

# JANUARY

Key themes for the month: New Year's, Resolutions, Women Rock Day, Martin Luther King Jr. Day

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Health goals for the New Years	health trends for the new year
3	4	5	6	7	8	9
Women Rock Day: How Women Can Be Happy With Your Body Just the Way It Is	How to Set Health/Wellness Goals for the New Years	How do you come across more confident	How to eat veggies when you don't like them	Why I drink lemon water daily	National Bubble Bath Day: Taking Care of Yourself Is A Priority	Where do you want to be from a year from now
10	11	12	13	14	15	16
Personal Story On How I Become A Health Coach	X Books To Read About Forming Habits	X Ways to Use Ginger	8 Ways to Incorporate Self-Care	Certified Labels vs. Noncertified Labels	How to stay motivated in your health journey	Holding yourself accountable
17	18	19	20	21	22	23
Myth: Lifting weights will make you bulk up.	Martin Luther King Jr. Day: Why Equality Matters	Taking the first step	X Tips For A Better Sleep	Pademic Fatigue	3 Ways To Boost Your Energy	The purpose of meal prep
24	25	26	27	28	29	30
Why failing doesn't matter as much as you think	How gratitude journal can help with stress	Have you found your happy space	Should you eat organic	When is the best time to begin taking better care of yourself	X Reasons Why You Can't Keep The Weight Off	Story of Life as a Wellness/Health Coach
31						
Are you holding yourself back or playing small						
					© Copyright 2021   Amanda Abella, LLC   AmandaAbella.com support@amandaabella.com	

# FEBRUARY

themes for the month: Valentine's Day, New Year's Goals, National Freedom Day, World Marriage Day, Susan B. Anthony Day, President's Day, African American History Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 National Freedom Day: How To Create Freedom in what you eat	X Ways to Love On Yourself	3 X Way to Enjoy Your Chocolate Without going overboard	4 How to Start Meal Prepping	5 How to Improve Your Diet	6
7 How to Get Your Family on the same Page you	8 How to Love All your flaws	9 How to Talk Diet With your Honey	10 Why I take tumeric daily	11 How to Design a Working Exercise Plan You'll Love	12 X Budget Friendly Valentine Gifts	13
14 Superfood or sweet food	15 A Beginner's Guide to Creating A Heathy Lifestyle	16 Fun fact about Avocades they help with stress	17 Are you feeling like you are in a bit of funk	18 X Tips To Start Your Day	Truth About Protein Powder	20
21 X Ways to Snack Smarter	22 10 Minute Workout to Keep You on Track	23 Why Does a Health Diet Matters	24 X Ways to Save Money On Your Grocies	25 X Tips from African American Athletes	26 X Best Health Tracking Apps	27
28 3 go-to stretches fo when your feeling super sore						
						© Copyright 2021   Amanda Abella, LLC   AmandaAbella.com support@amandaabella.com

# MARCH

Key themes for the month: St. Patrick's Day, International Women's Day, Women's History Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	<b>X Ways to Remove Junk from your home to improve your lifestyle</b>	<b>National Read Across America Day: 5 Books That Changed My Life</b>	<b>X Tips For Your Workout Routine</b>	<b>X Ways to Fix Your Diet</b>	<b>How to Start Meal Preparing</b>	<b>X Best Tax Tools for Y Year</b>
7	8	9	10	11	12	13
<b>X Ways to Mindfulness Improves Your Relationship</b>	<b>National Women's Day: Best Self-Care Tips for Women</b>	<b>3 Top Women Health Coach on Instragram</b>	<b>3 Top Women Health Coaches on Twitter</b>	<b>3 Top Women Health Coaches on Linkden</b>	<b>Everything Women Need to Know About Her Diet</b>	<b>X Best Wellness Tools for Women</b>
14	15	16	17	18	19	20
<b>Why Representation Matters in Leadership Positions</b>	<b>What is the difference between Health coach and nutritionist</b>	<b>X Ways to Promote Yourself In Life</b>	<b>St. Patrick's Day</b>	<b>X Ways to Advocate for Women's Health/Rights</b>	<b>How to Workout on a Strict Schedule</b>	<b>How These Top Women Health Coaches Organize Their Lifestyle</b>
21	22	23	24	25	26	27
<b>Top Women Health Coaches</b>	<b>Myth: Muscle turns to fat if you stop lifting.</b>	<b>X Quotes from Top Women Coaches</b>	<b>Balancing out your foods and live gut free</b>	<b>My biggest roadblock I've had in my health journey</b>	<b>The Truth of about losing weight</b>	<b>Getting rid of Diet Stigma</b>
28	29	30	31			
<b>X Protein Shake Reciepes</b>	<b>3 Reasons Why Your Macros didn' work</b>	<b>How Women Can Find A Mentor</b>	<b>How to Make A Smootie Bowl At Home</b>			
					© Copyright 2021   Amanda Abella, LLC   AmandaAbella.com support@amandaabella.com	

# APRIL

## Key themes for the month: Taxes, Spring

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				X Tax Deductions for Y	X Tax Deductions for X Industry	X Tax Deductions for X Business
4	5	6	7	8	9	10
How to Find Amazing Accountant	X Reasons Why You Need an Accountant	X Tax Rules You Need to Know About	X Tax Rules X Business Need to Know About	What is good nutrition	Myth: It's best to work one muscle group a day.	Are you building stress into your day
11	12	13	14	15	16	17
5 Meal Prep Hacks from a Health Coach	X Ways to Increase Profits In Your Business	Should You Do Your Taxes Alone Or Together ?	X New Tax Rules for Y year	Getting optimal health	5 Tips for a Good Cup of Matcha	3 Energy Boosting Mornign Drink Recipes
18	19	20	21	22	23	24
How to Spring Clean Your Finances	How to Spring Clean Your Expenses	How to Spring Clean Your Home Office	How to Spring Clean Your Business	Stop comparing yourself with the media	Is trying to restrict to achieve "perfect diet"	How to Reduce Mental Clutter
25	26	27	28	29	30	
How to Organize Your Debt Repayment Plan	Self esteem in emotial eating	3 Steps To Get To The Root of you Insecurity	Having trouble loving your body	X Types of Cravings	How has dating your food been going for you	
					© Copyright 2021   Amanda Abella LLC, LLC   AmandaAbella.com support@amandaabella.com	

# MAY

Key theme for the month: Spring Cleaning

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 What to Do If You Gave Up On Your Health Journey
2 What to Do If You're Behind on Your Goals	3 How does gut bacteria affect the brain and body	4 How to Save Money On Your Grocery Bill	5 How X Health Coaches Found Their Careers	6 My Crazy Health Story	7 How to Make the Perfect Chai Tea	8 5 Signs you're vitamin deficient
9 Myth: Lifting heavy weights is the only way to see results.	10 3 Steps to Finance Your Health	11 5 Tips for Easy Meal Planning	12 How you take your coffee matters	13 X Steps to Finding Balance	14 Your Eating Habits Can Either Make or Break You	15 Ever wondered why you couldn't stick a nutrition plan to reach your goal
16 Don't neglect your chest ladies	17 Do you struggle to keep the weight off	18 Why You Need To Love Thy Self	19 Three Lies About Diet	20 4 Ways to avoid gaining weight on the weekend	21 Facing On Hidden Resentments	22 How to Make Your Weight Loss Journey Easier and Fun
23 Know Your Value	24 Differences between a personal trainer & online fitness coach	25 Are you scared to start or just scared to fail	26 3 Tips on Getting Rid of Holiday Bloating	27 Does it feel impossible to get the body you crave	28 Things to do when comparisonitis creeps in	29 Vacation Saving Plan
30 X Workout Trends for the summer	31 Why are you letting your excuses hold you back from reaching your weight loss goal					
					© Copyright 2021   Amanda Abella, LLC   AmandaAbella.com support@amandaabella.com	

# JUNE

**Key themes for the month: Summer, Effective Communications Month, LGBT Pride Month, Summer Vacation**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 How to Avoid Burnout	2 Does it feel like you have absolute no time to workout	3 Myth: Weight lifting decreases flexibility.	4 Putting your mental health first will heal your physical body	5 Rest days are just as important as active days
6 Celebrating Pride	7 Health Journey Anniversary	8 X Signs of Inflammations	9 Our Cycle	10 Are you ready to be the best version of yourself	11 Your skin can tell you a lot about your health	12 Summer Anxiety
13 X Things That Have Massively helped calm my anxiety	14 5 Breakfast Smoothies Recipes	15 X Immune Support Tips	16 Where do you derive your self-worth	17 X Pre-Workout Snacks Ideas	18 What to do when you don't feel like it	19 Guilt of Binge Eating
20 Wellness Trends	21 6 Effective Yoga Poses To Add In Your Physical Activity	22 Why you Need Enough Sleep	23 How to Balance Your Diet/Health with your Work Life	24 Taking a Stand on a Specific News Topic	25 The Importance of having an alignment of values, needs and desire.	26 How To Navigate Dining Out When You're A Wellness Junkie
27 X Ways of Creating Balance In A Lifestyle	28 Intermittent fasting	29 Keto Food Pyramid	30 X Reasons To Exercise			
						© Copyright 2021   Amanda Abella, LLC   AmandaAbella.com support@amandaabella.com

# JULY

Key themes for the month: Summer Vacation, Travel, 4th of July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 How Health Body Can Help You Build Confidence and Independence	2 What Does Freedom To Love Means to Me	3 How to Achieve Freedom In Your Life
4 4th of July	5 X Ways to Optimal Health	6 Benefits of Spending Time Alone	7 What to do in a time of uncertainty	8 How to set a calorie deficit	9 Prioritizing health over fitness	10 Have you ever considered the global impact of the food you eat
11 How to Stop Overeating	12 Why you have low energy	13 X Budget Friendly Vacation Spots	14 Top Detox FAQ	15 X Tips for Better Blood Pressure	16 Pain Relief for knees and joints	17 What to use instead of Weights
18 Myth: Cholesterol is Bad	19 News trends for the week/month	20 Do you meditate	21 X Ways to protect your heart	22 10 Protein Shakes Recipes Your Family Would Love	23 Have you ever considered using a personal trainer	24 Cold Water vs Hot Water
25 Top Health Coaches of the Summer	26 Losing Fat on A Budget	27 The Beauty of Balance	28 6 Ways to Burn 100 Calories	29 What to do when you hit a plateau	30 Revealing Your True Self	31
						© Copyright 2021   Amanda Abella, LLC   AmandaAbella.com support@amandaabella.com

# AUGUST

## Key themes for the month: Winding Down Summer

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Have you found that denying yourself what you crave backfires	No excuses	Do you sit all day	The Benefits of Tea	6 Ways To Have More Energy	Have your ever heard someone say that they have more energy when they exercise	How Motivated are you feeling
8	9	10	11	12	13	
What strategies do you use to have a healthy work life balance	Personal story about your journey	Which stage are you at right now	How to get healthy	Startegies to Incorporate to get your kids to eat health	Stories you've learned from clients	What is holding you back
15	16	17	18	19	20	21
Insecurity	You don't always need to know the answer	Why you should lift weights	Who do I wish to become as I contine my life journey	Myth: A "Detox" is the Best Way to Jumpstart a Change in Diet	X Things To Add Into Your Salad	Why you should start meal prepping
22	23	24	25	26	27	28
Why lead an antiocidant rich diet	Don't Supress Your Desires	The Truth About Weight Loss & Calories	What you probably don't know about probiotics	The Differences between Skinny and Healthy	Stop Making Sugar The Villian	Is Self Control with food possible
29	30	31				
What you REALLY need to know about balancing your hormones	Quit comparing your body with others	5 Things That Happen When You Quit Dieting				
					© Copyright 2021   Amanda Abella, LLC   AmandaAbella.com support@amandaabella.com	



# SEPTEMBER

Key themes for the month: Back to School, Fall Goals (AKA: New Year's Part 2), Suicide Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			Did you write out intentions for a new month	What inspires you to live a healthy lifestyle	Thinking your way into alignment vs Feeling your way into alignment	Want to heal your relationship with food but don't know where to start
5	6	7	8	9	10	11
How did we eat before instagram	Stop Fighting With Yourself	How to re-commit to the goals you set in January	How to deal with shame after a binge	The Truth About Carbs	My Secrets to getting the body of your dreams	X Coaches Share How to Create the Best Meal Plan
12	13	14	15	16	17	18
Do you ever feel like the war with food is a battle you'll never win	How to Bounce Back from Troubles in Your Life	What you might not know about matcha	Mental health stats	How can you meet your higher self	Mental Health and Your Career	Stop trash talking yourself
19	20	21	22	23	24	25
STRESS	What does it mean to you to nourish your body	Choose your belief	What story do you tell yourself	How often does your fear interrupt you living your life	How To Use Mindfulness to Reach Your Goals	What if your purpose is to build an everlasting relationship with yourself
26	27	28	29	30		
How can you heal and thrive	X Resources If You're Experiencing Hardship	X Health/Wellness Experts share their resilience stories	X Mental Health Tips	Where to Find Help		
					© Copyright 2021   Amanda Abella, LLC   AmandaAbella.com support@amandaabella.com	

# OCTOBER

Key theme for the month: Halloween, Holidays

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					What really is over weight	Listen to your body
3	4	5	6	7	8	9
5 Things I don't do anymore thanks to food freedom	The healing and understanding on your dating pattern	What is your favorite source of plant protein	What are you doing in your life right now to feel fulfilled	How to Stop Procrastinating on Your Health Goals	Letting go of the guilt/shame/fear	6 Goals You Should Have in the next year
10	11	12	13	14	15	16
What is your biggest rule about food	The 1st step to healing the binge cycle	What investments to make at the end of the year	Why are you snacking late at night	Should you practice food combining	Have you ever had to adjust the waist band on your stretchy pants to make room for bloat	Is the opinion of yourself holding you back
17	18	19	20	21	22	23
Learning what to prioritize in your life	Self Esteem vs Self Worth	Happy People are Attractive People	How to Align Your Health with your Value	How to Hit Your Goals in Just 90 Days	Is perfect digestion something that is accomplishable	How to Make Better Decisions In your life
24	25	26	27	28	29	30
Landing Page Tips to Increase Conversions	X 10 Minute Meal Recipes	5 Things that helped to heal my digestion	When is It Time to Hire A Health Coach	The Number One Thing Holding Most People Back	What should you do when you have a craving	Consequences of restricting carbohydrates
31					© Copyright 2021   Amanda Abella, LLC   AmandaAbella.com support@amandaabella.com	

# NOVEMBER

Key themes for the month: Thanksgiving, Gratitude, Black Friday, Cyber Monday, Cyber Week, Holidays

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	Why You Must Practice Gratitude	Are you a kombucha drinker	Did you know that emotional eating can be normal eating	How You Can Practice Gratitude Every Day	What's a food that diet culture once convinced you was bad.	What's the best thing about food freedom
7	8	9	10	11	12	13
Does it matter what time you eat breakfast or not	The Best Smoothie of 2021	Did you know that anxiety and stress can suppress your appetite	Savory or Sweet	Trends in the news	The importance of unpugging from social media	Does going out make you anxious
14	15	16	17	18	19	20
8 Steps To Mindful Eating	How to Plan a Budget Friendly Holiday Break	Can you be anti-diet and enjoy diet products	Unpopular opinions about wellness	Myth: Carbonhydrates will make you fat	Wellness Trends for You and Your Family	Where do you workout
21	22	23	24	25	26	27
X Places To Give Back	How to Handle Conflict in a Relationship	X Challenge Ideas for 2021	X Simple Health Advice	How to not lose momentum during the holiday	What to do when you feel like Giving Up	How to use your money for good
28	29	30				
How to find budget friendly gifts	Stopping negative thoughts	Binge Eating vs. Emotional Eating				
					© Copyright 2021   Amanda Abella, LLC   AmandaAbella.com support@amandaabella.com	

# DECEMBER

**Key theme for the month: Holidays, sales, planning for new year, end of year taxes, budgets**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			Are you on a diet that restricts health food	Whole Milk vs. Low Fat Yogurt	Can you detox your body and eat food	What or how you eat is none of their business
5	6	7	8	9	10	11
Are you Ready to Let it Go	Breaking The Cycle	Gifts for everyone in your family	Why are you struggling with your diet	Want to know the first three food swap I made on my health journey	Challenge yourself to eat less processed foods and incorporate more whole foods into your diet	
12	13	14	15	16	17	18
The Balance of Cleanse	X Tips on Dairy	X Wellness Books for X Year	How to Focus During the Holidays	5 Ways to Detox Daliy	How to Plan a Budget Friendly Holiday Event	Letting Pressure Get to You
19	20	21	22	23	24	25
How do I eat right for my body	X Exercise to do at home	GMO vs. Non-GMO	Best Holiday Giveaways	Can I drink alcohol and be healthy	Self Sabotage	How to Stay Focused On Your Goals in X Year
26	27	28	29	30	31	
Perfection vs. Acceptance	How to Get Clear on What You're Truly Capable of Accomplishing	3 Things to Stop Doing Right Now if You Want to Fix Your Health	X Things to Let Go Of In the New Year	X Goals to Make In The New Year	How to Celebrate Your Accomplishments	
						© Copyright 2021   Amanda Abella, LLC   AmandaAbella.com support@amandaabella.com