## January 2017 Wellness Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	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	31	1	2	3	4	5
My Goals Exercise:			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:	

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

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