

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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