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28	29	30	31 October articles distributed to email clients	1
4 Power Pack Your Day With These 10 Fruit Smoothies Labor Day	5	6	7	8
11 How Mindful Communication Can Improve Mental Health	12	13	14	15
18 Group Fitness: A Fun, Effective, and Motivating Way to Get Fit	19	20	21	22
25 5 Healthy Apple Desserts for Feel-Good Fall Flavor	26	27	28	29 November articles distributed to email clients



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2 Meal Prep 101: How Planning Ahead Saves Time and Money	3	4	5	6
9 Spice Up Your Menu This Fall with These 4 Healthy Meal Ideas	10	11	12	13
16 Improve Your Mental Wellness Through Emotional Regulation	17	18	19	20
23 How to Start Running: A Beginner's Guide to Getting Fit and Healthy	24	25	26	27
30 Use Your Favorite Blender for More Than Just Smoothies	31 December articles distributed to email clients Halloween	1	2	3



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6 Say Goodbye to Tofu: Here Are 4 Vegetarian Recipes for Thanksgiving	7	8	9	10
13 Ways to Ease Seasonal Affective Disorder	14	15	16	17
20 Winter Workouts That Are Fun and Effective	21	22	23 Thanksgiving Day	24
27 8 Noodle Alternatives for Your Favorite Pasta Dishes	28	29	30 January 2024 articles distributed to email clients	1