

* 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?



July 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		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	31		

Enjoy a Free Printable!
Jacqui*

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