



Month _____

Week Mon Tue Wed Thu Fri Sat Sun

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| 1 | | | | | | | |
| 2 | | | | | | | |
| 3 | | | | | | | |
| 4 | | | | | | | |

My personal fitness goal for this month : _____

I will workout ___ days a week.

When I kick this month's butt, I will reward myself with : _____

I am awesome. _ Yes _ yes