

September 2021 Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
			1	2	3	4		
5	6 Labor Day	7	8	9	10	11 Patriot Day		
12 Grandparents Day	13	14	15	16	17	18		
19	20	21	22 Autumnal equinox	23	24	25 Rosh Hashanah		
26	27	28	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		