

July 2018 Wellness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25	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

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: _____