

* 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?



June 2014

Exercise & Fitness Calendar



Monthly Stats

Weight Chest Waist Hips
 Body Fat % Thigh Bicep Calf

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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					

Write planned workout here & add star when completed!



Enjoy a Free Printable!
 Jacqui*

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