

November 2021 Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	1	2 Election Day	3	4	5	6		
7 Daylight Saving	8	9	10	11 Veterans Day	12	13		
14	15	16	17	18	19	20		
21	22	23	24	25 Thanksgiving Day	26 Black Friday	27		
28 Hanukkah Begins	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		