

Month \_\_\_\_\_



Wellness by Mason

Name	Goal	5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
Edna Example	50																				

Hint - You can make your own chart using oversized graph paper [Supply Company, Adams Easel Pads, ABF EP927342]