

A woman and a man are high-fiving in a gym. The woman is on the left, wearing a black tank top, and the man is on the right, wearing a dark polo shirt. They are both smiling. The background shows gym equipment and a purple overlay. A yellow diagonal line runs across the middle of the image.

2017 Wellness Calendar

January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	1	2	3	4	5

March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2

July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1

October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

January 2017 Wellness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

My Goals

Exercise: _____

Eating: _____

Other: _____

Measurements

Day 1 Day 31

Waist: _____

Hips: _____

Chest: _____

Results How many can you do in 1 minute?

Day 1 Day 31

Squats: _____

Push-ups: _____

Ab Plank: _____

February 2017 Wellness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	1	2	3	4	5

My Goals

Exercise: _____

Eating: _____

Other: _____

Measurements

Day 1 Day 28

Waist: _____

Hips: _____

Chest: _____

Results How many can you do in 1 minute?

Day 1 Day 28

Squats: _____

Push-ups: _____

Ab Plank: _____

March 2017 Wellness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

My Goals

Exercise: _____

Eating: _____

Other: _____

Measurements

Day 1 Day 31

Waist: _____

Hips: _____

Chest: _____

Results How many can you do in 1 minute?

Day 1 Day 31

Squats: _____

Push-ups: _____

Ab Plank: _____

April 2017 Wellness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

My Goals

Exercise: _____

Eating: _____

Other: _____

Measurements

Day 1 Day 30

Waist: _____

Hips: _____

Chest: _____

Results How many can you do in 1 minute?

Day 1 Day 30

Squats: _____

Push-ups: _____

Ab Plank: _____

May 2017 Wellness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

My Goals

Exercise: _____

Eating: _____

Other: _____



Measurements

Day 1

Day 31

Waist: _____

Hips: _____

Chest: _____



Results How many can you do in 1 minute?

Day 1

Day 31

Squats: _____

Push-ups: _____

Ab Plank: _____

June 2017 Wellness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2

My Goals

Exercise: _____

Eating: _____

Other: _____

Measurements

Day 1 Day 30

Waist: _____

Hips: _____

Chest: _____

Results How many can you do in 1 minute?

Day 1 Day 30

Squats: _____

Push-ups: _____

Ab Plank: _____

July 2017 Wellness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

My Goals

Exercise: _____

Eating: _____

Other: _____

Measurements

Day 1 Day 31

Waist: _____

Hips: _____

Chest: _____

Results How many can you do in 1 minute?

Day 1 Day 31

Squats: _____

Push-ups: _____

Ab Plank: _____

August 2017 Wellness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

My Goals

Exercise: _____

Eating: _____

Other: _____



Measurements

Day 1

Day 31

Waist: _____

Hips: _____

Chest: _____



Results How many can you do in 1 minute?

Day 1

Day 31

Squats: _____

Push-ups: _____

Ab Plank: _____

September 2017 Wellness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1

My Goals

Exercise: _____

Eating: _____

Other: _____

Measurements

Day 1 Day 30

Waist: _____

Hips: _____

Chest: _____

Results How many can you do in 1 minute?

Day 1 Day 30

Squats: _____

Push-ups: _____

Ab Plank: _____

October 2017 Wellness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

My Goals

Exercise: _____

Eating: _____

Other: _____

Measurements

Day 1 Day 31

Waist: _____

Hips: _____

Chest: _____

Results How many can you do in 1 minute?

Day 1 Day 31

Squats: _____

Push-ups: _____

Ab Plank: _____

November 2017 Wellness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

My Goals

Exercise: _____

Eating: _____

Other: _____

Measurements

Day 1 Day 30

Waist: _____

Hips: _____

Chest: _____

Results How many can you do in 1 minute?

Day 1 Day 30

Squats: _____

Push-ups: _____

Ab Plank: _____

December 2017 Wellness Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

My Goals

Exercise: _____

Eating: _____

Other: _____

Measurements

Day 1 Day 31

Waist: _____

Hips: _____

Chest: _____

Results How many can you do in 1 minute?

Day 1 Day 31

Squats: _____

Push-ups: _____

Ab Plank: _____

Share your personal calendar and progress via social with #AnytimeFitness #G2HP

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