

* 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?



September 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 completed! 	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				

Enjoy a Free
Printable!
 Jacqui*

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