

A
Healthy Me
PLANNER





A Personal INVITATION!

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1

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2

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3

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“It is health that is real wealth and not pieces of gold and silver. “ - Mahatma Gandhi

JANUARY

Monthly Goals

How I Will Achieve These Goals

Bad Habits to Break / Good Habits to Make

Monthly Check In

	Weight	R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh
Measurements								
Gain / Loss								

Notes:

Morning Thoughts

MENU

Breakfast	Lunch	Dinner	Snack

EXERCISE

Notes

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

EXERCISE

Notes

Morning Thoughts

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EXERCISE

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EXERCISE

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"A fit, healthy body. That is the best fashion statement." - Jess C. Scott

FEBRUARY

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Breakfast	Lunch	Dinner	Snack

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"A diet is the penalty we pay for exceeding the feed limit."

MARCH

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Notes

"You only live once, but if you do it right, once is enough."

APRIL

Monthly Goals

How I Will Achieve These Goals

Bad Habits to Break / Good Habits to Make

Monthly Check In

	Weight	R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh
Measurements								
Gain / Loss								

Notes:

Morning Thoughts

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Notes

"The wish for healing has always been half of health." - Lucius Annaeus Seneca

MAY

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How I Will Achieve These Goals

Bad Habits to Break / Good Habits to Make

Monthly Check In

	Weight	R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh
Measurements								
Gain / Loss								

Notes:

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

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Morning Thoughts

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Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

EXERCISE

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"Man needs difficulties; they are necessary for health." - Carl Jung

JULY

Monthly Goals

How I Will Achieve These Goals

Bad Habits to Break / Good Habits to Make

Monthly Check In

	Weight	R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh
Measurements								
Gain / Loss								

Notes:

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

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Breakfast	Lunch	Dinner	Snack

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Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

EXERCISE

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"Cheerfulness is the best promoter of health and is as friendly to the mind as to the body." - Joseph Addison

AUGUST

Monthly Goals

How I Will Achieve These Goals

Bad Habits to Break / Good Habits to Make

Monthly Check In

	Weight	R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh
Measurements								
Gain / Loss								

Notes:

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

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Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

EXERCISE

Notes

"A healthy outside starts from the inside."
- Robert Urich

SEPTEMBER

Monthly Goals

How I Will Achieve These Goals

Bad Habits to Break / Good Habits to Make

Monthly Check In

	Weight	R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh
Measurements								
Gain / Loss								

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Breakfast	Lunch	Dinner	Snack

EXERCISE

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"He who has health, has hope; and he who has hope, has everything." - Thomas Carlyle

OCTOBER

Monthly Goals

How I Will Achieve These Goals

Bad Habits to Break / Good Habits to Make

Monthly Check In

	Weight	R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh
Measurements								
Gain / Loss								

Notes:

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

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Morning Thoughts

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Blank space for Notes.

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Breakfast	Lunch	Dinner	Snack

EXERCISE

Notes

"The greatest of follies is to sacrifice health for any other kind of happiness." - Arthur Schopenhauer

NOVEMBER

Monthly Goals

How I Will Achieve These Goals

Bad Habits to Break / Good Habits to Make

Monthly Check In

	Weight	R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh
Measurements								
Gain / Loss								

Notes:

Morning Thoughts

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Notes

"I believe that the greatest gift you can give your family and the world is a healthy you." - Joyce Meyer

DECEMBER

Monthly Goals

How I Will Achieve These Goals

Bad Habits to Break / Good Habits to Make

Monthly Check In

	Weight	R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh
Measurements								
Gain / Loss								

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Magnetize: Every business person must have the ability to persist until they prosper by training the right mindset...

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