

# Personal Health & Fitness Calendar

Use this calendar to plan out your workouts and bootcamp sessions.

In addition, set specific and measurable goals this month. Here are a few examples:

\*Appearance (lose 6 lbs. and 1" around waist)

\*Nutrition (eat breakfast daily, drink 8 glasses of water)

\*Cardio (run for 1 mile without stopping, take 5,000 steps)

\*Strength (add 5 lbs. to weights, do 10 pushups consecutively)



## Monthly Goals:

### Legend

BC = Bootcamps	C = Cardio	✓ = Completed
V = Home Videos	W = Weights	M = Measurements

							Weekly Workouts	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Goal	Actual
Monthly Plan	Monthly Actuals	Beginning-of-Month Measurements	End-of-Month Measurements	Supplements Needed:	Notes:		<b>Total</b>	
BC Sessions:	BC Sessions:	Weight:	Weight:				Goal	Actual
Classes/V:	Classes/V:	BF %:	BF %:					
Workouts:	Workouts:	Other:	Other:					

