



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