

CHALLENGE	FIVE WITH STRIVE	MONTHLY WEBINAR	MEDITATION MOMENT	REWARD DEADLINE	OTHER
 2025/26 PROGRAM CALENDAR					
OCTOBER 2025		NOVEMBER 2025		DECEMBER 2025	
AGING GRACEFULLY: 10/29, 12:00-12:30 PM EST		MINDFUL CONSUMPTION: 11/19, 12:00-12:30 PM EST		CRYOTHERAPY: 12/17, 12:00-12:30 PM EST	
KICK-OFF 10/01		DISCONNECT & RECONNECT 11/3-12/1		MEDITATION MOMENT: 12/10, 2:00-2:30 PM EST	
				REWARD POINT CYCLE 1: 12/31, 11:59 PM	
JANUARY 2026		FEBRUARY		MARCH	
NICOTINE BEYOND THE CIGARETTE: 1/28, 12:00-12:30 PM EST		POWER OF BOREDOM: 2/25, 12:00-12:30 PM EST		GLP-1 DRUGS DECODED: 3/25, 12:00-12:30 PM EST	
POWER MEALS (RECORDING - 5 MINUTE)		HEALTHY BRAIN CHALLENGE: 2/2-2/27		MEDITATION MOMENT: 3/11, 2:00-2:30 PM EST	
				REWARD POINT CYCLE 2: 3/31, 11:59 PM	
APRIL		MAY		JUNE	
DEMYSTIFYING CREDIT SCORES: 4/29, 12:00-12:30 PM EST		HIDDEN HORMONE DISRUPTORS: 5/27, 12:00-12:30 PM EST		FOOD LABELS EXPOSED: 6/24, 12:00-12:30 PM EST	
MANAGING YOUR MENTAL HEALTH (RECORDING - 5 MINUTE)		7TH ANNUAL STRIVE CORPORATE CHALLENGE: 5/6-5/27		MEDITATION MOMENT: 6/10, 2:00-2:30 PM EST	
				REWARD POINT CYCLE 3: 6/30, 11:59 PM	
JULY		AUGUST		SEPTEMBER	
AI IN WELLNESS: 7/29, 12:00-12:30 PM EST		VITAMINS, SUPPLEMENTS & MORE: 8/26, 12:00-12:30 PM EST		CAFFEINE CLARITY: 9/30, 12:00-12:30 PM EST	
AMAZING AMERICA CHALLENGE: 7/1-7/29				MEDITATION MOMENT: 9/9, 2:00-2:30 PM EST	
				GOING FOR GROWTH CHALLENGE: 9/2-9/30	
				REWARD POINT CYCLE 4: 9/30, 11:59 PM	



2025/26 PROGRAM CALENDAR



OCTOBER	NOVEMBER	DECEMBER
MENOPAUSE& BEYOND: 10/29, 12:00-12:30 PM EST	METABOLISM MATTERS: 11/18, 12:00-12:30 PM EST	CONNECT THROUGH FOOD: 12/16, 12:00-12:30 PM EST
CANCER AWARENESS CHALLENGE: 10/5-10/30	JOG YOUR MEMORY (RECORDING - 5 MINUTE)	MEDITATION MOMENT: 12/9, 2:00-2:30 PM EST
PORTAL POINTS RESET: 10/1-10/02		
		REWARD POINT CYCLE 1: 12/18, 11:59 PM