

# December 2021 Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Hanukkah Finishes	7 Pearl Harbor	8	9	10	11
12	13	14	15	16	17	18
19	20	21 Dec. Solstice	22	23	24 Christmas Eve	25 Christmas Day
26 Kwanzaa begins	27	28	29	30	31 New Year's Eve	

My Goals	Measurements			Results <small>(total within 5 minutes each)</small>		
	Day 1	Mid-Month	End Month	Day 1	Mid-Month	End Month
Exercise _____	Waist			Squats		
Eating _____	Hips			Push-ups		
Other _____	Chest			Ab-planks		
	Weight			Sit-ups		