

# SOCIAL POST PLANNER

## January

**1st:** New Year's Day – new year new you  
**First full week:** National Diet Resolution Week  
**2nd:** National PT Day  
**17th:** Ditch New Year's Resolutions Day – encourage sticking with goals

## February

**9th:** National Pizza Day  
**14th:** Valentine's Day – couples workouts  
**Last Sunday:** London Winter Run – cancer research fundraising

## March

**8th:** International Women's Day  
**17th:** St. Patrick's Day  
**20th:** First Day of Spring – spring fitness tips

## April

**7th:** World Health Day  
**22nd:** Earth Day – outdoor workout ideas  
**Last Wednesday:** National Walk @ Lunch Day  
**Fourth Week:** London Marathon – inspiration from the event

## May

**First Saturday:** National Fitness Day  
**Early May Bank Holiday**  
**Second Sunday:** Mothers Day  
**Last Monday:** Spring Bank Holiday

## June

**1st:** National Running Day  
**3rd:** National Egg Day  
**5th:** Global Running Day  
**Third Sunday:** Father's Day  
**21st:** International Yoga Day

## July

**First Saturday:** National Fitness Day (UK)  
**7th:** World Chocolate Day  
**11th:** National Swimming Pool Day  
**Third Sunday:** National Ice Cream Day

## August

**Last Monday:** Summer Bank Holiday  
**31st:** National Eat Outside Day

## September

**Last Sunday:** Great North Run – inspiration from the event  
**29th:** World Heart Day

## October

**1st:** World Vegetarian Day  
**10th:** World Mental Health Day  
**16th:** World Food Day  
**Last Sunday:** BST ends  
**31st:** Halloween

## November

**First Wednesday:** National Stress Awareness Day  
**1st:** World Vegan Day  
**3rd:** National Sandwich Day

## December

**4th:** National Cookie Day  
**21st:** First Day of Winter  
**25th:** Christmas Day  
**26th:** Boxing Day  
**31st:** New Years Eve