

2024 November

Develop healthy habits one day at a time



** Always consult your physician before starting a new diet or fitness routine.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Learn GREAT skills to help you make and stick with your goals	2 Let us help you. Discover all myAgileLife offers
3 Make your health goals realistic, specific & flexible	4 What, when, where & how long will you do the behavior?	4 Set a goal you can work on for the next 2 weeks	6 Consider how your goal aligns with your values	7 If you're not meeting your goal, tweak it	8 Use slip-ups as an opportunity to learn, not a reason to quit	9 Want to build habits to help lose weight? We can help
10 Reward yourself each time you meet your goal	11 A reward can be an imaginary trophy	12 The closer you reward yourself to your success, the better!	13 Avoid rewarding healthy behaviors with unhealthy ones	14 A reward can be personal satisfaction. Give yourself a high-5!	15 A behavior that is rewarded is repeated	16 Need habits to help during difficult times? We can help
17 Arrange your world to make it easy to meet your goals	18 Use visual cues to remind you of your goals	19 Get rid of items that don't support your goals	* WEBINAR * 20 Join us @12PM CST to learn how to make healthy changes	21 Tell those who want you to succeed what your goals are	22 Be specific about how your friends & family can support you	23 Ready to quit smoking or vaping? We can help
24 Tracking what you do changes what you do	25 What gets tracked, gets done!	26 Tracking focuses you on your goals	27 Tracking helps you know what to adjust	28 Write down 3 things that went well this week	29 Tracking your behavior helps you see progress	30 Well-being tips are just a text away! Sign up now

My well-being focus for November is:

Explore all of your well-being benefits at One.Walmart.com/wellbeing

My November well-being webinar



Stop Telling Me What – Tell Me How!

Wednesday, Nov. 20, 2024 @ 12 noon CST

*** Ways to stay up to date on Well-being at Walmart and Sam's Club**

- **Email** - Join the Well-Being email list for **early access** each month to the newest Tip Calendar and Webinar - [Get added to the mailing list today!](#)
- **Text** - Get the **daily** tips delivered directly to your phone via text with "Well-being Tip of the Day", brought to you by our partners at myAgileLife. [Sign up here!](#)

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