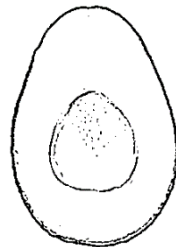


nourish

wellness calendar

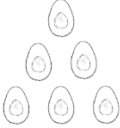
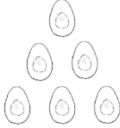



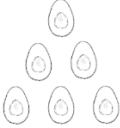
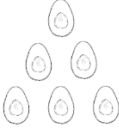


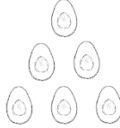
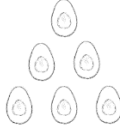

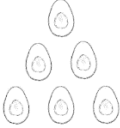
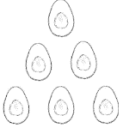


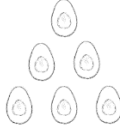
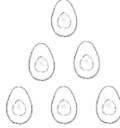

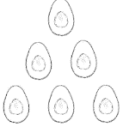
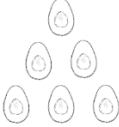





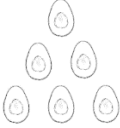
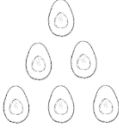


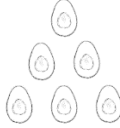
for making wellness your habit



Use this calendar as a tool to help you keep healthy habits. Mark your days with the habits you are keeping. We've provided little avocados for you to easily check off the behaviors you've accomplished.

January

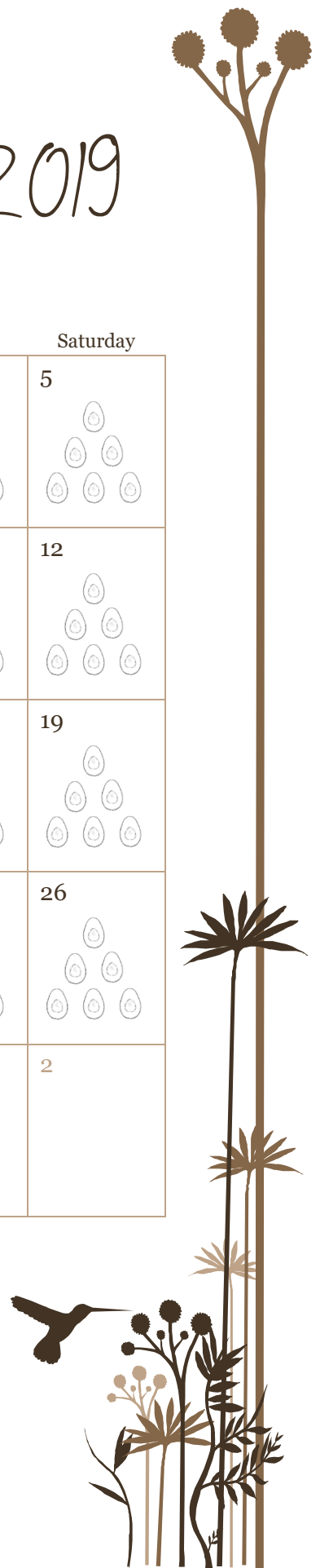
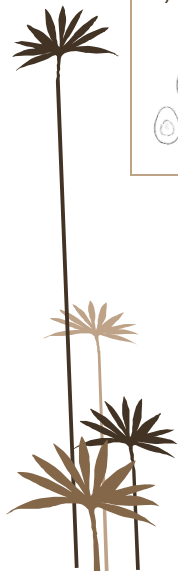
2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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

I have chosen to be happy because it is good for my health.
Voltaire


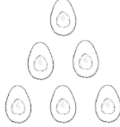
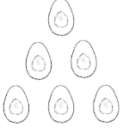



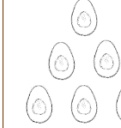
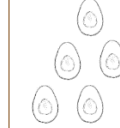
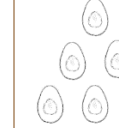
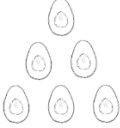



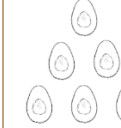
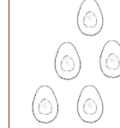
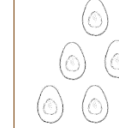
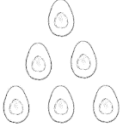



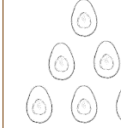
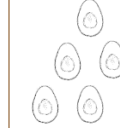
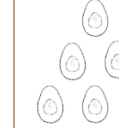
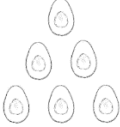



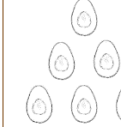
-  eat nourishing food
-  move
-  make connections
-  hydrate
-  get quality sleep
-  breathe

nourish





February



2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 	1	2

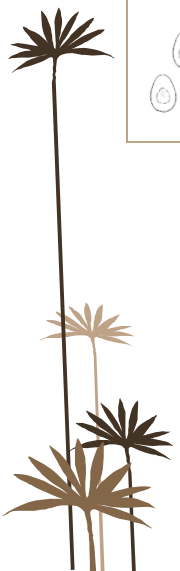
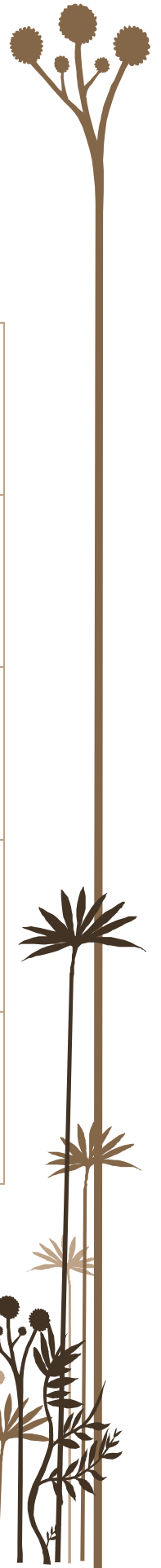
Every human being is the author of his own health or disease.
Buddha

 eat nourishing food
 hydrate

 move
 get quality sleep



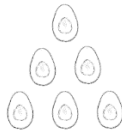

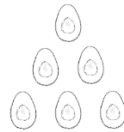
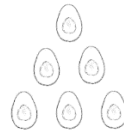
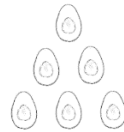
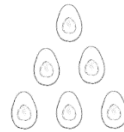

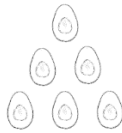



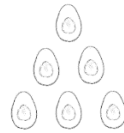


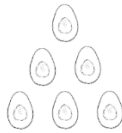



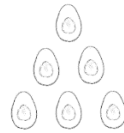


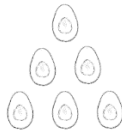



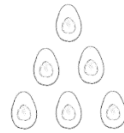


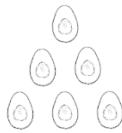
 make connections
 breathe





nourish



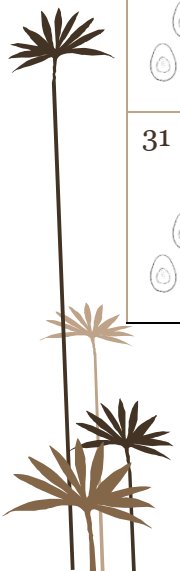
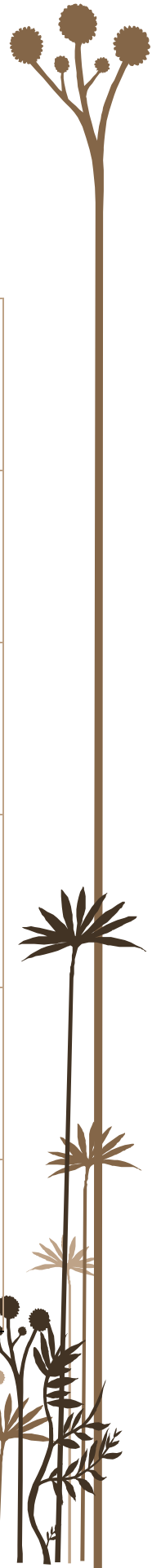
March

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	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	3	4	5	6


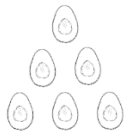
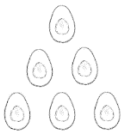

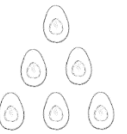






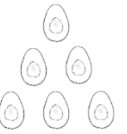

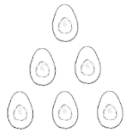


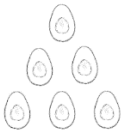



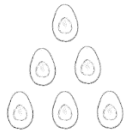


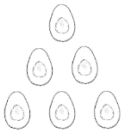



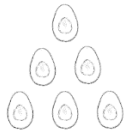

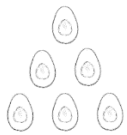
-  eat nourishing food
-  move
-  make connections
-  hydrate
-  get quality sleep
-  breathe

 nourish



April

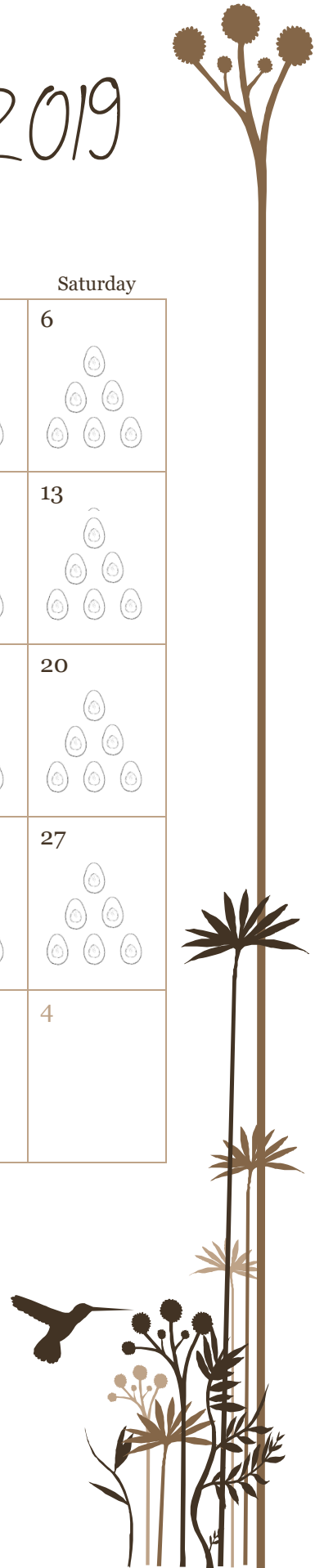
2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	4

The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease
Thomas Edison

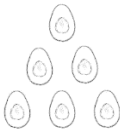






























-  eat nourishing food
-  move
-  make connections
-  hydrate
-  get quality sleep
-  breathe

nourish



May

2019

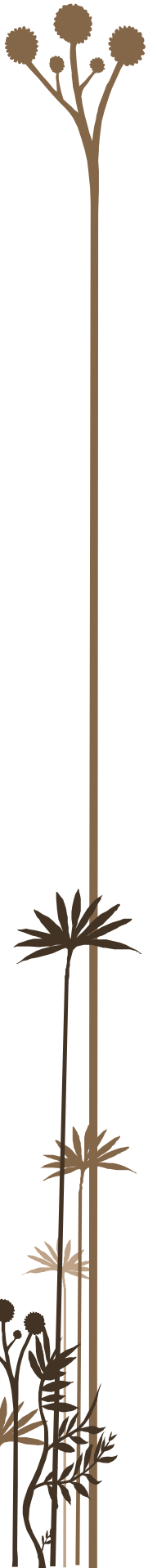
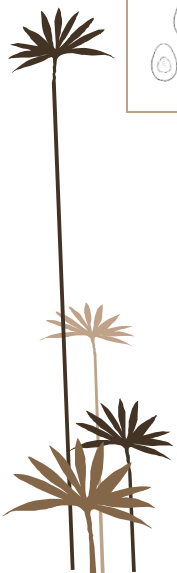
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1 	2 	3 	4 
6 	7 	8 	9 	10 	11 	11 
12 	13 	14 	15 	16 	17 	18 
19 	20 	21 	22 	23 	24 	25 
26 	27 	28 	29 	30 	31 	1

*Keeping your body healthy is an expression of gratitude to the whole cosmos
- the trees, the clouds, everything.*

Thich Nhat Hanh

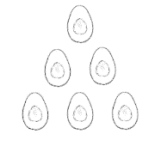
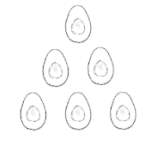
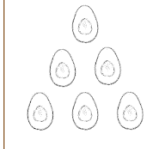
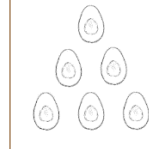
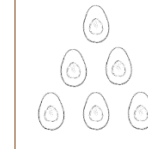
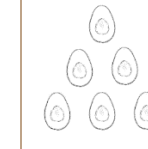
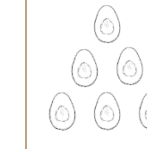
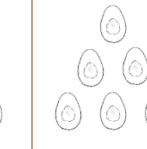
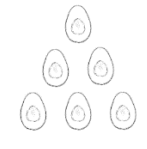
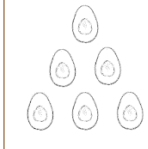
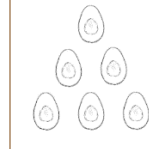
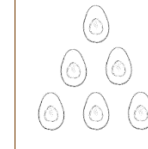
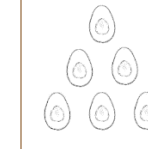
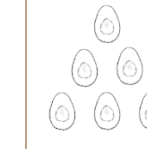
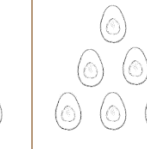

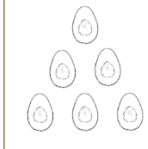
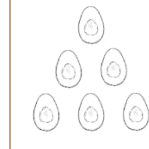
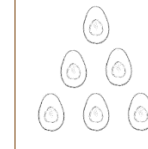
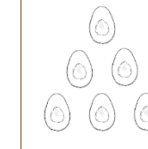
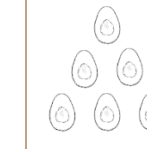
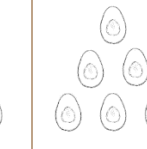
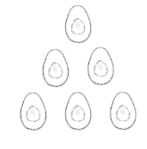
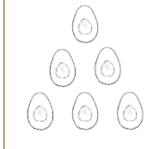
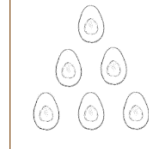
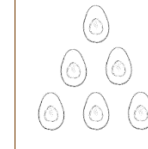
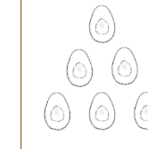
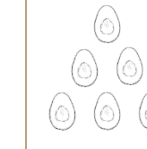
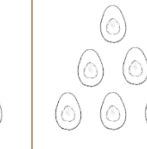
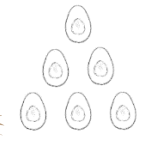
-  eat nourishing food
-  move
-  make connections
-  hydrate
-  get quality sleep
-  breathe


nourish



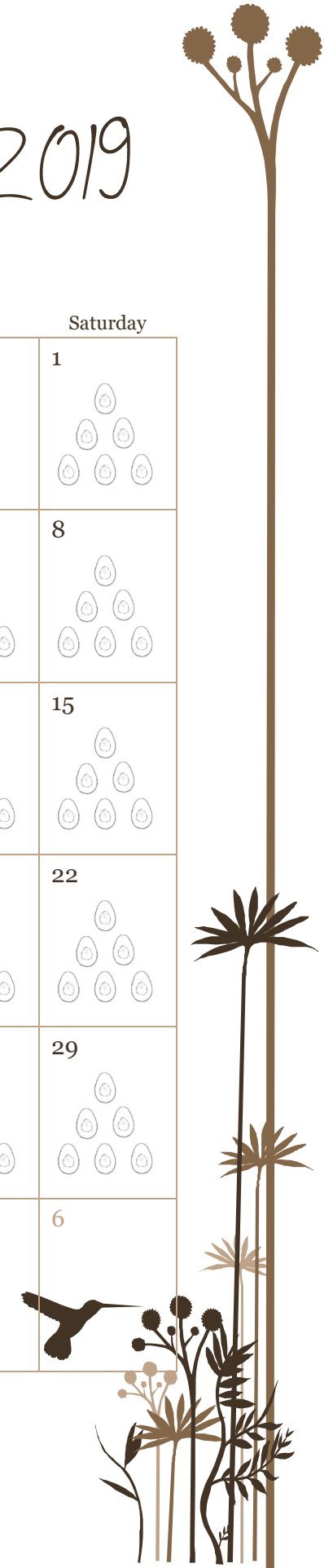
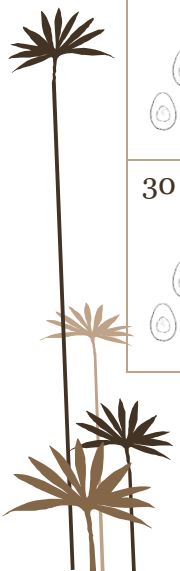
June

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2 	3 	4 	5 	6 	7 	8 
9 	10 	11 	12 	13 	14 	15 
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30 	1	2	3	4	5	6

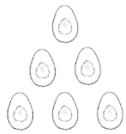


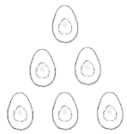
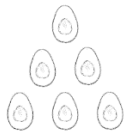








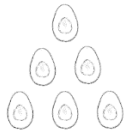
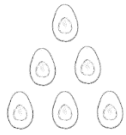




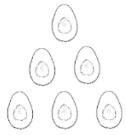
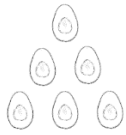
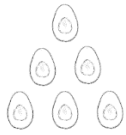




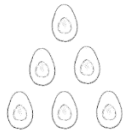
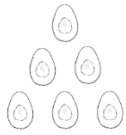
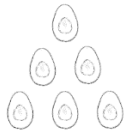

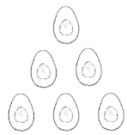
-  eat nourishing food
-  move
-  make connections
-  hydrate
-  get quality sleep
-  breathe

nourish






July

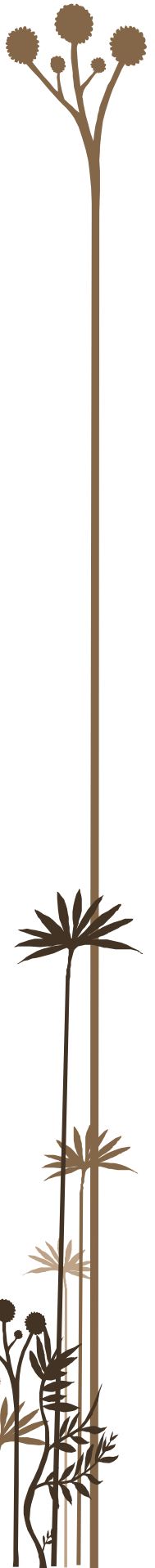
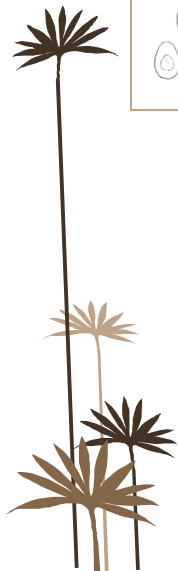
2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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

Your body is precious. It is your vehicle for awakening. Treat it with care.
Siddhartha Gautama



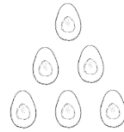
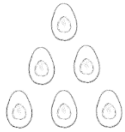


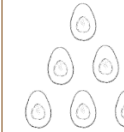
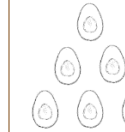
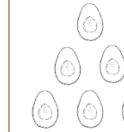
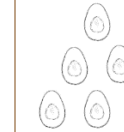
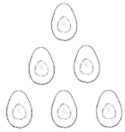


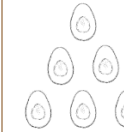
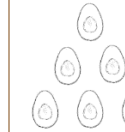
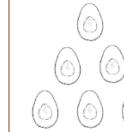
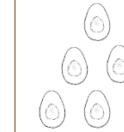
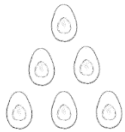


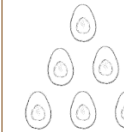
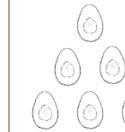
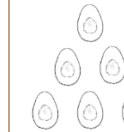
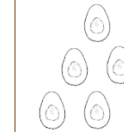
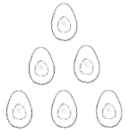


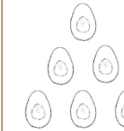
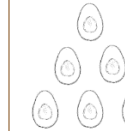
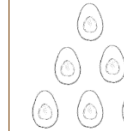
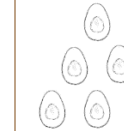
-  eat nourishing food
-  move
-  make connections
-  hydrate
-  get quality sleep
-  breathe

nourish






August

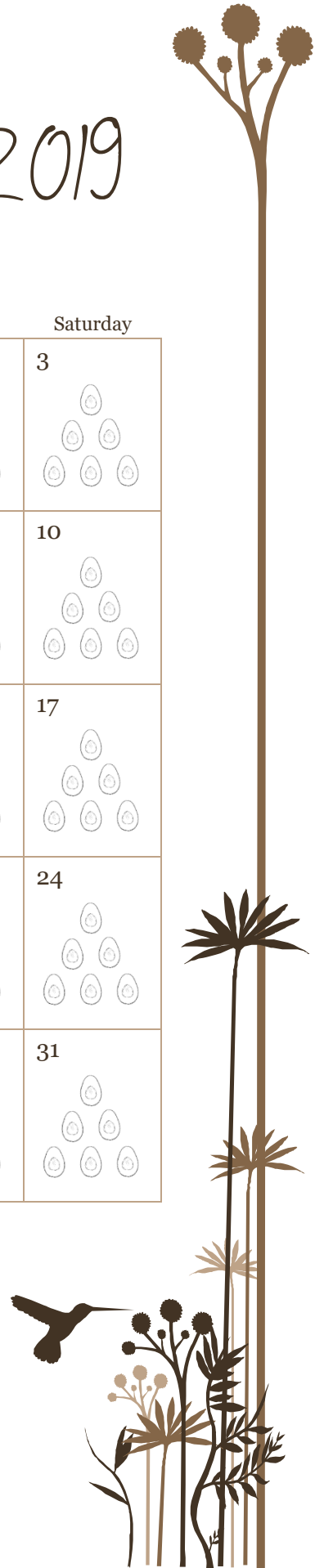
2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 

**Be humble for you are made of Earth.
Be noble for you are made of Stars.
Serbian proverb**




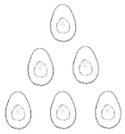
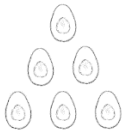
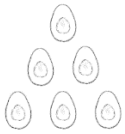















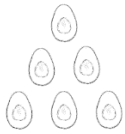
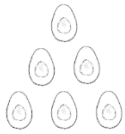
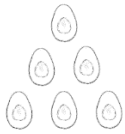
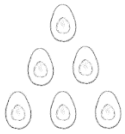
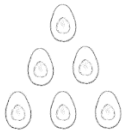
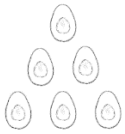
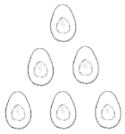
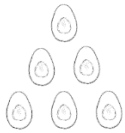
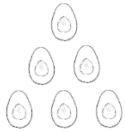
-  eat nourishing food
-  move
-  make connections
-  hydrate
-  get quality sleep
-  breathe

nourish



September

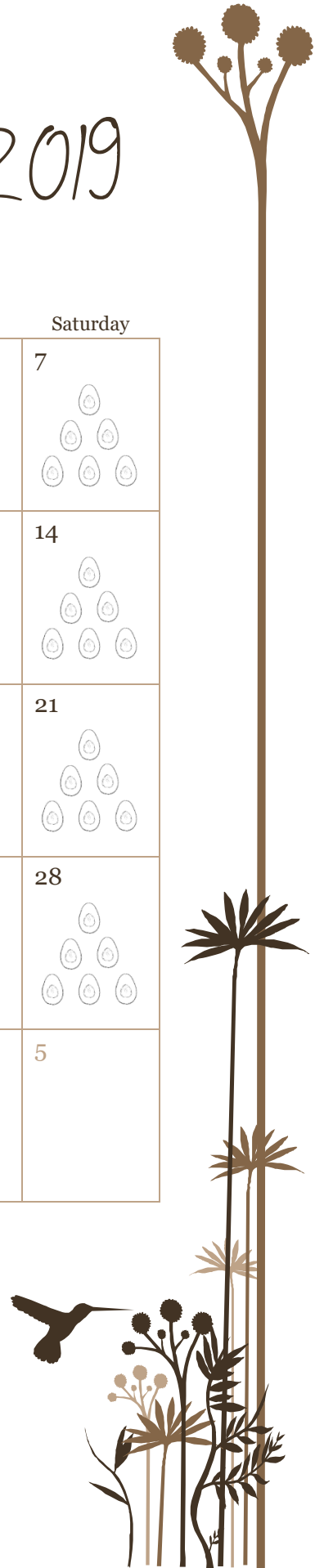
2019

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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	4	5

*Life is short • Break the rules • Forgive quickly
 Kiss slowly • Love truly
 Laugh uncontrollably
 And never regret anything that made you smile
 -Mark Twain*

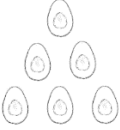




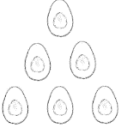

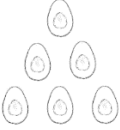




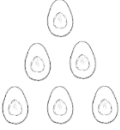

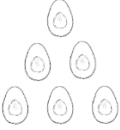




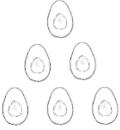

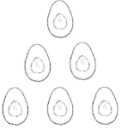




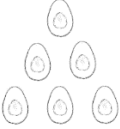

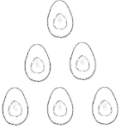


-  eat nourishing food
-  move
-  make connections
-  hydrate
-  get quality sleep
-  breathe

nourish



October

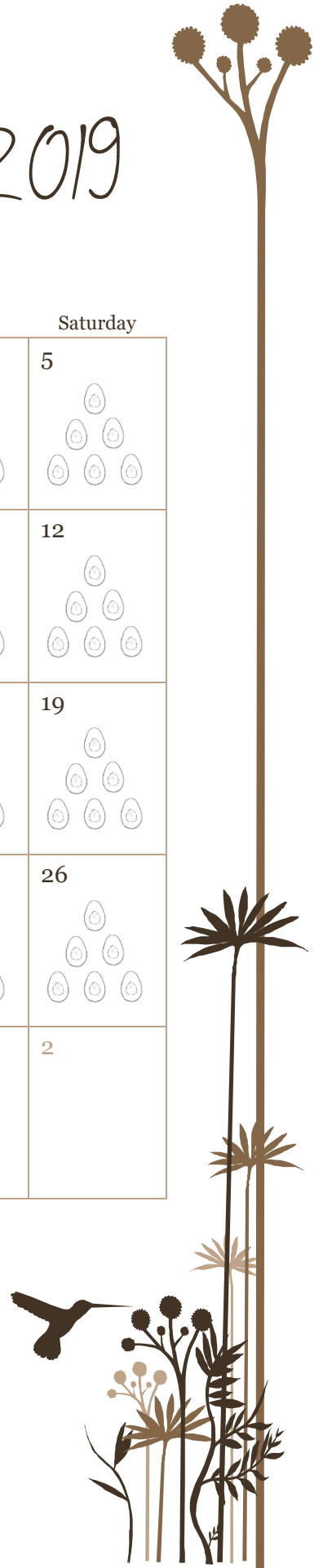
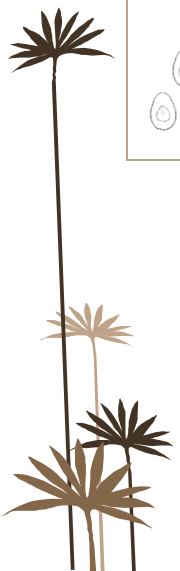
2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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

A healthy outside starts from the inside.
Robert Urich



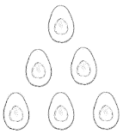


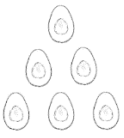
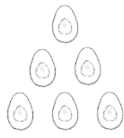


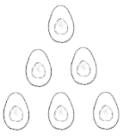


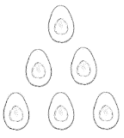
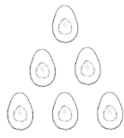


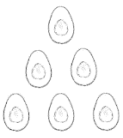

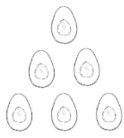
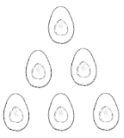
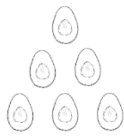
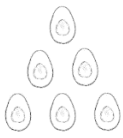
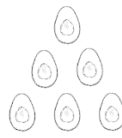
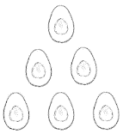


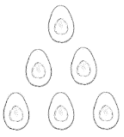
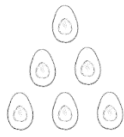
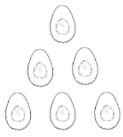

-  eat nourishing food
-  move
-  make connections
-  hydrate
-  get quality sleep
-  breathe

nourish



November

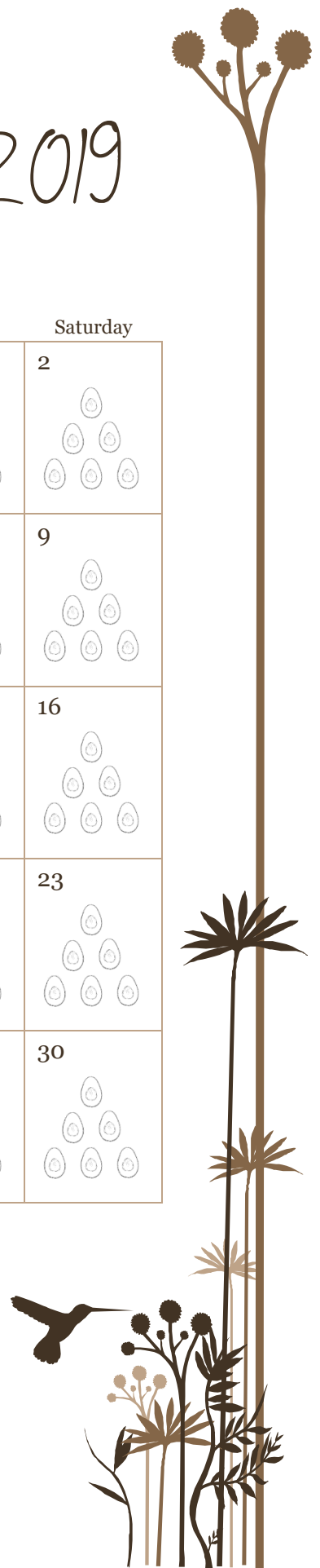
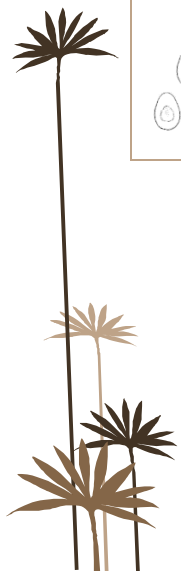
2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 

*Knowing others is intelligence;
Knowing yourself is true wisdom.
Mastering others is strength;
Mastering yourself is true power.
- Lao Tzu Tao Te Ching*

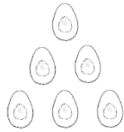






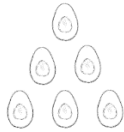






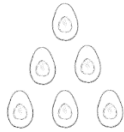






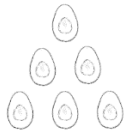






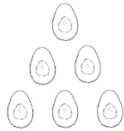


-  eat nourishing food
-  move
-  make connections
-  hydrate
-  get quality sleep
-  breathe

nourish



December

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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

Abundance grows from the seed of every thank you.

Anonymous

 eat nourishing food

 move

 make connections

 hydrate

 get quality sleep

 breathe

nourish

