


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 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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