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4 Best Protein-Packed Meals for Breakfast Lovers	5	6	7	8
11 LED Light Therapy 101: What It Is and How It Works	12	13	14	15
18 Enhance Your Meditation Practice with Crystals	19	20	21	22
25 These No-Equipment Exercises Fit Your On-The-Go Lifestyle	26	27 January 2025 articles distributed to email clients	28 Thanksgiving Day	29



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2 Healthy Snacks to Munch on Before Bedtime for Improved Sleep	3	4	5	6
9 Wellness-Focused Gift Guide for Women	10	11	12	13
16 Combat Acne with These Tips and Hacks	17	18	19	20
23 How to Break Down Mental Barriers to Fitness in the New Year	24	25 Christmas Day	26	27 February 2025 articles distributed to email clients
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6 Find Your Flow in the New Year with These Mindful Fitness Activities	7	8	9	10
13 The Best Foods for Boosting Hormonal Health	14	15	16	17
20 Guide to Sustainable and Cruelty-Free Skincare MLK Day	21	22	23	24
27 Prevent Emotional Exhaustion with These Burnout Breakup Tips	28	29	30 March 2025 articles distributed to email clients	31