

CHALLENGE

FIVE WITH  
STRIVEMONTHLY  
WEBINARMEDITATION  
MOMENTREWARD  
DEADLINE

OTHER



# 2026 PROGRAM CALENDAR



JANUARY	FEBRUARY	MARCH
<ul style="list-style-type: none"> <li>NICOTINE BEYOND THE CIGARETTE: 1/28, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>POWER OF BOREDOM: 2/25, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>GLP-1 DRUGS DECODED: 3/25, 12:00-12:30 PM EST</li> </ul>
	<ul style="list-style-type: none"> <li>HEALTHY BRAIN CHALLENGE: 2/2-2/27</li> </ul>	<ul style="list-style-type: none"> <li>MEDITATION MOMENT: 3/11, 2:00-2:30 PM EST</li> </ul>
		<ul style="list-style-type: none"> <li>Q1 POINTS DUE: 3/31, 11:59 PM</li> </ul>
APRIL	MAY	JUNE
<ul style="list-style-type: none"> <li>DEMISTIFYING CREDIT SCORES: 4/29, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>HIDDEN HORMONE DISRUPTORS: 5/27, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>FOOD LABELS EXPOSED: 6/24, 12:00-12:30 PM EST</li> </ul>
<ul style="list-style-type: none"> <li>FEEDING YOUR MICROBIOME (RECORDING - 5 MINUTE)</li> </ul>	<ul style="list-style-type: none"> <li>8TH ANNUAL STRIVE CORPORATE CHALLENGE: 5/6-5/27</li> </ul>	<ul style="list-style-type: none"> <li>MEDITATION MOMENT: 6/10, 2:00-2:30 PM EST</li> </ul>
		<ul style="list-style-type: none"> <li>Q2 POINTS DUE: 6/30, 11:59 PM</li> </ul>
JULY	AUGUST	SEPTEMBER
<ul style="list-style-type: none"> <li>AI IN WELLNESS: 7/29, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>VITAMINS, SUPPLEMENTS &amp; MORE: 8/26, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>CAFFEINE CLARITY: 9/30, 12:00-12:30 PM EST</li> </ul>
<ul style="list-style-type: none"> <li>DISCONNECT &amp; RECONNECT CHALLENGE: 7/1-7/29</li> </ul>		<ul style="list-style-type: none"> <li>MEDITATION MOMENT: 9/9, 2:00-2:30 PM EST</li> </ul>
		<ul style="list-style-type: none"> <li>GOING FOR GROWTH CHALLENGE: 9/2-9/30</li> </ul>
		<ul style="list-style-type: none"> <li>Q3 POINTS DUE: 9/30, 11:59 PM</li> </ul>
OCTOBER	NOVEMBER	DECEMBER
<ul style="list-style-type: none"> <li>MENOPAUSE &amp; BEYOND: 10/29, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>METABOLISM MATTERS: 11/18, 12:00-12:30 PM EST</li> </ul>	<ul style="list-style-type: none"> <li>CONNECT THROUGH FOOD: 12/16, 12:00-12:30 PM EST</li> </ul>
<ul style="list-style-type: none"> <li>CANCER AWARENESS CHALLENGE: 10/5-10/30</li> </ul>	<ul style="list-style-type: none"> <li>MANAGING MENTAL HEALTH (RECORDING - 5 MINUTE)</li> </ul>	<ul style="list-style-type: none"> <li>MEDITATION MOMENT: 12/9, 2:00-2:30 PM EST</li> </ul>
		<ul style="list-style-type: none"> <li>Q4 POINTS DUE: 12/18, 11:59 PM</li> </ul>