

# JANUARY 2021

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	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## Active calendar

Each day tick off that you have completed 60 minutes' worth of activity and record what you have done.

Example:

Walk

Just dance

Yoga

Jogging

Running

Cycling