

EVERYDAY

2 0 2 6 C A L E N D A R



I LOVE ME
BETTER



EVERYDAY

**EVERY DAY
IS A FRESH
START**



2026 JANUARY



SUN	MON	TUE	WED	THU	FRI	SAT
				 <p>A better you starts today. 1</p> <p>P30 off healthy plates Code: HEALTHY30</p>	<p>2</p> <p>Take three deep breaths before you scroll.</p>	<p>3</p> <p>Drink 1 glass of water to start the day.</p>
<p>4</p> <p>Gentle movements count: stretch your neck for 2 minutes.</p>	<p>5</p> <p>Little things done daily shape the future.</p>	 <p>6</p> <p>Small habits add up: have fresh fruits as your side dish.</p>	<p>7</p> <p>Rest is part of progress.</p>	<p>8</p> <p>Be kind. Your body listens to how you speak to it.</p>	<p>9</p> <p>Take a 10-minute walk after a meal.</p>	<p>10</p> <p>Gentle effort creates lasting change.</p>
<p>11</p> <p>Missed a chance? Show up, keep going!</p>	<p>12</p> <p>Every day is a fresh start.</p>	<p>13</p> <p>No screen time for the first 10 minutes of the day.</p>	<p>14</p> <p>Small steps matter.</p>	 <p>15</p> <p>Refill your water bottle before it's empty.</p>	<p>16</p> <p>Pause and stretch your wrists and forearms in between work!</p>	<p>17</p> <p>I want to have a healthy relationship with my body.</p>
<p>18</p> <p>Make your bed right after you get up.</p>	 <p>19</p> <p>Fresh start with fiber. P10 off on salads Code: SALAD10</p>	<p>20</p> <p>Progress over perfection.</p>	<p>21</p> <p>Take the stairs instead of the elevator.</p> 	<p>22</p> <p>Add one extra serving of vegetables to your lunch.</p>	<p>23</p> <p>Write down one thing you are proud of today.</p>	<p>24</p> <p>Consistency is a habit you can grow.</p>
<p>25</p> <p>Declutter a drawer!</p>	<p>26</p> <p>Stand up and stretch your arms.</p>	 <p>27</p> <p>Add a colorful fruit to your breakfast.</p>	<p>28</p> <p>Step outside for 5 minutes to get some air.</p>	<p>29</p> <p>Add greens to your favorite snack!</p>	<p>30</p> <p>Eat 1 balanced meal today.</p> 	<p>31</p> <p>Build better habits for a better you!</p>



LOVE
YOURSELF
CHOOSE
YOURSELF

2026 FEBRUARY



SUN	MON	TUE	WED	THU	FRI	SAT
Love yourself first! 1	 2 Add vegetables to your dinner today.	3 Boost circulation – walk for 10 minutes.	Fiber fights bad cholesterol.  4	5 You deserve love, care, and rest.	Get healthy fats from nuts and avocados. 6	7 Check nutrition facts: Aim for less than 5% DV (daily value) for sodium.
8 Every being is worthy of love .	 9 Get Omega-3s from bangus breakfast plate.	10 Stretch for 5 minutes to reduce tension.	Every heart deserves care. 11	12 Have a banana! Potassium helps regulate heart rhythm.	13 Pause! Stress strains your heart.	 14 My heart deserves joy.
15 Connection is love in action.	16 Hydrate for a healthy blood flow.	Choose chicken for lean protein .  17	18 Take the stairs for extra cardio.	 19 Drink 1 glass of water each meal.	Breathe deeply for 5 minutes. 20	21 The heart is a muscle we have to protect!
 22 Cholesterol isn't all bad. Eat 1 boiled egg today!	Take a walk with someone you love . 23	24 Love and kindness begin within you.	 25 Choose healthy fats - use olive oil.	26 Move for a happy heart.	Boost your Omega-3s  27 P30 off grilled salmon solo B Code: SALMON30	28 Love yourself, choose yourself.










MODERATION

NOT

RESTRICTION

2026 MARCH



SUN	MON	TUE	WED	THU	FRI	SAT
<div>1</div> <div>Balance is the key to nourishment.</div>	<div>Protein helps muscles repair.</div> <div>2</div>	<div>3</div> <div>Watch liquid calories, choose water.</div>	<div>4</div> <div>Balanced portions keep energy steady.</div>	<div>Moderation, not restriction.</div> <div>5</div>	<div>6</div> <div>Portion is power. Eat with intention.</div>	<div>Get a balanced lunch.</div> <div>  </div> <div>7</div> <div>10% off high fiber meal Code: FIBER10</div>
<div>8</div> <div>Deliciously healthy means room for all foods.</div>	<div>9</div> <div>Get good carbs from nuts and yogurt.</div>	<div>Balance is about making room for the nutrients!</div> <div>10</div>	<div>  </div> <div>Add a fruit instead of extra sweets.</div> <div>11</div>	<div>Balance is self-care in action.</div> <div>12</div>	<div>13</div> <div>Aim for one balanced meal today.</div>	<div>14</div> <div>Get a 1/2 plate of veggies today!</div>
<div>Rice is not the enemy, pair it with protein and veggies.</div> <div>  </div> <div>15</div>	<div>16</div> <div>Slower eating can reduce overeating.</div>	<div>A healthy plate is a happy plate.</div> <div>  </div> <div>17</div>	<div>18</div> <div>Each meal is an opportunity to create balance.</div>	<div>19</div> <div>Try mixing white rice with brown rice for a fiber kick.</div>	<div>World Salad Day</div> <div>  </div> <div>20</div> <div>15% off salads Code: SALAD15</div>	<div>21</div> <div>Eating enough is part of eating healthy.</div>
<div>22</div> <div>Try something new today.</div>	<div>Mindful bites greater than mindless binge.</div> <div>23</div>	<div>24</div> <div>Protein = fullness and muscle building.</div>	<div>25</div> <div>Listen to your body, eat what feels good.</div>	<div>26</div> <div>Eat for nourishment and enjoyment.</div>	<div>Healthy fats from fish fuel brainpower.</div> <div>27</div>	<div>Get 1 egg for a protein kick.</div> <div>  </div> <div>28</div>
<div>29</div> <div>More colors = more nutrients.</div>	<div>  </div> <div>30</div> <div>Choose roasted instead of fried chicken.</div>	<div>31</div> <div>Food is fuel, not guilt.</div>				



HEALTH IS A
JOURNEY
NOT A 
CHALLENGE



2026 APRIL











SUN	MON	TUE	WED	THU	FRI	SAT
			Journal 3 small wins from last month. 1	2	Deep breathing can calm you in 2 minutes. 3	4 Do something you've never done before.
Food for thought: what holds you back from your goals? 5	Power up with a protein-packed snack. 6  P20 off roast chicken sandwich Code: ROAST20	7 World Health Day Practice a healthy habit.	8 I welcome growth with kindness.	Small habits build momentum! 9	10 Stretch for 10 minutes before bed.	11 Health is a journey, not a challenge.
12 I make space for my mind to rest.	Weekly goal check-ins improve success. 13	14 Health should enhance your life, not control it.	 15 Drink a glass of water as soon as you wake up.	Learning new things keep the brain young. 16	17 Unplug for 1 hour - no screens, just rest or connect offline.	Baked fresh daily. 18  P10 off box of 6 corn muffins Code: MUFFIN10
Declutter your room - clear space, clear mind. 19	 20 Try a balance test : stand on one leg for 30 seconds.	21 Celebrate small wins.	22 I create space for what matters most.	 23 Eat a light, colorful meal with at least 3 colors.	24 Practice 5 minutes of deep breathing .	25 I choose habits that fuel my energy and joy.
Swap a snack for a fruit cup. 26 	Do a guided meditation before bed. 27	28 Go outdoors , get vitamin D!	Muscles and mind grow stronger with rest. 29	30 Habit check: what are you most proud of this month?		



**BREATHE IN
CONFIDENCE**

2026 MAY



SUN	MON	TUE	WED	THU	FRI	SAT
					<div><div>1</div><div>Start the day with a glass of water.</div></div>	<div><div>2</div><div>Eat cucumber slices for a refreshing snack.</div><div></div><div>Greens are water-rich and keep you refreshed.</div></div>
<div><div>3</div><div>I give my body what it needs to stay cool and energized.</div></div>	<div><div>4</div><div>Take a cold shower after 15 minutes in the sun.</div></div>	<div><div>5</div><div>Greens keep you refreshed. P10 off salads Code: SALAD10</div><div></div></div>	<div><div>6</div><div>Stay cool, bring a handy fan!</div></div>	<div><div>7</div><div>Moisturize after every shower.</div></div>	<div><div>8</div><div>Cooling hack: mist your face with chilled water.</div></div>	<div><div>9</div><div></div></div>
<div><div>10</div><div>Hydration is self-care. Drink a glass of water.</div></div>	<div><div>11</div><div>Keep indoor plants for fresher air.</div><div></div></div>	<div><div>12</div><div>Stay breezy - wear light colors!</div></div>	<div><div>13</div><div>Glowing skin is hydrated skin.</div></div>	<div><div>14</div><div><div>Eat a refreshing meal.</div></div></div>	<div><div>15</div><div>Breathe in confidence, exhale worries.</div></div>	<div><div>16</div><div>Wear sunscreen and reapply!</div></div>
<div><div>17</div><div>I rest and recharge with kindness to myself.</div></div>	<div><div>18</div><div>Cooling down is caring for myself.</div></div>	<div><div>19</div><div>Sunlight activates vitamin D.</div></div>	<div><div>20</div><div>Eat smaller, frequent meals.</div></div>	<div><div>21</div><div>I honor my health through hydration and balance.</div></div>	<div><div>22</div><div>Cold water cools you down.</div></div>	<div><div>23</div><div><div>Eat light fish dishes for vitamin D.</div></div></div>
<div><div>24</div><div>Track your daily water intake.</div><div></div></div>	<div><div>25</div><div>Do a gentle 10 minute stretch.</div></div>	<div><div>26</div><div>I am steady, refreshed, and at ease.</div></div>	<div><div>27</div><div><div>Add lemons to your water for a refreshing twist!</div></div></div>	<div><div>28</div><div>I stay cool, calm and refreshed.</div></div>	<div><div>29</div><div>Use slow breathing to lower body temperature.</div></div>	<div><div>30</div><div>Drink up! Your body can lose up to 1 liter of water in hot weather.</div></div>
<div><div>31</div><div>Stay cool! Free sugar-free iced tea for every roast solo B Code: SUGARFREE</div></div>						



DISCIPLINE
IS GREATER THAN MOTIVATION

2026 JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Each food color = unique nutrients!	 2 Yellow corn boosts energy and is good for the eyes.	3 Variety on my plate brings balance to my life.	4 Buy fresh local produce.	 5 Spinach: green power in leafy form.	6 Each color I eat is a gift to my health.
7 Purple eggplants have antioxidants that protect cells.	 8 Color-rich salads keep meals exciting and nutrient-packed .	9 Drink pineapple juice to ease digestion .	10 I welcome variety on my plate and in my life.	11 Carrots are packed with beta-carotene for vision and skin care.	12 Green malunggay powers your bones and immunity.	13 More greens, more greatness .
14 Eat colorful inside for a glowing outside .	15 Eat purple kamote for fiber .	16 Discipline > Motivation	 17 Snack on potatoes for vitamin C, potassium and fiber.	18 Yellow mango = vitamin C and collagen .	19 A plate full of colors = a life full of health .	20 Aim for 5 colors in your meal today.
21 Eat smart, live well.	22 Cooking tomatoes boosts lycopene absorption .	 23 Get extra protein! P50 off premium steak Code: STEAK50	24 Color your plate, color your mood.	25 Each bite brings me closer to my healthier self .	 26 Kickstart your fiber with a coleslaw side dish.	27 Boost immunity and collagen with citrus fruits.
 28 Red apples are good antioxidants .	29 I am grateful for the abundance of colorful foods.	30 What color did you eat the most this month?				



IS CONSISTENCY
PERFECT CITATION

2026 JULY



SUN	MON	TUE	WED	THU	FRI	SAT
			1 Make healthy choices easy, not restrictive .	2 Endurance made simple-walk when you can.	3 Consistency is better than perfection.	4 Enjoy a balanced meal with roast solo A. 
5 Healthy starts with small better choices .	6 Savor a healthy breakfast! 	7 Make it easy: carry a bottle, sip consistently .	8 Nourishment is self-care.	9 Small steps every day add up.	10 Take sun breaks to boost your mood!	11 Choose water -always healthy and accessible.
12 Wellness is simple, and I make it happen .	13 Healthy looks different on everyone .	14 Health is accessible when you keep meals simple.	15 Share a healthy meal.  10% off caesar salad platter Code: CAESAR10	16 Balance is making room for all nutrients.	17 Choose a side dish for a lighter, healthier snack . 	18 Meal planning = less stress , more savings.
19  Boiled eggs = quick protein on the go.	20 One veggie each meal = fiber + vitamins made easy.	21 Vitamin C can't be stored-you need it every single day.	22 Grilled > Fried . More flavor, less oil.	23  Orange for dessert: sweet and refreshing .	24 Add some fiber to your snack!	25 Healthy is not boring .
26 Every effort counts towards better health.	27 Plan a balanced meal for tomorrow.	28 Try a new fruit or vegetable today!	29 One small habit matters more than an extreme diet.	30 More strength from protein.  P20 off roast chicken sandwich Code: ROAST20	31 Health is accessible , and delicious.	



**JOY IN
MOTION**

2026 AUGUST



SUN	MON	TUE	WED	THU	FRI	SAT
						1 List 3 new activities you want to try.
2 Stretch for 5-10 minutes after exercise.	Hydrate before, during, and after workouts.	3 Add a protein-rich meal to aid muscle repair. 	4 Your body is capable in many ways.	5	6 Walk after meals to support digestion and endurance.	7 Choose movement you look forward to.
8 Use music or a podcast to make workouts more fun . 	9 Schedule rest days. Recovery builds stamina.	10 Add fruits and carbs post-workout for energy replenishment .	11 I celebrate what my body can do today.	12 Warm up before an intense activity to prevent injury.	13 Add a colorful plate for an antioxidant-rich meal. 	14 Quick reset : roll your arms, hips, and ankles to recharge your body.
15 Movement is a way to celebrate myself.	16 Better snack, better energy.  10% off quesadilla Code: QUESADILLA10	17 Explore something new-try a new sport!	18 Aim for 15 minutes of movement without distractions !	19 Test your flexibility by touching your toes. 	20 Invite a friend to make movement social and joyful.	21 Consistency matters more than intensity.
22 Challenge yourself in your movement.	23 Prioritize sleep. It's part of recovery.	24 Try a new form of movement .	25 Discover nature today-take a walk in the park.	26 Try gentle yoga stretches to reconnect body and mind.	27 Boost stamina with a brisk walk or a light jog.	28 Reward yourself with a warm bowl of soup for recovery and wellness. 
29 Small steps build big endurance over time.	30 Try movement snacks : 5 minute stretch breaks during the day.	31 Reflect: which movement this month made you feel the happiest ? Do more of that.				

**SMILE
MORE
POSITIVITY
FLOWS**

2026 SEPTEMBER



SUN	MON	TUE	WED	THU	FRI	SAT
		1 Drink warm water to wake up your digestive system.	2 I trust my gut - literally & figuratively.	3 Add fiber-rich fruit like papaya. 	4 Prebiotics in bananas = gut happy .	5 Eat slowly and chew well for better digestion .
6 Small, frequent meals = less bloat, more comfort.	7 Your digestion needs habits , not fancy supplements.	8 Add greens to one meal today for extra fiber . 	9 I listen to what my body is telling me.	10 Gentle movement like walking aids digestion.	11 Have a variety of veggies weekly for better gut health.	12 A healthy gut can help regulate blood sugar, weight and inflammation.
13 Get a fiber boost!  P30 off high fiber plate Code: FIBER30	14 I choose habits that support long-term health.	15 Calm mind, calm gut .	16 Aim for at least 20-30g of fiber daily.	17 Smile more-positivity flows straight to your digestion.	18  Eat a salad today.	19 Add chia seeds to your drink!
20 My gut is resilient and adaptable . 	21 A healthy gut powers 70% of your immunity .	22 Manage stress through deep breathing or meditation.	23 Treat yourself to a light meal .  P20 off low calorie plate Code: CALORIE20	24 Add nutrients instead of restrictions.	25 Cook with spices like turmeric or ginger for anti-inflammatory benefits.	26 Add whole grains like brown rice or oats to meals.
27 Include prebiotic foods like garlic or onions.	28 Enjoy a colorful salad with mixed veggies for fiber variety .	29 Try a gut-friendly plate : fiber + protein + healthy fat + probiotics.	30 Which gut habit this month made you feel the best ?			



STRONG
IMMUNITY
STRONG
ME

The image features a central graphic consisting of a large circle defined by two concentric arcs. The outer arc is dark blue, and the inner arc is red. This central circle is part of a repeating pattern of similar circles that fill the background. The text is arranged within the central circle: 'STRONG' in red at the top, 'IMMUNITY' in dark blue in the middle, 'STRONG' in red below that, and 'ME' in dark blue at the bottom. The font is a bold, sans-serif typeface.

2026 OCTOBER



SUN	MON	TUE	WED	THU	FRI	SAT
				1 A strong immune system fights illness and infection.	Calamansi = vitamin C power! 2 	3 Your body is resilient.
Garlic & onions contain antibacterial + antiviral power. 4	Creamed spinach: iron + folate to fuel your body's defenses. 5 	6 Invest in good food, rest and self-care for strong immunity.	7 Hydration supports immunity.	8  Protein builds immune cells.	9 I fuel my body with what it needs to thrive.	10 Probiotics from yogurt help strengthen immunity.
11 Breathe! Stress weakens defenses.	Hydrate = boost immunity. 12	13 Move your body, power up your defenses.	14 Grilled fish: Omega-3 power to fight inflammation. 	15 Good exercise calms inflammation.	16 I trust my body's power to protect me.	17  Broccoli: vitamin C + sulforaphane for protection.
18 You don't need to punish yourself to get results.	Get zinc from beef. 19  10% off grilled burger steak solo B Code: BURGERSTEAK10	20 Wellness is power that strengthens me inside and out.	21 Movement boosts circulation of immune cells.	22 Green tea powers immunity with catechins that naturally fight viruses.	23 Nourishment is daily self-care.	24 Step into sunlight - fuel your immunity with vitamin D.
Consistency builds strength. 25	26 Deep breathing restores balance.	 27 Add carrots to your meal for vitamin A to keep your barriers strong.	28 Rest strengthens immunity.	I am resilient, nourished, and strong. 29	30 Soup for warm recovery.  10% off chicken noodle soup Code: SOUP10	31 Strong immunity, strong me.



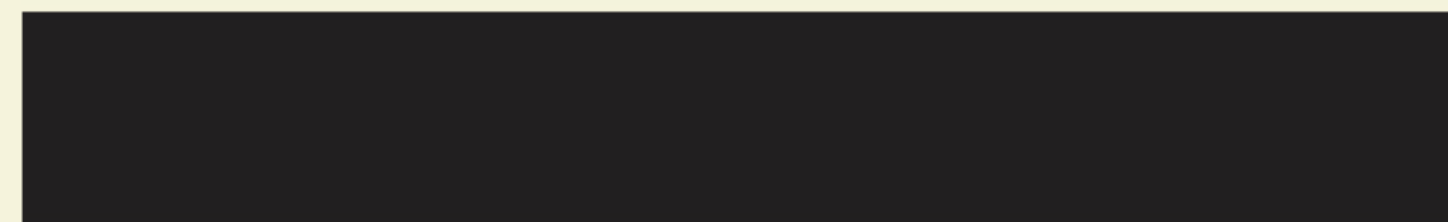
INDULGE
MINDFULLY



2026 NOVEMBER

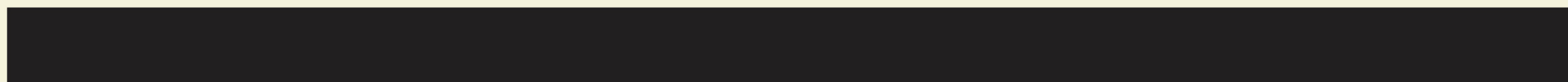


SUN	MON	TUE	WED	THU	FRI	SAT
1 Pause: Are you hungry or just seeking comfort?	2 I honor my body's true needs with kindness.	3 Sip light, feel bright .  Free sugar-free iced tea for every grilled salmon solo B Code: SUGARFREE	4 Savor and slow down when eating- don't rush .	5 Emotional hunger is sudden, physical hunger builds gradually.	6 Mindful eating lowers stress.	7 Don't starve yourself. Hunger can lead to overeating.
8 Intense cravings can be emotional hunger .	9 Take 3 deep breaths before eating to reset your pace.	10 Fullness hormones talk, listen to them .	11 Shared indulgence is mindful satisfaction .	12  Sweet treats trigger dopamine, the feel-good hormone .	13 Listen to your body: rumbling stomach + low energy = hunger.	14 Create a comfort list: walking, journaling, calling a friend.
15 Taste hunger is valid- indulge mindfully .	16 Mindful indulgence = enjoying sweets consciously . 	17 Balance your cravings: You can always eat them again tomorrow.	18 Focus on one undistracted meal today.	19 I respect my body by listening to its signals.	20 Eat slowly. It takes at least 20 minutes for the body to know it's full.	21  10% off quesadilla Code: QUESADILLA10
22 Savoring flavors tell your brain you're satisfied sooner.	23 Each mindful bite is an act of self-care.	24 I fuel my body, not just my cravings.	25 Mental satisfaction is flavor, comfort, and taste.	26  Craving for soda? Add some salad for balance!	27 I am learning to trust my hunger and fullness cues.	28 I am patient with myself as I build mindful habits .
29 Eat regularly. Skipping meals = more cravings later.	30 Mindful indulgence: enjoy a corn muffin. 					



YOU ALWAYS DESERVE

BETTER



2026

DECEMBER



SUN

MON

TUE

WED

THU

FRI

SAT

		1 Holiday food is meant to be enjoyed , not feared.	2 Portion mindfulness: Start small, add more if needed.	3 Eat regular meals throughout the day!	4 I choose connection over restriction.	5  Practice mindful indulgence with your favorite desserts.
6 Connection isn't about a big crowd - it's about quality and heart .	7 I can enjoy the holiday season without guilt .	8 Joy is found in presence , not in pressure.	9 Food is connection .	10 Have a treat with the family.  P\$50 off roast groupmeal Code: GROUPMEAL50	11 Eat the food you like , not just because it's there.	12 Gratitude before meals deepens the experience.
13 I allow myself to eat what I truly enjoy.	14 Balance indulgence with deliciously healthy sides. 	15 Gentle movement aids digestion.	16 Celebration is about memories, not pressures.	17 Balance your plate like your holidays - hearty, but never heavy .	18 Rest is as important as food for well-being .	19 Every food is good in moderation .
20 Sweet moments, like sweet treats, are best enjoyed mindfully .	21 Memories last longer than calories.	22 Have a healthy feast.  10% off caesar salad platter Code: CAESAR10	23 Food traditions connect me to my family.	24 Protein from chicken helps sustain energy .	25  Savor each holiday flavor with joy and gratitude .	26 Quiet moments are just as festive as lively gatherings.
27  Elevate celebrations with a whole roast.	28 Pause and check: Am I hungry or just wanting more?	29 You don't have to feel uncomfortable to be satisfied .	30 Eat with joy and celebrate moments.	31 End the year with a BETTER you.		