

* My Goals

My health & fitness goals this month (think strength, endurance, flexibility) are:

- 1.
- 2.
- 3.

* Motivation

What is my motivation & inspiration this month?

* Reward

How will I reward myself?



August 2014

Exercise & Fitness Calendar



Monthly Stats

Weight Chest Waist Hips

Body Fat % Thigh Bicep Calf

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31		Write planned workout here & add star when completed! ★			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

Enjoy a Free Printable!
Jacqui*

Weigh to MAINTAIN
Life after the diet. Keeping the weight off while keeping my sanity.