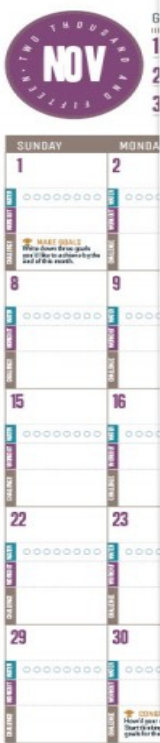




# 2015 PRINTABLE WELLNESS CALENDAR

SET GOALS • TRACK MILESTONES • CHALLENGE YOURSELF



**GOALS**

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

“Never give up on a dream because of the time it will take to accomplish it. The time will pass anyway.”

— EARL NIGHTINGALE —

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

**DAILY CHALLENGE LEGEND:** 🍷 FOOD 🏃 FITNESS 💧 HYDRATION 🌱 SELF-CARE ❤️ EMOTIONAL HEALTH 📌 GOAL CHECK-IN