

# MONTHLY FITNESS

MONTH: \_\_\_\_\_

## HEALTH AND FITNESS GOALS

Three gray rectangular boxes for writing health and fitness goals.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					

## NOTES

Seven horizontal lines for writing notes.