

PLAN A HEALTHY LIFE FITNESS CALENDAR

MONTH:

YEAR:

MY MONTHLY GOALS:

MY REWARD WILL BE:

MON	TUE	WED	THU	FRI	SAT	SUN
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	WEIGHT	WAIST	HIPS	THIGH	BICEPS	CHEST
BEFORE						
AFTER						