


# January 2016 Wellness Calendar




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

 **My Goals**


Exercise: \_\_\_\_\_

Eating: \_\_\_\_\_

Other: \_\_\_\_\_

 **Measurements**

	Day 1	Day 31
Waist:	_____	_____
Hips:	_____	_____
Chest:	_____	_____

 **Results** How many can you do in 1 minute?

	Day 1	Day 31
Squats:	_____	_____
Push-ups:	_____	_____
Ab Plank:	_____	_____

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# February 2016 Wellness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	1	2	3	4	5	6

## My Goals

Exercise: \_\_\_\_\_  
 Eating: \_\_\_\_\_  
 Other: \_\_\_\_\_

## Measurements

	Day 1	Day 31
Waist:	_____	_____
Hips:	_____	_____
Chest:	_____	_____


## Results How many can you do in 1 minute?

	Day 1	Day 31
Squats:	_____	_____
Push-ups:	_____	_____
Ab Plank:	_____	_____

# March 2016 Wellness Calendar




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

 **My Goals**


Exercise: \_\_\_\_\_

Eating: \_\_\_\_\_

Other: \_\_\_\_\_

 **Measurements**

	Day 1	Day 31
Waist:	_____	_____
Hips:	_____	_____
Chest:	_____	_____

 **Results** How many can you do in 1 minute?

	Day 1	Day 31
Squats:	_____	_____
Push-ups:	_____	_____
Ab Plank:	_____	_____

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# April 2016 Wellness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1

## My Goals

Exercise: \_\_\_\_\_  
 Eating: \_\_\_\_\_  
 Other: \_\_\_\_\_

## Measurements

	Day 1	Day 31
Waist:	_____	_____
Hips:	_____	_____
Chest:	_____	_____

## Results How many can you do in 1 minute?

	Day 1	Day 31
Squats:	_____	_____
Push-ups:	_____	_____
Ab Plank:	_____	_____

# May 2016 Wellness Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

**My Goals**

Exercise: \_\_\_\_\_

Eating: \_\_\_\_\_

Other: \_\_\_\_\_

**Measurements**

	Day 1	Day 31
Waist:	_____	_____
Hips:	_____	_____
Chest:	_____	_____

**Results** How many can you do in 1 minute?

	Day 1	Day 31
Squats:	_____	_____
Push-ups:	_____	_____
Ab Plank:	_____	_____


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# June 2016 Wellness Calendar




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

 **My Goals**


Exercise: \_\_\_\_\_

Eating: \_\_\_\_\_

Other: \_\_\_\_\_

 **Measurements**

	Day 1	Day 31
Waist:	_____	_____
Hips:	_____	_____
Chest:	_____	_____

 **Results** How many can you do in 1 minute?

	Day 1	Day 31
Squats:	_____	_____
Push-ups:	_____	_____
Ab Plank:	_____	_____

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# July 2016 Wellness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## My Goals

Exercise: \_\_\_\_\_  
 Eating: \_\_\_\_\_  
 Other: \_\_\_\_\_

## Measurements

	Day 1	Day 31
Waist:	_____	_____
Hips:	_____	_____
Chest:	_____	_____

## Results How many can you do in 1 minute?

	Day 1	Day 31
Squats:	_____	_____
Push-ups:	_____	_____
Ab Plank:	_____	_____

# August 2016 Wellness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

## My Goals

Exercise: \_\_\_\_\_  
 Eating: \_\_\_\_\_  
 Other: \_\_\_\_\_

## Measurements

	Day 1	Day 31
Waist:	_____	_____
Hips:	_____	_____
Chest:	_____	_____

## Results How many can you do in 1 minute?


	Day 1	Day 31
Squats:	_____	_____
Push-ups:	_____	_____
Ab Plank:	_____	_____



# September 2016 Wellness Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2




## My Goals

Exercise: \_\_\_\_\_


Eating: \_\_\_\_\_

Other: \_\_\_\_\_



## Measurements

	Day 1	Day 31
Waist:	_____	_____
Hips:	_____	_____
Chest:	_____	_____



## Results

How many can you do in 1 minute?

	Day 1	Day 31
Squats:	_____	_____
Push-ups:	_____	_____
Ab Plank:	_____	_____


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# October 2016 Wellness Calendar




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

 **My Goals**


Exercise: \_\_\_\_\_

Eating: \_\_\_\_\_

Other: \_\_\_\_\_

 **Measurements**

	Day 1	Day 31
Waist:	_____	_____
Hips:	_____	_____
Chest:	_____	_____

 **Results** How many can you do in 1 minute?

	Day 1	Day 31
Squats:	_____	_____
Push-ups:	_____	_____
Ab Plank:	_____	_____

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# November 2016 Wellness Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

**My Goals**

Exercise: \_\_\_\_\_

Eating: \_\_\_\_\_

Other: \_\_\_\_\_

**Measurements**

	Day 1	Day 31
Waist:	_____	_____
Hips:	_____	_____
Chest:	_____	_____

**Results** How many can you do in 1 minute?

	Day 1	Day 31
Squats:	_____	_____
Push-ups:	_____	_____
Ab Plank:	_____	_____


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# December 2016 Wellness Calendar




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

 **My Goals**


Exercise: \_\_\_\_\_

Eating: \_\_\_\_\_

Other: \_\_\_\_\_

 **Measurements**

	Day 1	Day 31
Waist:	_____	_____
Hips:	_____	_____
Chest:	_____	_____

 **Results** How many can you do in 1 minute?

	Day 1	Day 31
Squats:	_____	_____
Push-ups:	_____	_____
Ab Plank:	_____	_____

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