

May 2021 Wellness Calendar

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

	My Goals	Measurements			Results <small>(total within 5 minutes each)</small>		
	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		