

**\* My Goals**

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

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



# 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  |     |     |

**\* Motivation**

What is my motivation & inspiration this month?

\_\_\_\_\_

**\* Reward**

How will I reward myself?

\_\_\_\_\_

Enjoy a Free Printable!  
Jacqui\*

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