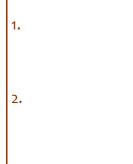
## \* My Goals

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



3.



What is my motivation a inspiration this month?

\* Reward How will I reward myself?



## September 2014 Exercise & Fitness Calendar



	Monthl	v Stats	Weight	Chest	Waist	H	lips
l		) 010110	Body Fat %	Thigh	Bicep		alf
	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	2(
	21	22	23	24	25	26	2
	28	29	30				
		oy a Free intable!	$\bigcap _{A}$	eich to			NI

rintable! acqu<sup>it</sup>

Versh to MAIN LAIN Life after the diet. Keeping the weight off while keeping my sanity.