

# Printable Exercise & Fitness CALENDAR

## \* 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?



February 2014  
Exercise & Fitness Calendar



### Monthly Stats

Weight

Chest

Waist

Hips

Body Fat %

Thigh

Bicep

Calf

| Sun | Mon | Tue | Wed | Thu | Fri                                                    | Sat |
|-----|-----|-----|-----|-----|--------------------------------------------------------|-----|
|     |     |     |     |     | 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                                                     |     |

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