

* 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?



Exercise & Fitness Calendar

Month of _____



Monthly Stats

Weight

Chest

Waist

Hips

Body Fat %

Thigh

Bicep

Calf

Mon	Tues	Wed	Thur	Fri	Sat	Sun
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Enjoy a Free
Printable!



Weigh to **MAINTAIN**
Life after the diet. Keeping the weight off while keeping my sanity.