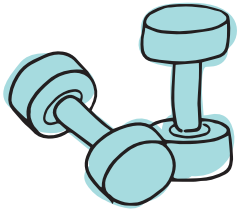
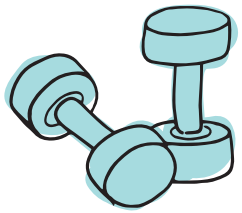


Fitness



MONTH OF: _____

GOALS: _____

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY