


Month: \_\_\_\_\_ Year: \_\_\_\_\_ "It's not about "having" time. It's about making time."



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Weekly Goals</b> <input type="checkbox"/>	"A goal without a plan is just a wish." <input type="checkbox"/>	"You can't start the next chapter in your life if you keep re-reading the last one." <input type="checkbox"/>	"If it doesn't challenge you, it doesn't change you." <input type="checkbox"/>	"Create healthy habits, not restrictions." <input type="checkbox"/>	"21/90 Rule: It takes 21 days to create a habit. It takes 90 days to create a lifestyle." <input type="checkbox"/>	"Exercise is a celebration of what your body can do. Not a punishment for what you ate." <input type="checkbox"/>	"Don't count the days, make the days count." <input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Next Month Goal: \_\_\_\_\_

*Keep believing in yourself and moving forward!*

## References:

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