

# Fitness Calendar

Weekly Goals

1



2



3



4



Reward



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Minimum Workout Goal:			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	Monthly Focus:	

YOU are your only competition!