



2026



NEW YEAR'S REFRESH WORKBOOK

Shift into fresh habits and commit to a
new year of Healthy Mondays.

HEALTHY M^{ON}DAY



Week One.



After the holiday festivities have come to an end, many of us will reflect on the past year and consider how we can make the next one even better. For many of us, that means self-improvement and a renewed dedication to healthy behaviors. This week, take some time to build awareness around your habits.

Reflect

Use the space below to reflect on your current habits and the changes you imagine for the year ahead.

Habits to Refresh

Brainstorm three specific habits that you'd like to refresh and take time to identify each habit's cues, rewards, and potential behaviors that you can replace them with. See our [6 tips on shifting your habits](#).

| Habit | | | |
|----------------------|--|--|--|
| Cues | | | |
| Rewards | | | |
| Replacement behavior | | | |

About This Workbook.

The exercises in this workbook are designed to support Healthy Monday's [New Year's Refresh Package](#). Each week, you'll explore articles and practices that support healthy habits, and you'll find a matching exercise here to help you put those ideas into action. As you work through them, notice what feels helpful and what fits naturally into your routine.

After the six weeks, carry forward the strategies that worked best for you and recommit to your habits each Monday.

Week Two.



Practice Stress Relief

Use this Monday as a cue to reclaim your headspace with simple stress-management practices. Try a few this week and use the space below to keep track of each one you complete.

Healthy Eating Goals

Read our guide on [easy ways to eat more healthy foods](#). Then choose three habits to focus on this week like adding more whole grains, reducing added sugar, or trying a plant-based meal, and write down how you'll put them into practice.

| Whole Grains I'll Add | Ways I'll Cut Back on Sugar | Plant-Based Meals I'll Try | Veggies I'll Add to Meals | Pantry Staples to Stock |
|-----------------------|-----------------------------|----------------------------|---------------------------|-------------------------|
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Fit in Exercise

Learn more about exercising and how much you should move this week. Write down your goal.



HEALTHY M^{ON}DAY



Week Three.

Practice Deep Breathing

This week, [learn more about deep breathing](#), a centuries-old practice used to ease tension in both the mind and body.

Try the four deep breathing practices in the article above, each designed to support focus, mental clarity, and a steadier mood. Whenever you complete belly breathing, breath counting, mindful breathing, or a breathing visualization, check off a box on the right.

| | |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

6-1 Grocery Method

The [6-to-1 Grocery Method](#) offers a mindful, flexible framework to bring more structure and calm to your shopping routine. Learn about the method and then use the list below to plan your week.

| 6 Vegetables | 5 Fruits | 4 Proteins | 3 Starches (or Carbs) | 2 Sauces or Spreads | 1 Fun Item |
|--------------|----------|------------|-----------------------|---------------------|------------|
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Brainstorm Small Ways to Move More

Making small changes to your daily routine can lead to monumental life transformations. Explore our tips for [small ways to move more](#), then jot down how you'll fit exercise into your schedule this week.

Small ways to move more:

1. _____

2. _____

3. _____

4. _____

5. _____





Week Four.

Practice Mindfulness

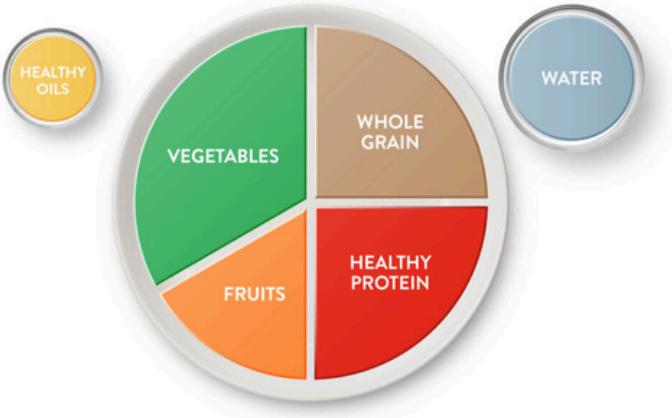
Read our [Introduction to Mindfulness](#) to learn practical ways to pause, refocus, and stay grounded throughout your day.

This week, practice mindfulness techniques that can be used throughout the day to foster positivity, calm, and focus. Every time you practice mindfulness of breath, sensations, thoughts & feelings, or movement, check off a box on the right.

| | |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |

Make a Plate

This week, focus on [building a healthy plate](#). The method outlines how much of each food group to include. Plan a meal using this approach and record it in the model below.



Identify Your Benefits of Walking

Learn about [the many benefits of walking](#). What are the most important ones to you? Review the list below, circle your top three, and let them drive your commitment to walking this week.

| | |
|----------------------|--------------------------------------|
| Keep weight in check | Improve digestion |
| Gentle on the joints | Prevent varicose veins |
| Regulate blood sugar | Lower blood pressure and cholesterol |
| Improve sleep | Lift mood |



Week Five.

Practice Positivity

Start this week by reading our [intro to positivity resource](#) to learn the four core principles of positivity and how they support a more optimistic mindset and help relieve stress.

Practice all four core principles of positivity at least once this week, then check off the box below to track your progress.

Happiness Calm Gratitude Compassion

Eat Breakfast

Learn how [breakfast supports a healthy diet](#), then make it part of your routine this week. Write down what you eat each morning in the space below to track your progress.

| | |
|-----------|--|
| MONDAY | |
| TUESDAY | |
| WEDNESDAY | |
| THURSDAY | |
| FRIDAY | |
| SATURDAY | |
| SUNDAY | |

Give Bodyweight Exercises a Try

See our [5 simple bodyweight exercises you can do anywhere](#). Decide how many sessions you'll do this week and check them off as you go.

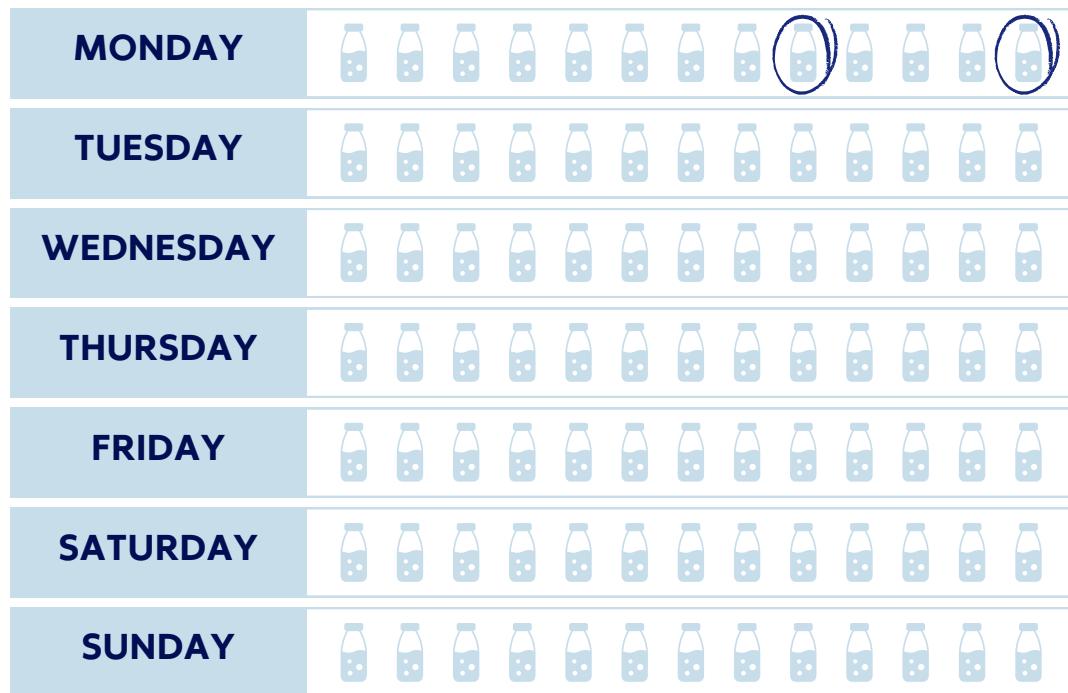
| Bodyweight Exercise | M | T | W | T | F | S | S |
|---------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Arm Circles | <input type="checkbox"/> |
| Calf Raises | <input type="checkbox"/> |
| Squats | <input type="checkbox"/> |
| Plank | <input type="checkbox"/> |
| Push-ups | <input type="checkbox"/> |



Week Six.

Stay Hydrated

Drinking enough water each day is essential to sustaining many of the body's key functions and promoting overall wellness. This week, set a daily hydration goal and check off when you finish a cup.



According to the National Academy of Medicine, men should generally aim to drink 13 cups of water and women should generally aim to drink 9 cups every day.

Track Your Exercise & Boost Your Mood

Start by reading [Using Movement to Boost Your Mood](#) and [Create a Fitness Journal and Stick With It](#). Then record your exercises this week and pay attention to the mood boost that comes with consistent movement.

| Day | Exercise Type | # of Reps | Time | Post-Exercise Mood |
|-----|---------------|-----------|------|--------------------|
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Congratulations! You did it.

You have officially completed your first six weeks of Healthy Mondays. This is not a small feat and we hope you are proud of yourself. Take time now to reflect on your experience and recommit to finishing your year of Healthy Mondays.

Reflect

Use the space below to reflect on the last 6 weeks. How do you feel? What did you enjoy about this program? What parts would you like to take with you?

My Community

Research shows that surrounding yourself with people who practice the habits you aspire to can make change stick. List out members of your community who can help you stick with your healthy habits.

| Name | Role/Relationship | Phone/Email | Notes | Star |
|------|-------------------|-------------|-------|------|
| | | | | |
| | | | | |
| | | | | |

Next Steps

This is only the beginning. Pick three practices that worked for you and map out how they'll fit into your weekly routine. And remember—every Monday offers a fresh start.

| | Stress Relief | Healthy Eating | Physical Activity |
|---------------|---------------|----------------|-------------------|
| Exercise name | | | |
| Day and time | | | |
| Location | | | |

[SEE MORE HEALTHY MONDAY RESOURCES](#)

HEALTHY MONDAY