



2023

MONTHLY CALENDAR



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FOCUS OF THE MONTH

**A
healthier,
happier YOU**



01
JANUARY

*Easy, actionable ideas for you below.



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 New Year's Day
2 Bank Holiday	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

***Ideas for a healthier, happier you?**

Watch out for:

- Junk-food overload
- Stress overload
- Pollutants and toxicity overload

Try something new:

- Introduce new healthier foods every week
- Engage in fun physical activity
- Make quality sleep a daily priority

Cravings control



02
FEBRUARY

*Easy, actionable ideas for you below.



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

*Ideas for cravings control?

Watch out for:

- Sweets overload
- Sugary drinks like fresh juices
- Starches-only meals

Try something new:

- Get the right 'food order' in your main meals (vegetables and protein first, starches last)
- Drink 250ml of fluids before eating
- Eat at the same time daily

FOCUS OF THE MONTH

**Sleep quality,
quantity and
consistency**



03
MARCH

*Easy, actionable ideas for you below.



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20	21	22	23	24	25	26
27	28	29	30	31		

*Ideas for sleep quality, quantity and consistency?

Watch out for:

- Inconsistent sleep times across the week
- Late-night TV/phone use
- Caffeine close to bedtime (black tea, coffee, dark chocolate)

Try something new:

- Go to bed at the same time daily
- Hydrate well during the day but less before bed
- Minimise room noise, brightness or extreme temperatures

FOCUS OF THE MONTH

Planetary health and sustainability



04
APRIL

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4	5	6	7	8	9
				Good Friday		Easter Sunday
10	11	12	13	14	15	16
Easter Monday						
17	18	19	20	21	22	23
24	25	26	27	28	29	30

*Ideas for planetary health and sustainability?

Watch out for:

- Deforestation-derived beef, soy, cereals, palm oil, coffee, cocoa, seeds, nuts
- Single-use plastics
- Excessive food/paper/water waste

Try something new:

- Forest-free plant milks and foods
- Reusable bags and bottles
- Eco cleaning products
- Lower greenhouse-gas emissions foods like seasonal/local produce

FOCUS OF THE MONTH

Mental health



05
MAY

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Early May Bank Holiday	2	3	4	5	6	7
8 Bank Holiday	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29 Spring Bank Holiday	30	31				

*Ideas for mental health?

Watch out for:

- Automatic negative thinking
- Avoidance coping like overeating, overexercising, overworking, over-meditating
- Suppressing emotions and feelings

Try something new:

- Carve in self-care time daily
- Reframe challenges as an opportunity for growth
- Incorporate humour and laughter in your routine
- Practise acts of kindness and give the gift of a smile

Gut health



06
JUNE

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

***Ideas for gut health?**

Watch out for:

- High-fat and fried foods
- Excessive alcohol
- Foods and drinks with added sugars and salt

Try something new:

- Up your Omega 3s (oily fish, flaxseeds, direct EPA/DHA)
- Incorporate prebiotics (banana, onions, oats) and probiotics (yogurt, unpasteurised sauerkraut)
- Enjoy more phytochemical-rich foods (broccoli, berries, peaches)

FOCUS OF THE MONTH

Skin health



07
JULY

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24	25	26	27	28	29	30
31						

*Ideas for skin health?

Watch out for:

- Direct sunlight and sunburns
- High pollution or contact with irritants
- Expired skincare products

Try something new:

- Prioritise antioxidants (e.g. tomatoes, carrots, watermelon, greens)
- Wear UV-protective clothing and sunblock
- Minimise fried, salty, or sugary items

Sports and exercise performance



08
AUGUST

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28 THSA Day Summer Bank Holiday	29	30	31			

*Ideas for sports and exercise performance?

Watch out for:

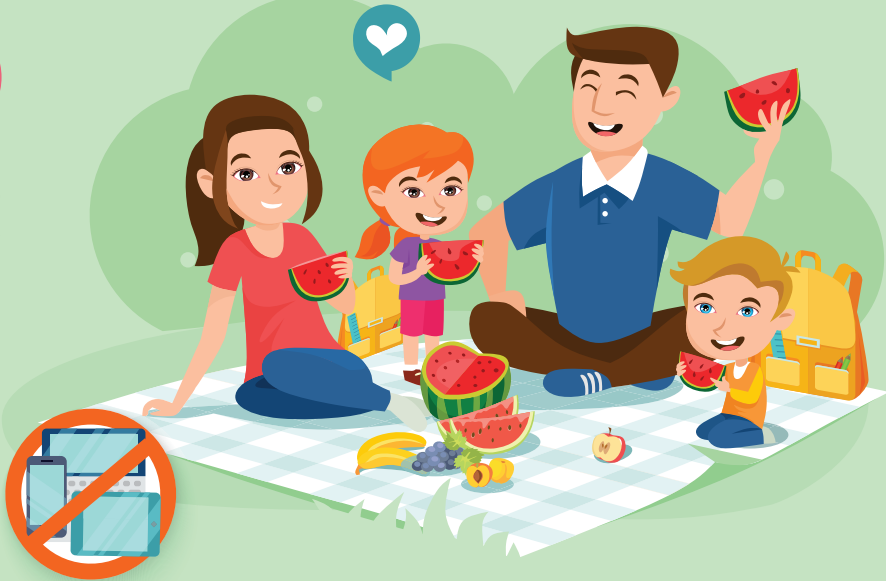
- Solely relying on processed foods and supplements
- Low blood sugar before competing
- Eating a meal just before training

Try something new:

- Pre-fuel 1 to 2 hours before a long-lasting endurance event
- Aid recovery with a 1:3 protein to carb ratio post-training
- Replenish fluid losses and electrolytes

FOCUS OF THE MONTH

Happier kids,
happier
families



09
SEPTEMBER

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11	12	13	14	15	16	17
18	19	20	21	22	23	24 International Day of Health Sciences
25	26	27	28	29	30	

***Happier kids, happier families**

Watch out for:

- Screentime overload
- Inconsistent meal times
- Unhealthy parental role-modelling

Try something new:

- Involve kids in home-cooking
- Introduce a new, healthier meal a week
- Enjoy fun, quality family time

FOCUS OF THE MONTH

Limiting food toxicants



10
OCTOBER

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23	24	25	26	27	28	29
	30	31				

***Ideas for limiting food toxicants?**

Watch out for:

- Hazardous food additives and colourings
- Burning, browning or overcooking food
- Phthalates in packaging, tins, bottles, microwavable pots

Try something new:

- Include chelators (neutralisers) of heavy metals and dioxins (e.g. selenium, citrus pectin, citric acid, coriander)
- Eat detox-supporting cruciferous, allium, root and leafy vegetables
- Opt for glass containers

Healthful plant-forward eating



11
NOVEMBER

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20	21	22	23	24	25	26
27	28	29	30			

*Ideas for healthful plant-forward eating?

Watch out for:

- Vegan high-fat, high-sugar junk food
- A lack of variety (always the same plant foods)
- Deficiencies in Omega 3s, D and B vitamins and all 8 essential amino acids

Try something new:

- Aim to eat 30 different types of plants in a week (vegs, fruit, legumes, nuts, seeds, wholegrain, herbs, spices)
- Opt for whole plant foods (with minimal processing)
- Test a new yummy recipe each week

Supporting immune protection



12
DECEMBER

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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
Christmas Day	Boxing Day					

***Ideas for supporting immune protection?**

Watch out for:

- Dietary excesses (too many calories, too much sugar, too much salt, too much fat)
- Insufficiencies of essential vitamins, minerals and fatty acids
- Alcohol overconsumption

Try something new:

- Start a main meal with a salad, soup or fresh fruit
- Minimise processed meats (ham, pâté, smoked meats, sausages)
- Up your probiotics intake (unpasteurised fermented pickles, biotic drinks)



2023

YEARLY CALENDAR

January 2023						
Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24 31	25	26	27	28	29

February 2023						
Mo	Tu	We	Th	Fr	Sa	Su
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

March 2023						
Mo	Tu	We	Th	Fr	Sa	Su
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April 2023						
Mo	Tu	We	Th	Fr	Sa	Su
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

May 2023						
Mo	Tu	We	Th	Fr	Sa	Su
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June 2023						
Mo	Tu	We	Th	Fr	Sa	Su
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

July 2023						
Mo	Tu	We	Th	Fr	Sa	Su
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3	4	5	6	7	8	9
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17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

August 2023						
Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September 2023						
Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October 2023						
Mo	Tu	We	Th	Fr	Sa	Su
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24 31	25	26	27	28	29

November 2023						
Mo	Tu	We	Th	Fr	Sa	Su
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December 2023						
Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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