

June 2024 Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
						1			
2	3	4	5	6	7	8			
9	10	11	12	13	14 Flag Day	15			
16 Father's Day	17	18	19	20	21 June Solstice	22			
23	24	25	26	27	28	29			
30	My Goals Exercise _____ Eating _____ Other _____		Measurements Day 1 Mid-Month End Month Waist <input type="text"/> <input type="text"/> <input type="text"/> Hips <input type="text"/> <input type="text"/> <input type="text"/> Chest <input type="text"/> <input type="text"/> <input type="text"/> Weight <input type="text"/> <input type="text"/> <input type="text"/>			Results (total within 5 minutes each) Day 1 Mid-Month End Month Squats <input type="text"/> <input type="text"/> <input type="text"/> Push-ups <input type="text"/> <input type="text"/> <input type="text"/> Ab-planks <input type="text"/> <input type="text"/> <input type="text"/> Sit-ups <input type="text"/> <input type="text"/> <input type="text"/>			