

May 2024 Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
			1	2	3 Cinco de Mayo	4		
5	6	7	8	9	10	11		
12 Mother's Day	13	14	15	16	17	18 Ramadan ends		
19	20	21	22	23	24	25		
26	27 Memorial Day	28	29	30	31			
	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		