

My Goals

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

- *
- *
- *

Weigh to **MAINTAIN**.COM

My Motivation

What is my motivation & inspiration this month?

- *
- *

My Reward

How will I reward myself?

- *



Fitness Calendar

MONTH

I can.
I will.
END OF STORY.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<input type="checkbox"/>	FULL BODY WORKOUT <input type="checkbox"/>	<input type="checkbox"/>	TABATA <input type="checkbox"/>	<input type="checkbox"/>	CORE <input type="checkbox"/>	WEEKLY WORKOUT with JANETTSY <input type="checkbox"/>
	<input type="checkbox"/>	BEGGINNER USB <input type="checkbox"/>	<input type="checkbox"/>	WHEEL & BALANCE <input type="checkbox"/>	<input type="checkbox"/>	CORE <input type="checkbox"/>	WEEKLY WORKOUT with JANETTSY <input type="checkbox"/>
	<input type="checkbox"/>	BUTTS & GUTS <input type="checkbox"/>	<input type="checkbox"/>	INTERMEDIATE USB <input type="checkbox"/>	<input type="checkbox"/>	CORE <input type="checkbox"/>	WEEKLY WORKOUT with JANETTSY <input type="checkbox"/>
	<input type="checkbox"/>	CARDIO <input type="checkbox"/>	<input type="checkbox"/>	ADVANCED USB <input type="checkbox"/>	<input type="checkbox"/>	CORE <input type="checkbox"/>	WEEKLY WORKOUT with JANETTSY <input type="checkbox"/>
	<input type="checkbox"/>	BALANCE <input type="checkbox"/>	<input type="checkbox"/>	FULL BODY WORKOUT <input type="checkbox"/>	<input type="checkbox"/>	CORE <input type="checkbox"/>	WEEKLY WORKOUT with JANETTSY <input type="checkbox"/>
		WEIGHT	WAIST	HIPS	THIGH	BICEPS	CHEST
* Before							
* After							