



Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	1
<b>4</b> Need Extra Motivation? Find a Fitness Partner	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>11</b> Healthy Meals You Can Make in the Microwave	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>18</b> Improve Mental Wellness Through Emotional Regulation	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>25</b> Healthy Summer Meals for Small Households	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> <a href="#">July 2026 articles distributed to email clients</a>



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Harness Holistic Fitness for a Healthier Life	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>8</b> Meals That Don't Heat Up Your Kitchen	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>15</b> How (and Why!) to Make Friends as an Adult	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>22</b> Celebrating the Fruits of Summer	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>29</b> How Resilience Can Improve Your Mental Health	<b>30</b> <a href="#">August 2026 articles distributed to email clients</a>	<b>1</b>	<b>2</b>	<b>3</b>



Monday	Tuesday	Wednesday	Thursday	Friday
29	30	1	2	3
6 Breakfast for Dinner, Summer Edition	7	8	9	10
13 5 Fitness Challenges and Creative Solutions	14	15	16	17
20 Seasonal Sweets Without the Sugar Overload	21	22	23	24
27 Profoundly Happy People Practice These 12 Habits	28	29	30	31 September 2026 articles distributed to email clients