



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 30 |
|--------|-------|--------|
| Waist: | _____ | _____ |
| Hips: | _____ | _____ |
| Chest: | _____ | _____ |

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

| | Day 1 | Day 30 |
|-----------|-------|--------|
| Squats: | _____ | _____ |
| Push-ups: | _____ | _____ |
| Ab Plank: | _____ | _____ |

Share your personal calendar and progress via social with #AnytimeFitness #G2HP

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