

# Heart Club Activity Calendar



## What is the Activity Calendar?

This guide was created with feedback from Heart Club Leaders like you! Inside, you'll find monthly health topics, ready-to-use lessons, infographics and key dates to celebrate.

Use this guide to plan and lead club meetings and activities around the [American Heart Association's Life's Essential 8™](#); simple, powerful steps for better heart and brain health. These habits not only make a difference now, but also lower the risk for heart disease, stroke and other major health problems later in life.

**You do not need to use everything provided. These are simply suggestions to help guide your year!**

## Before You Begin

[Read the Starter Guide](#)

[Join the Discord Server](#)  
(Club Officers Only)

[Check Out the New Resources](#)

[Join American Heart Association Heart Powered](#)

## Save the Date!

More resources coming soon to help you make an impact on these extra special dates:

- Oct 16: World Restart a Heart Day
- Feb 6: National Wear Red Day
- Apr 1: National Walking Day
- June 1–7: CPR & AED Awareness Week

## Plan the Year!

**Step 1:** Preview the Monthly Resources and consider topics for your Heart Club to explore.

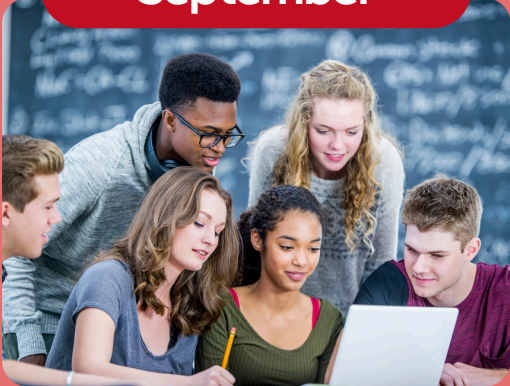
**Step 2:** Review the Planning Your Year and Heart Club Pillar Activities [Samples](#).

**Step 3:** Use the blank [Planning Templates](#) to plan!

# Heart Club Activity Calendar

## MONTHLY RESOURCES

### September



#### Join the Movement

##### FOCUS AREA

**Introduce Heart Club -  
Mission and Impact**

##### RESOURCES

[Monthly Health Lesson](#)

[Member Consent Form](#)

[Join American Heart  
Association Heart Powered](#)

### October



#### Sleep = Superpower

##### FOCUS AREA

**Promote sleep hygiene  
and brain health**

##### RESOURCES

[Monthly Health Lesson](#)

[Healthy Sleep Fact Sheet](#)

[Sleep & Heart Health](#)

### Connect & Recharge

Introduce Heart Club to your school community! Ask members to submit the Consent Form and join American Heart Association *Heart Powered*. Dive into sleep health. Use games, videos and trivia to show how sleep affects mood, memory and heart health.

#### Leading your Club:

**Sleep is your superpower—create your own sleep ritual!**

#### Key Dates:

**September:** [Self-Care Awareness Month](#)

**October:** [Sudden Cardiac Arrest Awareness Month](#)

**October:** [Walk to School Month](#)

**10/10:** [World Mental Health Day](#)

**10/16:** [World Restart a Heart Day](#)

**10/29:** [World Stroke Day](#)

#### Don't Forget:

As routines settle, build healthy sleep habits that support academic success and well-being.

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## MONTHLY RESOURCES

### November



#### Substance-Free is Strong

FOCUS AREA

Prevent substance use, promote safety

RESOURCES

[Monthly Health Lesson](#)

[Overdose Prevention](#)

[Quit Tobacco Fact Sheet](#)

### December



#### Sugar Smarts

FOCUS AREA

Understand blood sugar and healthy swaps

RESOURCES

[Monthly Health Lesson](#)

[Manage Blood Sugar Fact Sheet](#)

[Diabetes Resources](#)

### Protect & Prevent

Host engaging activities to promote safety and healthy decision-making during the busy holiday season.

#### Leading your Club:

Use the holidays to model healthy choices and celebrate with purpose—low-sugar treats and meaningful conversations.

#### Key Dates:

**November:** [National Career Development Month](#)

**11/8:** [National STEM Day](#)

**December:** [Holiday Season](#)

**12/2:** [Giving Tuesday](#)

**12/5:** [International Volunteer Day](#)

#### Don't Forget:

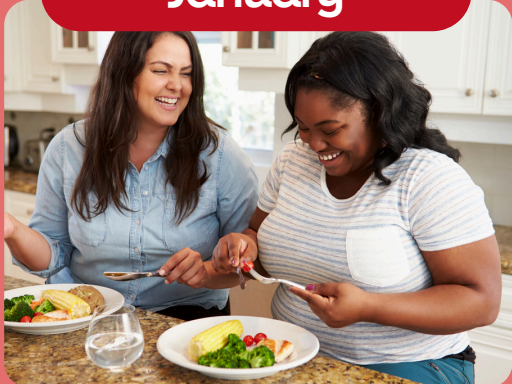
Read labels—hidden sugars are everywhere!



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## MONTHLY RESOURCES

### January



#### Eat Smart Daily

##### FOCUS AREA

Nutrition, label reading,  
healthy habits

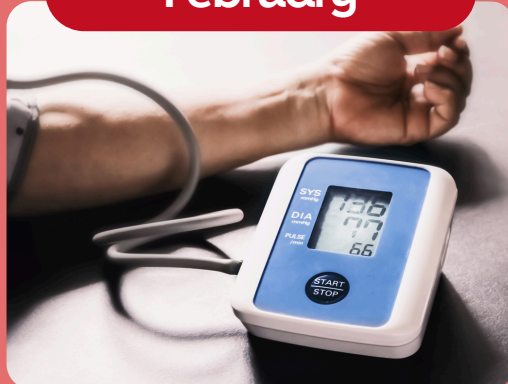
##### RESOURCES

[Monthly Health Lesson](#)

[Nutrition Basics](#)

[Eat Smart Guide](#)

### February



#### Pressure Check

##### FOCUS AREA

Understand and  
manage blood pressure

##### RESOURCES

[Monthly Health Lesson](#)

[High Blood Pressure](#)

[Blood Pressure Tools &  
Resources](#)

### Reset & Refocus

Kick off a healthy new year with nutrition and blood pressure education. Create vision boards, learn to track your health numbers and invite experts for hands-on demos.

#### Leading your Club:

January and February are ideal for goal setting and heart health awareness—make it personal and powerful.

#### Key Dates:

**January:** National Mentoring Month

**1/1:** [New Year's Resolutions & Building Better Habits](#)

**February:** [American Heart Month](#)

**2/6:** [National Wear Red Day](#)

**2/6-2/14:** [Congenital Heart Disease Awareness Week](#)

**2/14:** Valentine's Day

**2/25:** [HCM Awareness Day](#)

#### Don't Forget:

Know your numbers—protect your heart and brain.

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## MONTHLY RESOURCES

### March



### Know Cholesterol

#### FOCUS AREA

Learn cholesterol types  
and healthy habits

#### RESOURCES

[Monthly Health Lesson](#)

[Cholesterol Overview](#)

[Cholesterol Tools &  
Resources](#)

### April



### Move More, Thrive

#### FOCUS AREA

Promote physical activity  
and heart health

#### RESOURCES

[Monthly Health Lesson](#)

[Ways to Move More](#)

[Tips to Move More Daily](#)

## Fuel & Move

Promote nutrition and physical activity. Teach students how to read food labels, prep meals and get moving with fun group fitness events.

### Leading your Club:

Spring energy is rising—channel it into healthy habits and outdoor movement.

### Key Dates:

**March:** [National Nutrition Month](#)

**March:** [National Sleep Month](#)

**April:** [Stress Awareness Month](#)

**4/1:** [National Walking Day](#)

**4/19-25:** [National Volunteer Week](#)

### Don't Forget:

Movement boosts mood, memory and motivation.