

# 2026 Event Calendar\*



## January 12-18

Healthy Habit Challenge:  
Organize Your Finances

## February 9-15

Healthy Habit Challenge:  
Routine/Decision Fatigue

## March 1-15

Wellness Grants (Cycle 1)

## March 3-31 (Tues & Wed)

Wellness Rounds  
Various hospital locations

## March 9-15

Healthy Habit Challenge:  
Self Advocacy

## March 10

Stanford Healthy Living  
Spring Registration Opens

## April 13-19

Healthy Habit Challenge:  
Empathy

## May 11-17

Healthy Habit Challenge:  
Remove Devices from Bedroom

## May 26

Stanford Healthy Living  
Summer Registration Opens

## June 8-14

Healthy Habit Challenge:  
Habit Stacking

## July 13-19

Healthy Habit Challenge:  
Calm Your Emotions

## July 20 – August 20

Wellness Walk Challenge

## August 10-16

Healthy Habit Challenge:  
Strength Training

## September 1

Stanford Healthy Living  
Fall Registration Opens

## September 1-15

Wellness Grants (Cycle 2)

## September 14-20

Healthy Habit Challenge:  
Make Work Fun

## September 30

Reward Program Ends

## October 1

Reward Program Begins

## October 12-18

Healthy Habit Challenge:  
Time for Friends

## November 9-15

Healthy Habit Challenge:  
Savoring Meals

## December 1

Stanford Healthy Living  
Winter Registration Opens

## December 7-11

Compassion Week

## December 14-20

Healthy Habit Challenge:  
Mindful Moment