

# My Goals

What are the fitness goals Zumba will help me meet?



# ZUMBA Goals & Workout Calendar

Month of \_\_\_\_\_



# My Stats

Weight

Chest

Waist

Hips

Body Fat %

Thigh

Bicep

Calf

Mon	Tues	Wed	Thur	Fri	Sat	Sun
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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# Motivation

What is my motivation — my reason why?

For fitness tips, recipes & inspiration, visit [WeighToMaintain.com](http://WeighToMaintain.com).

# My Reward

How will I reward myself?

Enjoy a Free Printable!  
Jacqui

Weigh to **MAINTAIN**  
a healthy WEIGHT, active LIFE & rock star ATTITUDE