


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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