

* 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?



Exercise & Fitness Calendar

Month of _____



Monthly 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"/>
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Weigh to **MAINTAIN**
Life after the diet. Keeping the weight off while keeping my sanity.