

April 2021 Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
				1	2 Good Friday	3		
4 Passover Ends	5	6	7	8	9	10		
11 Easter	12 Ramadan begins	13	14	15 Taxes Due	16	17		
18	19	20	21	22 Earth Day	23	24		
25	26	27	28	29	30			
	My Goals		Measurements			Results (total within 5 minutes each)		
	Exercise _____		Day 1 Mid-Month End Month			Day 1 Mid-Month End Month		
	Eating _____		Waist			Squats		
	Other _____		Hips			Push-ups		
			Chest			Ab-planks		
			Weight			Sit-ups		