

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:	_____	_____