

January 2024 Wellness Calendar

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