

My goal

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JANUARY 2017



Weekly total

The body achieves what
the mind believes

May my body be strong,
my heart wild & my
spirit free

Today I will love myself
enough to exercise

Workout because you love
your body, not
because you hate it

Set some goals then
demolish them

Do more of what makes
you happy

Today I'm fit, fast and fierce

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

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				

Beginning _____

End _____

#mybestself

