

# October 2021 Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
					1	2		
3	4	5	6	7	8	9		
10	11 Columbus Day	12	13	14	15	16 Yom Kippur		
17	18	19	20	21	22	23		
24 United Nations Day	25	26	27	28	29	30		
31 Halloween	<b>My Goals</b>		<b>Measurements</b>			<b>Results</b> (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		