

Month \_\_\_\_\_



**Week**   **Mon**   **Tue**   **Wed**   **Thu**   **Fri**   **Sat**   **Sun**

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