



Develop Your Unique Custom Calendar

Let us help you in 3 easy steps.

Step 1: *Select the monthly topics.*

Step 2: *Select the photos or send us your own.*

Step 3: *Select the dates you want to customize.*



Step 1: Select the Monthly Topics

Select which monthly topics you want and when.

Either choose the topics listed on the left column, change the order of the topics, or list your own topics.

<i>Present Calendar</i>		<i>Your Calendar</i>
January	Path to Better Health	January
February	Well-Being	February
March	Nutrition	March
April	Fitness	April
May	Stress Management	May
June	Medications	June
July	Limit Alcohol	July
August	Colorectal Cancer	August
September	Mental Health	September
October	Hand Washing	October
November	Navigate the Holiday Buffet	November
December	Stress Management	December

Step 2: Choose Your Photos

Select a photo for each month. Type the month name under the photo. Don't forget to choose a COVER photo (type the word "Cover" under the photo). Or, send us your photos.



Month



Month



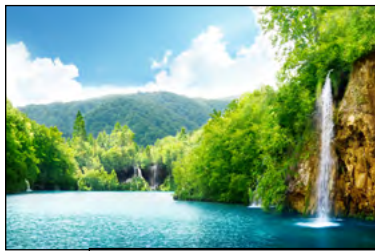
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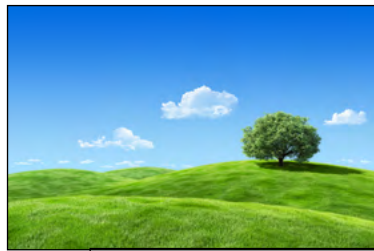
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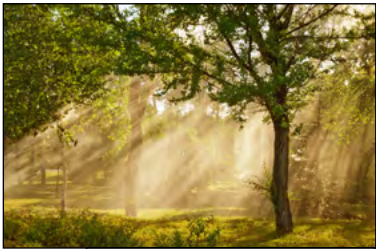
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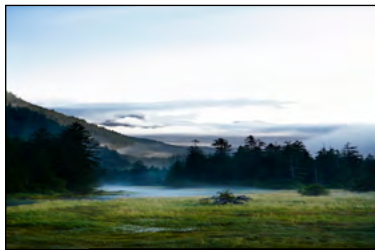
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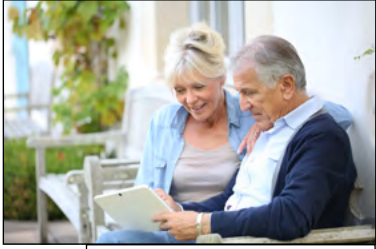
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Month

Step 3: Customize Your Dates

In each box, write events to add or delete. Such as, open enrollment, health fair, company picnic.

January 2019

Use the calendar squares to RECORD exercise minutes or steps, weight, etc.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Visit HealthyLife.com/2019 for a free newsletter and poster or download 'HealthyLife Mobile' from your App store. Access code: 2019	DECEMBER 2018 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	1 New Year's Day	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 Martin Luther King Jr. Day	22	23	24	25	26
27	28	29	30	31	FEBRUARY 2019 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	MONTHLY OBSERVANCES Cervical Health Awareness nccc-online.org Glaucoma Awareness preventblindness.org


Additional Comments:

Step 3: Customize Your Dates, *continued*

In each box, write events to add or delete. Such as, open enrollment, health fair, company picnic.

February 2019

Use the calendar squares to RECORD exercise minutes or steps, weight, etc.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																	
 <p>Visit HealthyLife.com/2019 for a free newsletter and poster or download 'HealthyLife Mobile' from your App store. Access code: 2019</p>	<p>JANUARY 2019</p> <table border="1"> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> </tr> <tr> <td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td> </tr> <tr> <td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td> </tr> <tr> <td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td> </tr> <tr> <td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td> </tr> <tr> <td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td> </tr> </table>	S	M	T	W	Th	F	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					<p>MONTHLY OBSERVANCES</p> <p>American Heart Month heart.org</p> <p>Cancer Prevention aicr.org</p> <p>Wise Health Consumer healthylife.com/wise</p>	1	2							
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3	4	5 <i>Chinese New Year</i>	6	7	8	9																																																	
10	11	12	13	14 <i>Valentine's Day</i>	15	16																																																	
17	18 <i>Presidents' Day</i>	19	20	21	22	23																																																	
24	25	26	27	28		<p>MARCH 2019</p> <table border="1"> <tr> <td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td> </tr> <tr> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> </tr> <tr> <td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> </tr> <tr> <td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td> </tr> <tr> <td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td>31</td> </tr> </table>	S	M	T	W	Th	F	S						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30							31
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Additional Comments:

Step 3: Customize Your Dates, *continued*

In each box, write events to add or delete. Such as, open enrollment, health fair, company picnic.

March 2019

Use the calendar squares to RECORD exercise minutes or steps, weight, etc.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Visit HealthyLife.com/2019 for a free newsletter and poster or download 'HealthyLife Mobile' from your App store. Access code: 2019	FEBRUARY 2019 S M T W Th F S 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	APRIL 2019 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	MONTHLY OBSERVANCES Colorectal Cancer Awareness preventcancer.org Nutrition Awareness eatright.org		1	2
3	4	5	6 <i>Ash Wednesday</i>	7	8	9
10 <i>Daylight saving time begins (Turn clocks ahead one hour.)</i>	11	12	13	14	15	16
17 <i>St. Patrick's Day</i>	18	19	20 <i>First day of spring</i>	21	22	23
24	25	26	27	28	29	30
31						

Additional Comments:

Step 3: Customize Your Dates, *continued*

In each box, write events to add or delete. Such as, open enrollment, health fair, company picnic.

April 2019

Use the calendar squares to RECORD exercise minutes or steps, weight, etc.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 Visit HealthyLife.com/2019 for a free newsletter and poster or download 'HealthyLife Mobile' from your App store. Access code: 2019	1 <i>April Fool's Day</i>	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15 <i>Tax Day</i>	16	17	18	19 <i>Good Friday</i> <i>Passover begins at sunset</i>	20	
21 <i>Easter</i>	22 <i>Earth Day</i> <i>Easter Monday (Canada)</i>	23	24	25	26	27	
28	29	30	MARCH 2019 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		MAY 2019 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		MONTHLY OBSERVANCES Alcohol Awareness ncadd.org Parkinson's Disease Awareness pdf.org


Additional Comments:

Step 3: Customize Your Dates, *continued*

In each box, write events to add or delete. Such as, open enrollment, health fair, company picnic.

May 2019

Use the calendar squares to RECORD exercise minutes or steps, weight, etc.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																	
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5 Cinco de Mayo Ramadan begins at sunset	6	7	8	9	10	11																																																	
12 Mother's Day	13	14	15	16	17	18 Armed Forces Day																																																	
19	20 Victoria Day (Canada)	21	22	23	24	25																																																	
26	27 Memorial Day	28	29	30	31	<p>JUNE 2019</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	Th	F	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30						
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Additional Comments:

Step 3: Customize Your Dates, *continued*

In each box, write events to add or delete. Such as, open enrollment, health fair, company picnic.

June 2019

Use the calendar squares to RECORD exercise minutes or steps, weight, etc.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																				
 <p>Visit HealthyLife.com/2019 for a free newsletter and poster or download 'HealthyLife Mobile' from your App store. Access code: 2019</p>	<p>MAY 2019</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td></tr> </table>	S	M	T	W	Th	F	S				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		<p>JULY 2019</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </table>	S	M	T	W	Th	F	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				<p>MONTHLY OBSERVANCES</p> <p>Men's Health Month menshealthmonth.org</p> <p>National Safety Month nsc.org</p>			1
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16 <i>Father's Day</i>	17	18	19	20	21 <i>First day of summer</i>	22																																																																																				
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Additional Comments:

Step 3: Customize Your Dates, *continued*

In each box, write events to add or delete. Such as, open enrollment, health fair, company picnic.

July 2019

Use the calendar squares to RECORD exercise minutes or steps, weight, etc.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Visit HealthyLife.com/2019 for a free newsletter and poster or download 'HealthyLife Mobile' from your App store. Access code: 2019	1 <i>Canada Day (Canada)</i>	2	3	4 <i>Independence Day</i>	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	MONTHLY OBSERVANCES Juvenile Arthritis arthritis.org	JUNE 2019 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	AUGUST 2019 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31


Additional Comments:

Step 3: Customize Your Dates, *continued*

In each box, write events to add or delete. Such as, open enrollment, health fair, company picnic.

August 2019

Use the calendar squares to RECORD exercise minutes or steps, weight, etc.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																				
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Additional Comments:

Step 3: Customize Your Dates, *continued*

In each box, write events to add or delete. Such as, open enrollment, health fair, company picnic.

September 2019

Use the calendar squares to RECORD exercise minutes or steps, weight, etc.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <i>Labor Day</i>	3	4	5	6	7
8	9	10	11 <i>Patriot Day</i>	12	13	14
15	16	17	18	19	20 <i>POW/MIA Recognition Day</i>	21
22	23 <i>First day of fall</i>	24	25	26	27	28
29 <i>Rosh Hashanah begins at sunset</i>	30	 Visit HealthyLife.com/2019 for a free newsletter and poster or download 'HealthyLife Mobile' from your App store. Access code: 2019		AUGUST 2019 S M T W Th F S 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	OCTOBER 2019 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	MONTHLY OBSERVANCES National Preparedness Month ready.gov Prostate Cancer zerocancer.org/pcam


Additional Comments:

Step 3: Customize Your Dates, *continued*

In each box, write events to add or delete. Such as, open enrollment, health fair, company picnic.

October 2019

Use the calendar squares to RECORD exercise minutes or steps, weight, etc.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Visit HealthyLife.com/2019 for a free newsletter and poster or download 'HealthyLife Mobile' from your App store. Access code: 2019	SEPTEMBER 2019 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	1	2	3	4	5
6	7	8 <i>Yom Kippur begins at sunset</i>	9	10	11	12
13	14 <i>Columbus Day Canadian Thanksgiving</i>	15	16	17	18	19
20	21	22	23	24 <i>United Nations Day</i>	25	26
27	28	29	30	31 <i>Halloween</i>	NOVEMBER 2019 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	MONTHLY OBSERVANCES Breast Cancer Awareness cancer.org Dental Hygiene Month mouthhealthy.org


Additional Comments:

Step 3: Customize Your Dates, *continued*

In each box, write events to add or delete. Such as, open enrollment, health fair, company picnic.

November 2019

Use the calendar squares to RECORD exercise minutes or steps, weight, etc.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Visit HealthyLife.com/2019 for a free newsletter and poster or download 'HealthyLife Mobile' from your App store. Access code: 2019	OCTOBER 2019 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	DECEMBER 2019 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	MONTHLY OBSERVANCES Alzheimer's Awareness alz.org Diabetes diabetes.org		1	2
3 <i>Daylight saving time ends (Turn clocks back one hour.)</i>	4	5 <i>Election Day</i>	6	7	8	9
10	11 <i>Veterans Day</i>	12	13	14	15	16
17	18	19	20	21 <i>Great American Smokeout</i>	22	23
24	25	26	27	28 <i>Thanksgiving</i>	29	30

Additional Comments:

Step 3: Customize Your Dates, *continued*

In each box, write events to add or delete. Such as, open enrollment, health fair, company picnic.

December 2019

Use the calendar squares to RECORD exercise minutes or steps, weight, etc.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p>1</p> <p>Visit HealthyLife.com/2019 for a free newsletter and poster or download 'HealthyLife Mobile' from your App store. Access code: 2019</p>	2	3	4	5	6	7 <i>Pearl Harbor Remembrance Day</i>	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21 <i>First day of winter</i>	
22 <i>Chanukah begins at sunset</i>	23	24	25 <i>Christmas Day</i>	26 <i>First day of Kwanzaa Boxing Day (Canada)</i>	27	28	
29	30	31 <i>New Year's Eve</i>	NOVEMBER 2019 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30		JANUARY 2020 S M T W Th F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		MONTHLY OBSERVANCES Safe Toys and Gifts preventblindness.org/safe-toy-checklist

Additional Comments:



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