



NEW YEAR • NEW YOU

WITH

Grokker®

Don't wait to lose weight

FEATURED GROKKER PROGRAM



Foundational Fitness

Designed by personal trainer Jaime McFaden, this low-impact, four-week program is perfect for absolute beginners and those restarting fitness. It's a gentle, powerful commitment to building a lasting base. You'll move three times a week, focusing on cardio, functional strength, and mobility.

National Blood Donor Month
National Glaucoma Awareness Month

[illegible]

Level up

FEATURED GROKKER PROGRAM




No Excuse HIIT Jumpstart

Want to squeeze in a super short HIIT workout? Getting back to fitness after some time off? Looking for an all-out muscle-burning transformation? You're in the right place!

Grokker February 2026

Black History Month
American Heart Month
National Wear Red Day Feb 6
National Cancer Prevention Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
Be A Better You Challenge		Be A Better You Challenge				
8	9	10	11	12	13	14 Valentine's Day 
15	16 President's Day 	17 Random Acts of Kindness Day 	18	19 World Day of Social Justice 	20	21
22	23	24	25	26	27	28

Get some ZZZs

FEATURED GROKKER PROGRAM



Fall Asleep Faster

With two daily lessons – one education, one practice – you'll get the psychological knowledge and practical sleep techniques you need to see results quickly. Join Dr. Kara to master the psychology of your nighttime brain and train yourself to sleep better!

Grokker March 2026

Women's History Month
National Nutrition Month
National Kidney Month
National Sleep Awareness Week Mar 8–14

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6 Employee Appreciation Day 🍷	7
8 Daylight Savings starts 🕒 International Women's Day 🌸	9	10	11	12	13 World Sleep Day 😴	14
15	16	17 St Patrick's Day 🍀	18	19	20 Spring Equinox 🌅 International Day of Happiness 😊	21
22	23	24	25	26	27	28
29	30	31 Cesar Chavez Day 🌻	1	2	3	4



Financial literacy

FEATURED GROKKER PROGRAM



Investing & Retirement 101

Join Certified Financial Planner Matt Ryan as he shares his decade of financial knowledge on investing and retiring in these 10 short videos. These videos will cover everything from basic financial literacy to investments, and even how to deal with debt.

Grokker

April 2026

Arab American Heritage Month
National Stress Awareness Month
Alcohol Awareness Month
National Public Health Week Apr 6–12
National Minority Health Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 April Fool's Day 🇮🇪 National Walking Day 🇺🇸	2	3	4
5 Easter 🇮🇪	6	7 World Health Day 🇨🇭	8	9	10	11
	Self-Care Challenge	Self-Care Challenge	Self-Care Challenge	Self-Care Challenge	Self-Care Challenge	Self-Care Challenge
12	13	14	15	16	17	18
Self-Care Challenge	Self-Care Challenge	Self-Care Challenge	Self-Care Challenge	Self-Care Challenge	Self-Care Challenge	Self-Care Challenge
19	20	21	22	23	24	25
Self-Care Challenge	Self-Care Challenge	Self-Care Challenge	Self-Care Challenge	Self-Care Challenge	Self-Care Challenge	Self-Care Challenge
26	27	28	29	30	1	2
Self-Care Challenge						

Mind your mind

FEATURED GROKKER PROGRAM



Alleviate Anxiety in 21 Days with CBT

Join Dr. Vicki to learn short and effective 3-minute Cognitive Behavioral Therapy (CBT) techniques that will help you understand and change unhelpful thought patterns. In this program, you'll lay a strong foundation with a consistent practice that will free you from anxiety.

Grokker[®]

May 2026

AAPI Heritage Month
Mental Health Awareness Month
Better Sleep Month
Employee Health & Fitness Month
High Blood Pressure Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1	2
3	4	5 Cinco De Mayo 🇲🇽	6	7	8	9
10 Mother's Day 🇺🇸	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 Memorial Day 🇺🇸	26	27	28	29	30
31	1	2	3	4	5	6

Work your body

FEATURED GROKKER PROGRAM



Strengthen + Lengthen

Whether you're a beginner or an experienced enthusiast, you'll tackle three distinct phases that starts with bodyweight only moves, followed by bands, and then finishes off with dumbbell exercises to level up in ways you never thought possible!

Grokker June 2026

LGBTQ+ Pride Month
Men's Health Month
National Safety Month
Alzheimer's & Brain Awareness Month
National HIV Testing Day Jun 27

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19 Juneteenth 🇺🇸	20
21 Father's Day 🎁 International Yoga Day 🧘 Summer Solstice 🕒	22	23	24	25	26	27
28	29	30	1	2	3	4

Healthy gut, healthy life

FEATURED GROKKER PROGRAM



Low Sugar Detox Challenge

Join the Low Sugar Detox Challenge where registered dietitian Andres Ayesta guides you through a transformative 3-week journey. You'll understand sugar's impact and rewire your relationship with it while implementing simple, yet powerful strategies to conquer cravings.

Grokker July 2026

Disability Pride Month
National Minority Mental Health
Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3	4 Independence Day 🇺🇸
5	6	7 Global Forgiveness Day 🕊️	8	9	10	11
	Choose Your Glow Challenge	Choose Your Glow Challenge	Choose Your Glow Challenge	Choose Your Glow Challenge	Choose Your Glow Challenge	Choose Your Glow Challenge
12	13	14	15	16	17	18
Choose Your Glow Challenge	Choose Your Glow Challenge	Choose Your Glow Challenge	Choose Your Glow Challenge	Choose Your Glow Challenge	Choose Your Glow Challenge	Choose Your Glow Challenge
19	20	21	22	23	24 International Self-Care Day 🧘	25
Choose Your Glow Challenge	Choose Your Glow Challenge	Choose Your Glow Challenge	Choose Your Glow Challenge	Choose Your Glow Challenge	Choose Your Glow Challenge	Choose Your Glow Challenge
26	27	28	29	30	31	1
Choose Your Glow Challenge						

A smiling woman with short dark hair, wearing a bright yellow sweater and blue jeans, stands in front of a glass door. She is holding a gold credit card in her right hand and a black smartphone in her left hand. The background is slightly blurred, showing an outdoor setting with greenery.

Money matters

FEATURED GROKKER PROGRAM



Paycheck-to-Paycheck: Breaking the Cycle

When you're struggling financially, the stress and stigma you experience daily or monthly can feel overwhelming. In Jordan Awoye's new program Paycheck-to-Paycheck, you'll learn concrete steps to manage your spending, get out of debt, and break this vicious cycle.

Grokker August 2026

 **National Wellness Month**
National Health Center Week Aug 3–9

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15 National Relaxation Day 🧘
16	17	18	19	20	21	22
23	24	25	26 Women's Equality Day 🗳	27	28	29
30 National Grief Awareness Day 🕯	31	1	2	3	4	5



Breathe, stretch, let it go!

FEATURED GROKKER PROGRAM



Bend, Don't Break: Yoga for Back Pain Relief

Crafted by expert Yoga Instructor Julie Montagu each week is designed to relieve back pain, strengthen your core, and build long-lasting habits to prevent back pain from ever coming BACK! With 3 guided video sessions weekly, this program is perfect for all levels.

Grokker September 2026

National Hispanic Heritage Month
National Fruits & Veggies Month
National Family Health & Fitness Day Sept 26
Healthy Aging Month
National Suicide Prevention Week Sept 6–12

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
6	7 Labor Day 🇺🇸	8	9	10	11 Rosh Hashanah 🥰	12
13	14	15	16	17	18	19
20	21 International Day of Peace 🕊️ World Gratitude Day 🙏	22	23 Bi Visibility Day 🏳️	24	25	26 Family Health & Fitness Day 🏃
27	28	29	30	1	2	3



Keep your mind strong

FEATURED GROKKER PROGRAM



Mindful Microbreaks with Dr. Ritz Suk Birah

Welcome Grokker's newest expert, counselling psychologist Dr. Ritz Suk Birah, and try her Mindful Microbreaks! These simple 5-minute exercises are the ultimate mental refresh for your busy workday, designed to restore calm and mindfulness in any moment.

Grokker October 2026

LGBTQ+ History Month
Breast Cancer Awareness Month
National Health Education Week Oct 21–25
National Physical Therapy Month
World Mental Health Day Oct 10

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
4	5	6	7	8	9	10 World Mental Health Day 🗓️
	End-of-Year Energy Challenge	End-of-Year Energy Challenge	End-of-Year Energy Challenge	End-of-Year Energy Challenge	End-of-Year Energy Challenge	End-of-Year Energy Challenge
11	12 Indigenous People's Day 🇺🇸	13	14	15	16	17
End-of-Year Energy Challenge	End-of-Year Energy Challenge	End-of-Year Energy Challenge	End-of-Year Energy Challenge	End-of-Year Energy Challenge	End-of-Year Energy Challenge	End-of-Year Energy Challenge
18	19	20	21	22	23	24
End-of-Year Energy Challenge	End-of-Year Energy Challenge	End-of-Year Energy Challenge	End-of-Year Energy Challenge	End-of-Year Energy Challenge	End-of-Year Energy Challenge	End-of-Year Energy Challenge
25	26	27	28	29	30	31 Halloween 🎃
End-of-Year Energy Challenge						

Balance your diet

FEATURED GROKKER PROGRAM



30-Day Eat Less Sugar Challenge

Only 3 minutes a day, with a brand new video every day – this is your key to experiencing all the benefits of a low-sugar lifestyle. Reducing your sugar can help you lose weight, improve your energy, reduce inflammation, and avoid a host of chronic diseases like heart disease, diabetes, and more.

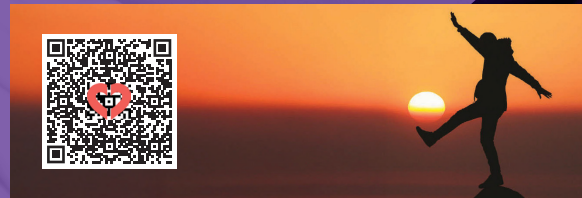
Grokker November 2026

Native American Heritage Month
Diabetes Awareness Month
National Family Caregivers Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Daylight Savings Ends 🕒 Día De Los Muertos 🇲🇽	2	3	4 National Stress Awareness Day 🇺🇸	5	6	7
8 Diwali 🇮🇳	9	10	11 Veterans Day 🇺🇸	12	13 World Kindness Day 🇬🇧	14 World Diabetes Day 🇮🇳
15	16	17	18	19 International Men's Day 🇮🇳	20 Trans Day of Remembrance 🇺🇸	21
22	23	24	25	26 Thanksgiving Day 🇺🇸 National Day of Mourning 🇺🇸	27	28
29	30	1 World AIDS Day 🇺🇸	2	3	4 First Day of Hanukkah 🇮🇱	5

Prioritize rest

FEATURED GROKKER PROGRAM



Music for Mood & Sleep

Grokker's new program, Music for Mood & Sleep, was made just for you. Designed with different genres to help boost your mood or make counting sheep easier, give yourself a musical treat for your ears that'll have you smiling or sleeping in no time!

Grokker December 2026

Diabetes Awareness Month
National Family Caregivers Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1 World AIDS Day 🚫	2	3	4 First Day of Hanukkah 🕎	5
6	7	8	9	10 Human Rights Day 🕊	11	12 Last Day of Hanukkah 🕎
13	14	15	16	17	18	19
20	21 Winter Solstice 🌞	22	23	24	25 Christmas Day 🎄	26 First Day of Kwanzaa 🕊
27	28	29	30	31 New Year's Eve 🎉	1 New Year's Day 🎉 Last Day of Kwanzaa 🕊	2



Groxxker®

Employee
health
is our
business

NOTES2026

Grokker®

Grokker transforms employee physical, mental, and financial well-being globally through our visually immersive content. Our inclusive community of experts and personalized guidance is proven to strengthen retention by 68%, triple engagement, and lessen the burden on HR teams.

With Grokker, each member's wellbeing experience is personalized to help guide them to the lowest acuity, highest impact intervention. Our solution seamlessly integrates with your HR team and provides them with ongoing actionable insights.

Global organizations like Delta Air Lines, Pfizer, Target, and Domino's trust Grokker to support the diverse wellbeing needs of their teams in over 179 countries. Grokker is dedicated to making holistic health and wellbeing equitable, engaging, and accessible for all.

Call: 408.876.0802

mail: sales@grokker.com