

30-DAY CALENDAR PRINTABLE

7

8

9

10

11

12

13

14

15

16

17

18

DESERVE IT

DAY 1

WEIGHT: _____

WAIST: _____

HIPS: _____

DAY 15

WEIGHT: _____

WAIST: _____

Month

Year

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10

30 Days Challenge

GET IT STARTED

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

I WON'T FAIL BECAUSE :

NEED IT

AM AWESOME

DESERVE IT

DAY 1

WEIGHT _____

WAIST _____

HIPS _____

DAY 15

WEIGHT _____

WAIST _____

HIPS _____

DAY 30

WEIGHT _____

WAIST _____

HIPS _____

LEVEL 1

LEVEL 2

LEVEL 3