

February 2023 Wellness Calendar

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