

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
- April 19-25: National Volunteer 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

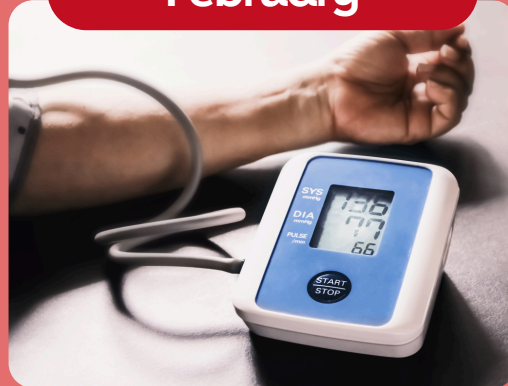
RESOURCES

[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:

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

1/19: MLK Jr. Day

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.