

# JANUARY 2015

Enjoy a Free  
Printable!  
Jacqui

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

Notes	Monday	Tuesday	Wednesday
	5	6	7
	12	13	14
	19 MLK Day	20	21
	26	27	28

# JANUARY 2015

Thursday	Friday	Saturday	Sunday
1 New Year's Day	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30	31	

# FEBRUARY 2015

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*Weigh to* **MAINTAIN**  
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Notes	Monday	Tuesday	Wednesday
	2 Groundhog Day	3	4
	9	10	11
	16 President's Day	17	18
	23	24	25

# FEBRUARY 2015

Thursday	Friday	Saturday	Sunday
			1
5	6	7	8
12	13	14 Valentine's Day	15
19	20	21	22
26	27	28	

# MARCH 2015

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Weigh to **MAINTAIN**  
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Notes	Monday	Tuesday	Wednesday
	2	3	4
	9	10	11
	16	17 St. Patrick's Day	18
	23	24	25
	30	31	

# MARCH 2015

Thursday	Friday	Saturday	Sunday
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29
			1

# APRIL 2015

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Weigh to **MAINTAIN**  
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Notes	Monday	Tuesday	Wednesday
			1 April Fool's Day
	6	7	8
	13	14	15
	20	21	22
	27	28	29

# APRIL 2015

Thursday	Friday	Saturday	Sunday
2	3 Good Friday	4	5 Easter
9	10	11	12
16	17	18	19
23	24	25	26
30			



# MAY 2015

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

Notes	Monday	Tuesday	Wednesday
	4	5 Cinco de Mayo	6
	11	12	13
	18	19	20
	25 Memorial Day	26	27

# MAY 2015

Thursday	Friday	Saturday	Sunday
	1	2	3
7	8	9	10 Mother's Day
14	15	16	17
21	22	23	24
28	29	30	31

# JUNE 2015

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

Notes	Monday	Tuesday	Wednesday
	1	2	3
	8	9	10
	15	16	17
	22	23	24
	29	30	

# JUNE 2015

Thursday	Friday	Saturday	Sunday
4	5	6	7
11	12	13	14
18	19	20	21 Father's Day
25	26	27	28

# JULY 2015

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

Notes	Monday	Tuesday	Wednesday
			1
	6	7	8
	13	14	15
	20	21	22
	27	28	29

# JULY 2015

Thursday	Friday	Saturday	Sunday
2	3	4 4th of July	5
9	10	11	12
16	17	18	19
23	24	25	26
30	31		

# AUGUST 2015

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

Notes	Monday	Tuesday	Wednesday
	3	4	5
	10	11	12
	17	18	19
	23	24	25
	30	31	

# AUGUST 2015

Thursday	Friday	Saturday	Sunday
6	7	8	9
13	14	15	16
20	21	22	23
27	28	29	30
		1	2



# SEPTEMBER 2015

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

Notes	Monday	Tuesday	Wednesday
		1	2
	7 Labor Day	8	9
	14	15	16
	21	22	23
	28	29	30

# SEPTEMBER 2015

Thursday	Friday	Saturday	Sunday
3	4	5	6
10	11 Patriot Day	12	13 Grandparent Day
17	18	19	20
24	25	26	27

# OCTOBER 2015

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

Notes	Monday	Tuesday	Wednesday
	5	6	7
	12 Columbus Day	13	14
	19	20	21
	26	27	28

# OCTOBER 2015

Thursday	Friday	Saturday	Sunday
1	2	3	4
8	9	10	11
15	16 Boss's Day	17 Sweetest Day	18
22	23	24	25
29	30	31 Halloween	

# NOVEMBER 2015

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Weigh to **MAINTAIN**  
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Notes	Monday	Tuesday	Wednesday
	2	3	4
	9	10	11 Veteran's Day
	16	17	18
	23	24	25
	30 Cyber Monday		

# NOVEMBER 2015

Thursday	Friday	Saturday	Sunday
5	6	7	8
12	13	14	15
19	20	21	22
26 Thanksgiving	27 Black Friday	28	29
			1

# DECEMBER 2015

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

Notes	Monday	Tuesday	Wednesday
		1	2
	7	8	9
	14	15	16
	21	22	23
	28	29	30

# DECEMBER 2015

Thursday	Friday	Saturday	Sunday
3	4	5	6
10	11	12	13
17	18	19	20
24 Christmas Eve	25 Christmas	26	27
31			