December 2018 Wellness Calendar

My Goals
Exercise: ________________________________
Eating: ________________________________
Other: ________________________________

Measurements
Day 1 Day 31
Waist: ________ ________
Hips: ________ ________
Chest: ________ ________

Results
How many can you do in 1 minute?
Squats: ________ ________
Push-ups: ________ ________
Ab Plank: ________ ________

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