



2018

Wellness Calendar

## January

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

## February

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

## March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25	26	27	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

## April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	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	2	3	4	5	6

## May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	2	3

## June

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

## July

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	1	2	3	4	5

## August

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	31	1	2

## September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	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

## October

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

## November

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

## December

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	25	26	27	28	29	30
31	1	2	3	4	5	6

# January 2018 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:	_____	_____

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# February 2018 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	1	2	3	4

 **My Goals**


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

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

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

 **Measurements**

	Day 1	Day 28
Waist:	_____	_____
Hips:	_____	_____
Chest:	_____	_____

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

	Day 1	Day 28
Squats:	_____	_____
Push-ups:	_____	_____
Ab Plank:	_____	_____

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# March 2018 Wellness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	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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# April 2018 Wellness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	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	2	3	4	5	6

## 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: \_\_\_\_\_

# May 2018 Wellness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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	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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# June 2018 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:	_____	_____

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# July 2018 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	1	2	3	4	5

## 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 2018 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	31	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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# September 2018 Wellness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	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

### 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:	_____	_____

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# October 2018 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:	_____	_____

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# November 2018 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:	_____	_____

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# December 2018 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	25	26	27	28	29	30
31	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:	_____	_____

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