

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	