

PREMIUM PLANNER

30-DAY CHECKLIST TO YOUR GOAL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Create your own system to make every goal a reality:

1) Choose your symbol: Mark your goals with a classic check mark, a bold cross, a nifty circle or make up your own - stars, squares, whatever you like!

2) Choose your color: Take a pen or marker and mark blue your nutrition goals, and red your activity or workout goals, or any other goals!

Set new goals every month and try to achieve them!
It will be hard, but you'll do it!