

# July 2021 Wellness Calendar

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

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		