

January

- Winter Walking Week
- National Cut Your Energy Costs Day

February

- Jack Frost Challenge
- Winter Bike to Work Day

March

- Walk for Wellness Challenge

April

- Earth Day
- Walk to Work Day
- Fossil Fools Day

May

- National Fitness Day
- Mental Health Week
- Canada Health Day

June

- Commuter Challenge
- Bike Week
- Bike to Work Day
- Clean Air Day

July

- International Self-Care Day

August

- Healthy Workplace Month

September

- Car Free Day
- Pollution Prevention Week

October

- Carpool Week
- International Day of Climate Action

November

- Transit Month
- Take the Bus to Work Day

December

- Commute for a Cause Challenge