try a new sugar free flavoring to add to your water	¹⁹ Have a cup of tea before bed	²⁰ Aim to drink at least 64oz of water
²¹ Start your morning with a 10 minute meditation	²² Do one thing you enjoy	²³ Make plans with a friend	²⁴ Take a moment to plan your day	²⁵ Keep a food journal tracking hunger and fullness cues, and attitudes around food	²⁶ Unwind in your favorite way this evening	²⁷ Create a list of things you want to accomplish today
²⁸ Do your favorite exercise or workout from fitness week	²⁹ Make a new recipe you've wanted to try	³⁰ Explore the CWMW Facebook Group				

October

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A Fall Photo Every Day!

October is a great time to try seasonal fall and winter produce, try soup and stew recipes, start practicing some indoor exercise, and getting ready for colder months and shorter days! Take a fall photo incorporating the daily theme to show us what you're up to!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			¹ Fall foliage on an outdoor walk	² The last book you read	³ A cup of tea	⁴ Try a new 20 minute Youtube exercise video and share
⁵ Try this sweet potato black bean chili recipe	⁶ The sunset	⁷ Your favorite place to unwind	⁸ Enjoy an apple with peanut butter	⁹ Watch your favorite movie	¹⁰ Make sure your multivitamin has Vitamin D	¹¹ Enjoy eggs for breakfast for National Egg Day
¹² Decorate a pumpkin	¹³ Your favorite song to dance to	¹⁴ Your favorite warm dinner meal	¹⁵ Try 15 minutes of at-home weight lifting and share	¹⁶ Your favorite way to hydrate	¹⁷ Try this delicious turkey and wild rice soup recipe	¹⁸ Go apple picking!
¹⁹ Try these apple donuts	²⁰ Your favorite autumn scent	²¹ CHALLENGE: Try a new seasonal fall vegetable	²² Your favorite fall beverage	²³ Your favorite podcast to listen to on a walk	²⁴ Try a 15 minute Youtube meditation and share	²⁵ Your favorite fall activity
²⁶ Try a new crockpot recipe	²⁷ Prepare some balanced snacks for the week	²⁸ Your favorite part about fall	²⁹ Enjoy some oatmeal for National Oatmeal Day	³⁰ Your favorite pumpkin recipe	³¹ Enjoy a Halloween Treat, while practicing portion control	

November

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Daily Gratitude

With Thanksgiving right around the corner, spend some time each day this month practicing gratitude. For each daily topic, take some time to reflect on it and think about what you're grateful for. You can write these down, note them in your phone, or take a pause to think about them each day.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						¹ A tradition
² Your health	³ Nature around you	⁴ Something you accomplished today	⁵ Your surroundings	⁶ An act of kindness you witnessed today	⁷ Your personality	⁸ Your favorite hobbies
⁹ Something that made you smile today	¹⁰ Your breakfast	¹¹ Something you learned today	¹² A recent non-scale victory	¹³ Your favorite food	¹⁴ Your CWMW team	¹⁵ Your body
¹⁶ This year	¹⁷ Your weight loss journey	¹⁸ Your support system	¹⁹ Your strengths or talents	²⁰ A challenge that you overcame recently	²¹ One good thing that happened to you today	²² Your favorite way to relax
²³ A way that you made someone smile today	²⁴ Your healthy habits	²⁵ Ways you move your body	²⁶ Your favorite Thanksgiving tradition	²⁷ Happy Thanksgiving!	²⁸ Your favorite way to enjoy Thanksgiving leftovers	²⁹ One way you want to enjoy today
³⁰ A favorite moment about this month						

December

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End-of-year Refresh!

Take some time this month to accomplish some tasks, big and small, that you may be putting off. It's so easy for things to pile up in our everyday lives, so this is a great way to feel ready and excited to take on 2026! Spend no more than 30-45 minutes on each activity.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	¹ Take out the trash around the house	² Clean a cabinet in your kitchen	³ Fold your laundry	⁴ Organize your bathroom	⁵ Schedule a necessary appointment	⁶ Throw away any expired food in your kitchen
⁷ Wash your sheets	⁸ De-clutter your email	⁹ Make your bed when you wake up	¹⁰ Go to bed with an empty sink (clean dishes!)	¹¹ Read a book before bed	¹² Write down important dates for 2026	¹³ Deep clean your fridge
¹⁴ Spend 30 minutes planning your meals for the week	¹⁵ Cook a meal with protein and vegetables	¹⁶ Cancel unnecessary subscriptions	¹⁷ De-clutter your nightstand	¹⁸ Write a personalized to-do for the weekend	¹⁹ _____	²⁰ _____
²¹ _____	²² Organize your closet, donate unwanted clothes	²³ Wipe down kitchen surfaces at the end of your day	²⁴ Focus on hydration today (at least 64oz)	²⁵ Take some time to rest today	²⁶ Build a plate with at least 3 different colors	²⁷ Enjoy a winter themed outdoor activity
²⁸ Enjoy a self care day	²⁹ Deep clean your bedroom	³⁰ Create 1-3 realistic New Year's Resolutions	³¹ New Year's Eve You did it!			