



Challenge yourself to complete the full card in 2026.

Show us your progress at our fall event and win a prize!

Schedule your annual physical	Stretch for 10 minutes daily for a week	Your 2026 health goal:	Get 7+ hours of sleep for a week
Your 2026 health goal:	Find a new favorite healthy snack.	Journal for 7 days	Prioritize water over sugary beverages
Try a stress-reducing activity (breathing, yoga)	Your 2026 health goal:	Make a Women Connect recipe	Take a 24-hour social media break
Schedule a mammogram (if age appropriate)	Add leafy greens to one meal daily for a week	Take a walk with a friend	Your 2026 health goal: