

Tax Season Wellness Challenge



Small, but specific steps you can take to help get you through tax season

Join CPA Assist from March 2 - 27 for a four-week wellness challenge where you'll focus on small, intentional actions—like nutrition, movement, and rest—that can make a big difference in how you feel and perform. Remember: the goal isn't perfection—it's progress.

Let's tackle this challenge together and make wellness a priority during the busiest time of the year!

cpa-assist.ca

March 2026

Weekly Theme	Monday	Tuesday	Wednesday	Thursday	Friday
Healthy Eating: <ul style="list-style-type: none"> Meal plan for the week Add more fruits and veggies Drink more water Increase your fiber intake Make a nutrient-dense breakfast 	2 <i>Meal plan for the week</i>	3 <i>Drink more water</i>	4 <i>Add more veggies</i>	5 <i>Healthy breakfast</i>	6 <i>Add more fiber</i>
Physical Health: <ul style="list-style-type: none"> Schedule movement breaks Look for ways to add more steps in Dedicate 15 minutes to be outdoors Take your morning coffee outdoors Find a walking buddy or gym partner 	10 <i>Schedule movement breaks</i>	11 <i>Schedule movement breaks</i>	12 <i>Schedule movement breaks</i>	13 <i>Schedule movement breaks</i>	14 <i>Schedule movement breaks</i>
Sleep Habits: <ul style="list-style-type: none"> Go to bed and wake up the same time each night Turn off technology 1 hour before bed Put your phone on "DND" mode Do a 'brain dump' before bed Go to be 30 minutes earlier than normal 	17 <i>Go to bed/wake at the same time</i>	18 <i>Go to bed/wake at the same time</i>	19 <i>Go to bed/wake at the same time</i>	20 <i>Go to bed/wake at the same time</i>	21 <i>Go to bed/wake at the same time</i>
Restore Your Energy: <ul style="list-style-type: none"> Schedule something fun Watch a comedy Have a phone-free night Text a heart emoji to someone you love Unfollow negative social media accounts 	23 <i>Schedule something fun</i>	24 <i>Watch a comedy</i>	25 <i>Phone-free night</i>	26 <i>Phone-free night</i>	27 <i>Phone-free night</i>

Plan what weekly challenge(s) you'll focus on as part of that week's theme. Tackle 1, 2, or more, from the suggestions included, or design your own!



Follow CPA Assist on LinkedIn for weekly updates and conversations with other CPAs and CPA candidates, plus your chance to win a prize!

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Weekly Theme	Monday	Tuesday	Wednesday	Thursday	Friday
Healthy Eating	2	3	4	5	6
Physical Health	9	10	11	12	13
Sleep Habits	16	17	18	19	20
Restore Your Energy	23	24	25	26	27

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