

January 2021 Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
					1 New Year's Day	2		
3	4	5	6	7	8	9		
10	11	12	13	14	15	16		
17	18 ML King Day	19	20	21	22	23		
24	25	26	27	28	29	30		
31	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		