

January 2018 Wellness Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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

#AFTTHISYEARIWILL

MY GOALS

Exercise: _____
 Eating: _____
 Other: _____

RESULTS (E.G. MEASUREMENTS, WEIGHT, REPS, SETS ETC....)

	DAY 1	DAY 31		DAY 1	DAY 31
.....	_____	_____	_____	_____
.....	_____	_____	_____	_____
.....	_____	_____	_____	_____

February 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	1	2	3	4

#AFTTHISYEARIWILL

MY GOALS

Exercise: _____

Eating: _____

Other: _____

RESULTS (E.G. MEASUREMENTS, WEIGHT, REPS, SETS ETC....)

	DAY 1	DAY 31		DAY 1	DAY 31
.....	_____	_____	_____	_____
.....	_____	_____	_____	_____
.....	_____	_____	_____	_____

March 2018 Wellness Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	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

🎯 MY GOALS

Exercise: _____

Eating: _____

Other: _____

📋 RESULTS (E.G. MEASUREMENTS, WEIGHT, REPS, SETS ETC....)

	DAY 1	DAY 31		DAY 1	DAY 31
.....	_____	_____	_____	_____
.....	_____	_____	_____	_____
.....	_____	_____	_____	_____

#AFTHISYEARIWILL