

# October 2024 Wellness Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
		1	2	3	4	5		
6	7	8	9	10	11	12		
13	14 Columbus Day	15	16	17	18	19		
20	21	22	23	24	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		