

# September 2017 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 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

anytimefitness.com