

# Goals

Blank area for writing goals.

# NO EXCUSE CALENDAR

MONTH

Blank box for entering the month.

Thoughts  
Become  
Things.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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# Action Plan

Blank area for writing an action plan.

PROGRESS IS MADE,  
WHERE PROGRESS IS MEASURED.



	WEIGHT	MILE TIME	MAX PUSHUPS	CHEST	WAIST	HIPS
Before						
After						