

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