



# 2025 Event Calendar\*

## January 6

Reward program begins

## January 13-19

Healthy Habit Challenge:  
Workout Time

## February 10-16

Healthy Habit Challenge:  
Better Boundaries

## March 1-15

Wellness Grants (Cycle 1)

## March 10-16

Healthy Habit Challenge:  
Plan for Sleep

## March 11

Stanford Healthy Living  
Spring Registration Opens

## March 26

Wellness Experience Expo  
500P Assembly Hall

## April 14-20

Healthy Habit Challenge:  
Going Green

## May 12-18

Healthy Habit Challenge:  
Take Inventory

## May 27

Stanford Healthy Living  
Summer Registration Opens

## June 9-15

Healthy Habit Challenge:  
Stay Vulnerable

## July 14-20

Healthy Habit Challenge:  
Finding Glimmers

## July 21 - August 21

Wellness Walk Challenge

## August 11-17

Healthy Habit Challenge:  
Organize Your Finances

## September 1-15

Wellness Grant (Cycle 2)

## September 2

Stanford Healthy Living Fall  
Registration Opens

## September 8-14

Healthy Habit Challenge:  
Appreciate Yourself

## September 30

Reward program ends

## October 13-19

Healthy Habit Challenge:  
Savoring Feelings

## November 10-16

Healthy Habit Challenge:  
Plant Power

## December 1-5

Compassion Week

## December 8-14

Healthy Habit Challenge:  
Relaxation Breathing