

July 2019

Wellness Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Take 10 minutes of your day to relax your mind 	2	3	4	5 Add a mile walk/run to your workout	6
7	8	9 Drink 8 glasses of water! 	10	11 Swipe in, stay 20 minutes, and swipe out at Quest for a double visit	12	13
14 Get in 7 servings of fruits & veggies!	15 Get your full 8 hours of sleep! 	16	17 Come to Pound Fitness® at 530p for a double visit!	18 Rotate squats, push-ups, & lunges during commercials of your favorite show!	19 Do an extra 15 minutes of cardio 	20
21	22 Come to Kickboxing at 530 for a double visit!	23 Track 10,000 steps each day for a week.	24 Swipe in, stay 20 minutes, and swipe out at Quest for a double visit	25	26	27
28	29 Keep a food Diary for the day.	30	31			