

LIVING WELL calendar

31 Ways to Live Well during Living Well Month



MARCH 2026

SUNDAY

1
Volunteer one hour of your time to help someone else (ex. moving furniture, cooking, cleaning, etc.)

8
Write down 5 blessings or things you are grateful for

15
Explore public events in your community and discover ways to get involved

22
Nurture your spiritual wellness. Ask yourself what values are most important to you

29
Have a plant-based meal today

MONDAY

2
Practice being still for 5 minutes today (Try out some breathing exercises)

9
Give 3 compliments today

16
Be a role model for those around you. Make healthy choices and encourage them to do the same

23
Do 10 pushups (or modified pushups) and 10 sit-ups today

30
Bring a homemade lunch to work today rather than buying fast food

TUESDAY

3
Explore ways to save for your future, whether it be a piggy bank, savings account, or other investment

10
Do 10 body-weight squats and 10 jumping jacks

17
Find a book to read and read 1 chapter today

24
Take a mental health break at work and go for a walk outside or in the hallways

31
Schedule any doctors visits, exams, or check ups that you have been putting off

WEDNESDAY

4
Have a meal that includes 3 of the 5 food groups (fruit, veggie, grain, dairy, protein)

11
Do some research to learn about a culture that is different than yours

18
Forgive someone who has wronged you

25
Instead of watching a 30 min show tonight, listen to a 30 min educational podcast or watch a Ted Talk

THURSDAY

5
Try a new vegetable today or try a familiar vegetable in a new way

12
Be aware of your feelings. Express them to people you trust

19
Practice and say out loud 5 positive affirmations (ex. I am strong, I am brave, I am smart, etc.)

26
Get outside and soak up some vitamin D. Find a park or trail and take a walk

FRIDAY

6
Take 5 minutes to do some flexibility exercises

13
Be well at work - Set goals for your career and start taking steps to achieve them

20
Declutter, donate, and recycle things you don't need or use anymore

27
Make a budget for April. If needed, talk to a financial advisor to get started

SATURDAY

7
Swap one sugar sweetened drink for water

14
Reach out to someone you care about. Make a date to get together

21
Find an opportunity to appreciate nature today

28
Have dinner with your family, friend, or neighbor with no smart devices

