August 2018 Wellness Calendar

My Goals
Exercise: _____________________________
Eating: _______________________________
Other: ________________________________

Measurements

Day 1 Day 31
Waist: _____ _____
Hips: _____ _____
Chest: _____ _____

Results

Day 1 Day 31
Squats: _____ _____
Push-ups: _____ _____
Ab Plank: _____ _____

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

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