

Daily wellbeing challenges

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------|----------------------------------------------------------------|--------------------------------------------------------------------------|------------------------------------------------------------------------|
| | | | | | | 1 | 2 |
| Daily activity | | | | | | Self Care: Cook a homemade meal | 1-minute meditation |
| Explore TELUS Health Wellbeing library* | | | | | | Your meal prep guide for a week of healthy dinners | Video: Meditation for Gratitude |
| | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Daily activity | Quality family time: Play a game | Write one journal entry about something that made you laugh today. | Self care: Eat veggies at every meal | Physical care: Go for a 10 minute walk | Find connection: Do one act of kindness | Self-Care: Drink 5 glasses of water | 1-minute meditation |
| Explore TELUS Health Wellbeing library* | Fun indoor activities for kids | How does laughing benefit your mental health? | Learn about eating the rainbow | Is walking really that good for me? | Ready to take the acts of kindness challenge? | The importance of hydration | Video: Meditation for Stress Relief |
| | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Daily activity | Quality family time: Go for a walk together | Write one journal entry to start the day | Self care: Discover a new podcast | Physical care: Stretch for 10 minutes | Find connection: Give a high five | Self-Care: Read for 10 minutes | 1-minute meditation |
| Explore TELUS Health Wellbeing library* | Benefits of walking | Journaling prompts to start your day | What self-care activities are right for me? | Stretches to calm your mind and body | How to recharge a friendship | 3 tips to read more | Video: Meditation for productivity, focus, and clarity |
| | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| Daily activity | Quality family time: No screen time afternoon | Write one journal entry about something that was beautiful today | Self care: Hug a friend for 40 seconds | Physical care: Eat a homemade meal | Find connection: Check in on a friend (send a text, phone, DM) | Self-Care: Plan an activity to do by yourself | 1-minute meditation |
| Explore TELUS Health Wellbeing library* | Try this trick for managing your screen time | Benefits of journaling and mood tracking | How to build a daily habit of self care | Homemade lunch ideas you will love | Social connection and mental health | Is being social leaving you exhausted? Here's what to do | Video: Deep sleep meditation |
| | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Daily activity | Quality family time: Sit and eat a meal together | Write one journal entry about something that you learned. | Self care: Go to bed an hour earlier than usual | Physical care: Dance like no one's watching for 2 minutes | Find connection: Find out one other person's secret talent | Self-Care: No screen time 2 hours before bedtime | 1-minute meditation |
| Explore TELUS Health Wellbeing library* | What are the benefits of eating with family and friends? | How does journaling promote a positive mindset? | 'Revenge bedtime' and what you can do to end it | Video: Dance session | Video: Building relationships: Friendships | The best bedtime routines | Video: Visualization Meditation |
| | 31 | | | | | | |
| Daily activity | Quality family time: Movie night | | | | | | |
| Explore TELUS Health Wellbeing library* | Healthy snacks to bake with your kids | | | | | | |

*Articles available to customers with TELUS Health Wellbeing (access through desktop experience).



Getting started

This is a 30-day program designed to help your team build healthy habits across multiple areas of daily life—one day at a time.

The daily activities are open to everyone with just the prompts available to you on this calendar. Start from May 1 and complete the daily challenges until the end of the month.



Supporting articles:

If you have TELUS Health Wellbeing, there are related articles on the platform to support your team's success. The articles are linked in the calendar and can be accessed directly from your desktop or search for the article title within the app.

If you don't have TELUS Health Wellbeing, you can still use the calendar's daily activities without the corresponding articles. If you're interested in adding TELUS Health Wellbeing, reach out to your Customer Success Manager to add the solution or visit telushealth.com/MoreGoodDays to request a call back to learn more.



Ideas to encourage participation:

1. Create a challenge on the Wellbeing platform (if you have the solution available to you).
2. Create an internal competition on your own platform or tracking document.
3. Encourage teammates to share their daily win with each other and on their social platform.
4. Celebrate milestones at the end of each week.



Tips for success:

Schedule It Like a Meeting – Block time in your calendar. Treat it as a non-negotiable appointment with yourself.

Buddy Up – Find a colleague or friend to join with you. Accountability partners increase completion rates.

Keep a Wellbeing Journal – Jot down how each challenge made you feel. Notice patterns over time.

Set a Personal Intention – At the start of each week, set one specific wellbeing goal.

Enable Reminders – Turn on daily notifications so you never forget your challenge.

Adapt Challenges to Your Needs – If a challenge doesn't suit you, choose a modified version. The goal is to move forward.

Celebrate Small Wins – Acknowledge every completed day. Each one is a step toward a healthier you.

Build on What Works – Notice which challenges energise you most and continue them after the calendar ends.

