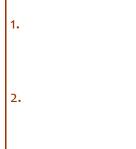
## My Goals \*

My health & fitness goals this month (think strength, endurance, flexibility) a



3.



What is my motivation inspiration this month

\* Reward How will I reward mys



## July 2014 Exercise & Fitness Calendar



Month	Monthly Stats		Weight Chest		Waist Hips Bicep Calf	
		Body Fat %	Thigh	Bicep		Calt
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Write planned workout here & add star when	-	1	2	3	4	
6	7	8	9	10	11	1.
13	14	15	16	17	18	19
20	21	22	23	24	25	2(
27	28	29	30	31		
	joy a Free rintable! Jacquit	W		MAIN diet. Keeping the we		