

Free printable FITNESS CALENDAR

track your monthly fitness & weight loss goals for 2021!

The image displays three overlapping 'fitness * weight loss GOAL CALENDAR' templates. Each calendar is a grid of 12 boxes, one for each month. Each box contains the following fields:

- Goal Weight
- Month-End Weight
- NSV Goal
- NSV Goal Reached? (with checkboxes for Yes, No, and Maybe)

The templates are color-coded: one is blue, one is orange, and one is black. The blue template is the largest and most prominent, showing the months from Jan to Dec. The orange template is partially visible behind it, and the black template is visible on the left side. The text 'fitness * weight loss GOAL CALENDAR' is written in a cursive font at the top of each calendar. The copyright notice 'Cyrus Alexander 2020' is visible at the bottom of the blue template.