



two thousand and nineteen

WELLNESS CALENDAR



Make wellness your habit.

Use this calendar as a positive tool to encourage healthy habit development and personal growth throughout the year.

Mark the days in whatever beautiful way you'd like.
To make it easier, we've provided small honeycombs on each date so you can easily check off your daily wellness basics.

I AM...

To support your journey, feel free to write in a positive affirmation relating to your unique goals for each month. Imagine that you've succeeded in adopting the habits of your wildest wellness dreams.

How would you describe yourself?
(*ex. I am strong, I am nourished, I am vibrant*)



JANUARY

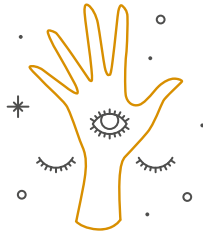
i am _____

M T W T F S S

	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				

- drink more water*
- nourish with food*
- meditate*
- move*
- time in nature*
- sleep*





FEBRUARY

i am _____

M T W T F S S

					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				

- drink more water*
- nourish with food*
- meditate*
- move*
- time in nature*
- sleep*





MARCH

i am _____

M T W T F S S

					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	

- drink more water*
- nourish with food*
- meditate*
- move*
- time in nature*
- sleep*





APRIL

i am _____

M T W T F S S

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					

- drink more water
- meditate
- time in nature
- nourish with food
- move
- sleep





MAY

i am _____

M T W T F S S

			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			

- drink more water*
- nourish with food*
- meditate*
- move*
- time in nature*
- sleep*





JUNE

i am _____

M T W T F S S

						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	

- drink more water*
- meditate*
- time in nature*
- nourish with food*
- move*
- sleep*





JULY

i am _____

M T W T F S S

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				

- drink more water*
- nourish with food*
- meditate*
- move*
- time in nature*
- sleep*





AUGUST

i am _____

M T W T F S S

			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	

- drink more water*
- meditate*
- time in nature*
- nourish with food*
- move*
- sleep*





SEPTEMBER

i am _____

M T W T F S S

							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 	<i>drink more water</i> <i>meditate</i> <i>time in nature</i> <i>nourish with food</i> <i>move</i> <i>sleep</i>						





OCTOBER

i am _____

M T W T F S S

	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			

- drink more water*
- meditate*
- time in nature*
- nourish with food*
- move*
- sleep*





NOVEMBER

i am _____

M T W T F S S

					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		

- drink more water*
- meditate*
- time in nature*
- nourish with food*
- move*
- sleep*











DECEMBER

i am _____

M T W T F S S

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				

-  *drink more water*
-  *meditate*
-  *time in nature*
-  *nourish with food*
-  *move*
-  *sleep*

