

The GoVida 2026 Wellbeing Calendar

Everything you need to plan
engaging wellbeing in 2026



For HR & People teams planning ahead

Wellbeing works best when it's planned, not reactive

Many wellbeing initiatives are still planned month by month - often at the last minute.

That can lead to:

- Low engagement
- Repetitive ideas
- Missed opportunities around key moments



This calendar helps you plan the year ahead - simply, flexibly, and with confidence.

How to use the GoVida Wellbeing Calendar

Plan around
moments that matter



Major sporting events, awareness moments, and cultural dates that teams already recognise.

Use seasons
to guide energy



Match challenges to how people feel throughout the year - from winter resets to summer momentum.

Stay
flexible



Use this as a guide, not a rulebook. Pick what works, skip what doesn't fit, and adapt

You don't need to run something every month. A few well-chosen moments can make a real impact.

Challenge highlights for 2026

Mar - May



Spring Rejuvenate

Mindful movement

- Supports mental wellbeing
- Improves energy, focus, and morale
- Normalises wellbeing beyond fitness challenges

*Value sustainable wellbeing,
proactive mental health.*

October

Pink Steps - Breast Cancer Awareness

Purpose-led wellbeing

- Aligns wellbeing with corporate social responsibility
- Gives employees a sense of meaning and contribution
- Reinforces organisational values in a tangible way

*Wellbeing is about people, purpose,
and impact.*



Jun - July



World Cup Challenge

Team-based movement

- High engagement and visibility
- Strengthens team connection and friendly competition
- Drives sustained movement over several weeks
- Encourages participation across all activity levels

*Bring people together around
moments that matter.*

Nov - Dec

Escape from the Arctic

Gamified movement adventure

- Uses storytelling to motivate participation
- Encourages teamwork
- Maintains activity levels

*Engaging, story-led challenges to
inspire wellbeing and drive
participation.*



Turning ideas into a year-long plan































The calendar combines key moments, seasonal energy, and proven challenge ideas into a clear, flexible framework for year-round wellbeing planning.

Designed to help you prioritise what matters - without overloading your people.







































Q1 Wellbeing Calendar – Jan to Mar 2026

Key dates and moments to support planning

 Month	 Sporting Events	 Wellbeing / Awareness	 Charity / Causes	 Seasonal / Cultural
January	 Africa Cup of Nations (AFCON) continues (Jan)  Australian Open (18 Jan – 1 Feb)	 Blue Monday (19 Jan)	 Cervical Cancer Awareness Month	 New Year's Day (1 Jan)  World Puzzle Day (29 Jan)  Winter season (Europe)
February	 Winter Olympics (6–22 Feb)  Super Bowl LX (8 Feb)	 Random Acts of Kindness Day (17 Feb)	 World Cancer Day (4 Feb)	 Time to Talk Day (5 Feb)  Valentine's Day (14 Feb)  Ramadan (approx. 17/18 Feb – 18/19/20 Mar)  Winter season (Europe)
March	 Six Nations Rugby (to 14 Mar)  March Madness (Men's & Women's NCAA – from 17 Mar)	 Nutrition Month  World Sleep Day (13 Mar)	 International Women's Day (8 Mar)  World Water Day (22 Mar)	 Ramadan (approx. 17/18 Feb – 18/19/20 Mar)  Mario Day (10 Mar)  First Day of Spring (20 Mar)  International Day of Happiness (20 Mar)




























Q2 Wellbeing Calendar – Apr to Jun 2026

Key dates and moments to support planning

 Month	 Sporting Events	 Wellbeing / Awareness	 Charity / Causes	 Seasonal / Cultural
April	 The Masters (9–12 Apr)  London Marathon (26 Apr)	 Stress Awareness Month  Earth Day (22 Apr)	 World Health Day (7 Apr)	 Easter Weekend (3–6 Apr)  Star Trek – First Contact Day (5 Apr)  Superhero Day (28 Apr)  Spring season (Europe)
May	 FA Cup Final (16 May)  French Open / Roland Garros (24 May – 7 Jun)  PGA Championship (14–17 May)  IPL Cricket Final (late May)	 Mental Health Awareness Week (11–17 May)  International Day of Families (15 May)  National Walking Month	 World No Tobacco Day (31 May)	 May Day (1 May)  Harry Potter Day (2 May)  Star Wars Day – May the Fourth (4 May)  Bike to Work Day (15 May)  Spring season (Europe)
June	 FIFA World Cup begins (11 Jun)  U.S. Open (18–21 Jun)	 Pride Month  Men's Health Week (8–14 Jun)  World Environment Day (5 Jun)	 World Blood Donor Day (14 Jun)	 World Music Day (21 Jun)  Summer Solstice (21 Jun)  Summer season begins (Europe)


































Q3 Wellbeing Calendar – Jul to Sep 2026

Key dates and moments to support planning

 Month	 Sporting Events	 Wellbeing / Awareness	 Charity / Causes	 Seasonal / Cultural
July	 FIFA World Cup (11 Jun – 19 Jul)  Tour de France (4–26 Jul)  Wimbledon (29 Jun – 12 Jul)  The Open Championship (16–19 Jul)		 Samaritans Awareness / listening campaigns	 World Youth Skills Day (15 Jul)  World Emoji Day (17 Jul)  Summer season (Europe)
August	 European Athletics Championships (10–16 Aug)		 National Wellness Month (US)	 International Youth Day (12 Aug)  Summer Bank Holiday (UK – 31 Aug)  Summer season (Europe)
September	 Tour of Britain (2–6 Sep)  US Open (31 Aug – 13 Sep)	 World Heart Day (29 Sep)	 International Day of Charity (5 Sep)  World Suicide Prevention Day (10 Sep)	 Back to School  World Video Game Day (12 Sep)  Talk Like a Pirate Day (19 Sep)  Autumn begins (22 Sep)

Q4 Wellbeing Calendar – Oct to Dec 2026

Key dates and moments to support planning

 Month	 Sporting Events	 Wellbeing / Awareness	 Charity / Causes	 Seasonal / Cultural
October	 F1 Singapore GP (9–11 Oct)  Chicago Marathon (11 Oct)  F1 United States GP (23–25 Oct)	 World Mental Health Day (10 Oct)  World Diabetes Day (14 Nov)	 Breast Cancer Awareness Month	 World Walking Day (5 Oct)  International Bring Your Teddy Bear to Work Day (14 Oct)  Halloween (31 Oct)  Autumn season (Europe)
November	 Formula 1 – São Paulo GP (6–8 Nov)  ATP Finals (15–22 Nov)  Davis Cup Final 8 (24–29 Nov)	 Veterans Day (US – 11 Nov)  World Kindness Day (13 Nov)	 Movember (Men's Health Month)	 Diwali (8 Nov)  Thanksgiving (US) (26 Nov)  →  Autumn / Winter transition (Europe)
December	 PDC World Darts Championship (mid-Dec – early Jan)	 End-of-year wellbeing & reflection	 Giving Tuesday (1 Dec)  International Day of Persons with Disabilities (3 Dec)	 Hanukkah (4–11 Dec)  Winter Solstice (21 Dec)  Christmas (25 Dec)  Winter season (Europe)

Turning dates into engaging wellbeing moments



The calendar is a planning tool - not a checklist.

It helps you identify the moments that matter most and turn them into simple, engaging challenges.

How it works in practice:

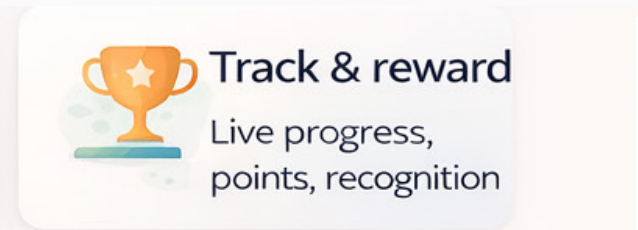
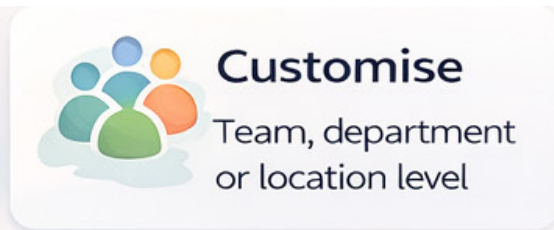
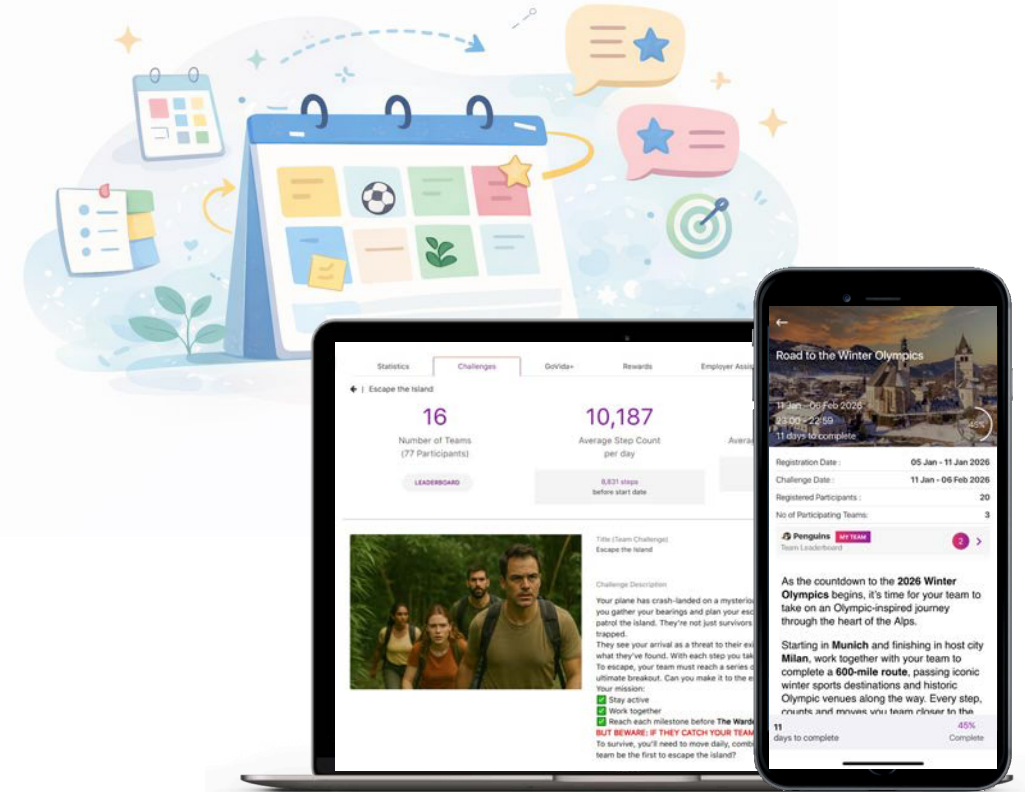
- Plan around moments people already recognise
- Match challenges to seasonal energy
- Focus on consistency, not frequency

From calendar to action

GoVida is the platform that turns planning into participation.

Through GoVida, organisations can:

- **Launch steps, activity and mindfulness team-based challenges** aligned to key calendar moments
- **Run challenges** company-wide or by team, location, or department
- **Engage** employees through gamification, leaderboards, charity and rewards
- **Support inclusive wellbeing** with **physical, mental,** and everyday activities included
- **Track participation** and engagement through clear reporting and insights



What our customers say

"This was our first time working with a wellness provider and they helped us with each step to make the initiative a great success. GoVida's team listened to our needs and helped us create exciting personalised challenges that maximised engagement with our team.

When the app went live, the customer support offered was great! Engagement levels were high for our company because of the advice GoVida gave us in marketing the initiative before it went live. These engagement levels remained high throughout the challenges.

Our colleagues' feedback was fantastic, and the app helped many of our team. The app itself is easy to navigate and looks great."

Michael Lynch

Enel X, Operations Manager, Dublin, Ireland



"GoVida is an excellent addition to our wellbeing program. The team challenges have also encouraged collaboration across our teams whilst promoting wellbeing. People are always enquiring about the app which shows people are really invested in it."

Lauren Docker

Inspire, HR Manager, Manchester, UK

"My personal experience with GoVida has been good as the app does motivate me to be more active.

The GoVida team has been a pleasure to work with as well. It's refreshing to talk to your co-workers about what they do for wellness and mental health.

The app helps companies to promote the idea of work life harmony and that is a very important message for enterprises to share in this day and age if they want to be ahead of the curve."




Sakshi Sachdev

Amazon, Program Manager, New York, USA

Ready to bring your wellbeing calendar to life?

We'll help you turn this calendar into a simple, engaging wellbeing plan - aligned to your people, your culture, and your goals.

How to reach us:

 www.govida.io
 [Book a demo](#)
 hello@govida.io

