

November 2018 Wellness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	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	1	2

My Goals

Exercise: _____

Eating: _____

Other: _____

Measurements

	Day 1	Day 30
Waist:	_____	_____
Hips:	_____	_____
Chest:	_____	_____

Results How many can you do in 1 minute?

	Day 1	Day 30
Squats:	_____	_____
Push-ups:	_____	_____
Ab Plank:	_____	_____

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

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