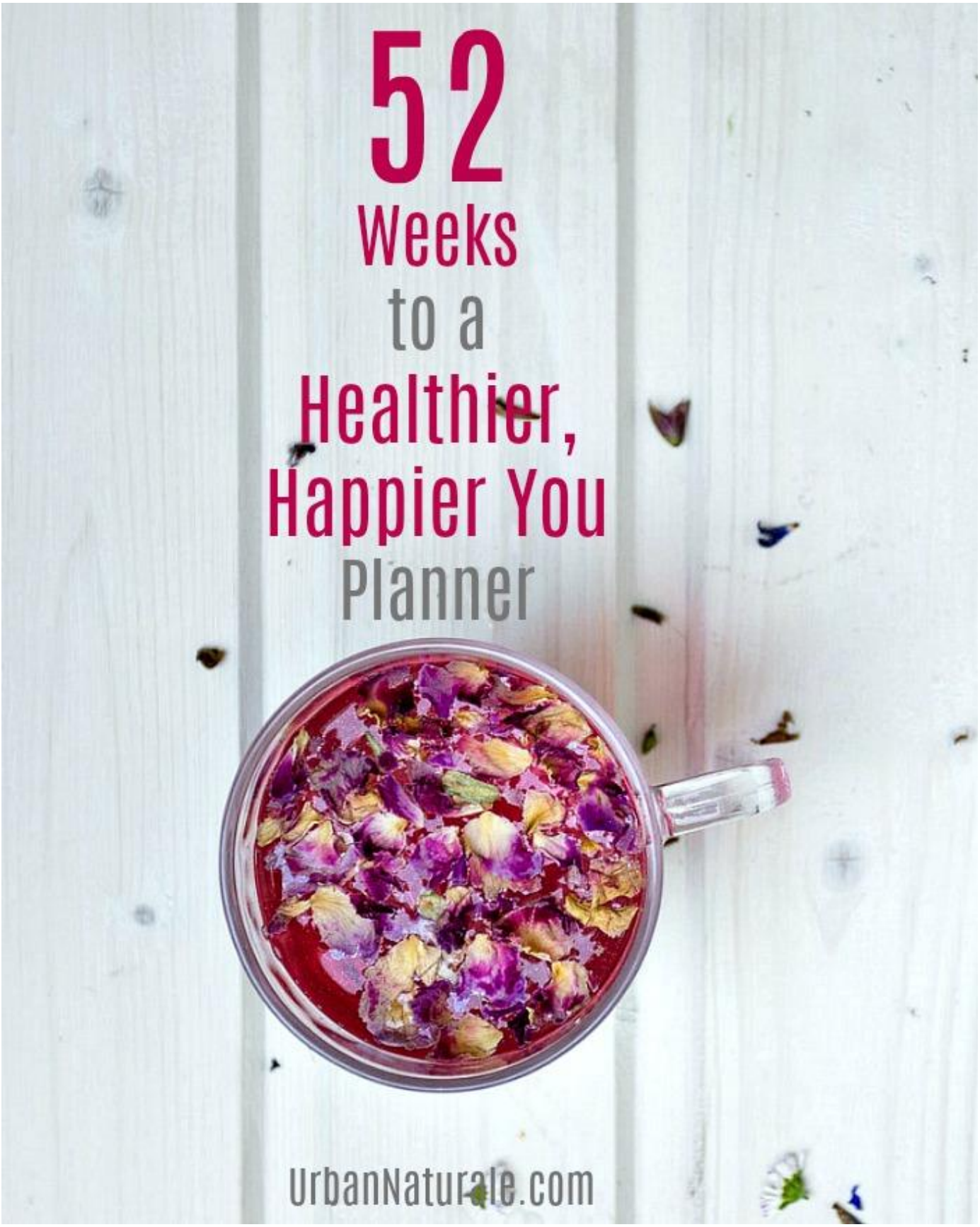
52 Weeks to a Healthier, Happier You Planner



UrbanNaturale.com

Welcome to your new year

of healthy, happy, challenging

and fulfilling days ahead!

It's all about YOU and what you

want your life to be!

So, make it happen!

52 Weeks to a Healthier, Happier YOU!

Are your revved up to feel healthier and happier in the year ahead – starting today? These 52 weeks of healthy living tips will help you live an entire year of healthy weeks leading up to the next New Year.

Use them as reminders with your healthy lifestyle planner and make sure to add your own!

It's your life! Have fun planning for your success!

January

1) **Eat Less Sugar** -- Commit to eating less sugar, by not having any more leftover Christmas cookies/chocolates. The holidays are over, and you can have more next year.
2) **Move More** -- Set a goal of getting in 15 mins more exercise this week. Try simple indoor activities such as dancing to music, or setting a timer during household chores forcing you to work faster and harder, thus burning more calories.
3) **Stay Hydrated** – It can be hard to remember in the winter that you still need plenty of water to stay healthy. It's so cold and dreary that you may not realize that you still need to drink your 8 glasses a day.
4) **Eat Soup** – It's cold anyway. Avoid creamy soups and opt for vegetable-rich soups and broth rich soups. You'll get full faster, get more veggies in, and probably even drop some weight. It's your best choice when it's cold and you don't want a salad.
5) **Spend Time Alone** – You've had a lot of togetherness with the recent holiday, now's a great time to find time to spend with yourself. Read an educational or uplifting book.

February

6) **Spend Time with Loved Ones** – It can be easy to get busy and forget about spending quality time with your loved ones. Take the time to give your spouse a kiss when they arrive home and spend five minutes talking to kids when they get home.
7) **Avoid Sitting Too Much** – Most people have sedentary jobs these days. Try to get up and walk or move around every 90 minutes at least for about three to five minutes. For example, walk to deliver documents to people instead of emailing them.
8) **Keep Healthy Snacks Nearby** – Depending on your diet, it's important to have snacks nearby to avoid problems with being overly hungry. A small package of nuts, an apple, a banana or something equally healthy is a good choice.
9) **Take a Nutrition Class** – If you're not sure about nutrition, the best way to get help is to take a class. Ask your healthcare provider as your insurance may help pay for a certified nutritionist to help you.

March

10) **Get a Bike** – You can find used bikes at good prices these days at consignment stores or through Facebook seller groups. A bike is a good way to start exercising even if you're not in the best shape.
11) **Avoid Toxic People** – It might be shocking to note that negativity can play a huge factor in your health. The more negative you are, the more negative the people who surround you are, the less healthy and happy you'll be.
12) **Ditch Technology** – When you can, turn off all your electronics. Turn off your notifications on your phone, on your Facebook, and inside your home. Try to spend at least a few hours after dinner each night without this technology.
13) **Be More Empathetic** – Attitude is more than 80 percent of the reason you either feel good or bad about anything. But, empathy is something that is necessary to feel good about people. The more love and care you have in your heart for others, the more it will trickle down to you.
14) **Eat More Salad** – Now that the weather is getting nice outside it's time to enjoy more salad. You can eat all the fresh salad fruits and veggies your heart desires if you avoid sugary and fatty dressings. Try making a dressing with raw fruit, vinegar and spices blended for a natural alternative.

April

15) **Plan Meals** – One of the biggest factors in success for any diet is to plan. Plan before you shop, and then plan before each day so that you're never in a hurry and tempted to run through a drive through.
16) **Think Before You Speak** – One thing that often interferes with your happy life is your mouth. Your mom was right. If you can't say something nice don't say it at all. Even if you mean for it to be nice, just stop.
17) **Learn Something New** – Keeping your mind active is an important part of being healthy. Focus on learning something new this month. It doesn't matter what it is about if it's new to you.
18) **Smile More** – It might seem strange but your mind is connected to your muscles in such a way that if you smile more you'll feel happier. Not only that, others will respond in a positive manner, increasing the effect.

May

19) **Learn Chair Exercises** – One great way to combat a sedentary lifestyle is to learn about chair exercises. You can do quite a workout right in your office chair as you work.
20) **Get More Sunshine** – Now that the weather is better, try to get more sunshine. You need it for vitamin D production. If you're unable to get at least 20 minutes of sunshine a day you may want to supplement with vitamin D.
21) **Invest in a Standing Desk** – A great way to combat getting a bigger rear-end from sitting a day, along with blood clots and other things that happen to sedentary people invest in a standing desk so that you can stand and work.
22) **Wear the Right Shoes** – When you exercise or just walk around normally the right shoes are important. High heels are especially bad for women's health. Sure, you must for work, but when you need to walk have some shoes to switch into that are better for you.
23) **Try Yoga** – One of the best exercises for most people in most stages of health is yoga. There is a practice at the right level for almost everyone. Check with your local gym or YMCA to find classes in your area.

June

24) **Laugh More** – Laughing is the best tummy exercise you can do. Not only that when you laugh you release feel-good endorphins that will make you feel good even if you're feeling unwell that day.
25) **Eat More Raw Fruit & Veggies** – The original fast food is good for you no matter what anyone else says. The sugar and fat in fruit are always better for you than any other food. Switch out snacks and other processed foods for raw fruit and veggies (skipping the high fat dips) and you'll notice within about a month.
26) **Be Sneaky** – Get more veggies in your regular food by shredding and adding to any casseroles or saucy dishes. For example, shredded zucchini goes great in lasagna or spaghetti sauce and no one will notice.
27) **Be More Generous** – You don't want people to take advantage of you but focus on being more generous when you can and it will rub off on your feelings about yourself.
28) **Park at a Distance** – You can get more steps into your day by parking far away from every entrance. Not only will you be walking as you shop or run errands but you'll get in those extra steps that can make a huge difference in your fitness level.

July

29) **Take Martial Arts Classes** – Whether you choose Taekwondo or another form of martial arts you'll get healthy without feeling as if you're exercising and gain confidence in yourself which will give you a better attitude.
30) **Get the Family Involved** – Whether it's cooking a healthy dinner or it's moving more if you get the entire family involved you'll also be making amazing memories.
31) **Bring Back the After-Dinner Walk** – Before we got so busy it was normal for people to take leisurely after dinner walks around the neighborhood. People would stop and chat but also get needed fresh air and exercise.
32) **Get Enough Sleep** – If you find that you're going to bed on time and still are sleepy during the day get a physical to rule out health issues such as sleep apnea. This can affect even thin people so don't assume you don't have it. It should be one of the first things to find out if you're always tired.

August

33) **Write Down Goals** – If you have any goals in relation to your health and well-being it's important to write them down. Not only that, write down how you'll achieve them so that you'll have a map to follow.
34) **Don't Compare Yourself** – As humans, we have a strange compulsion to compare ourselves to others when it comes to weight and looks. But, this is not a good thing to do because everyone's situation (and genetics) are different. Feel good about what you have and work to make it better in a realistic way.
35) **Stop Drinking Soda** – Whether you call it pop, soda, coke or soft drinks they're very bad for you. They're not even a real beverage. If you like the fizzy feeling you can replace your soft drinks with naturally carbonated waters and juices.
36) **Get Accountability** – There are many ways to get an accountability partner now. You can look close to home or you can look across the country using Fitbit and other online communities to help you stay on track with your fitness goals.

September

37) **Improve Your Gut Bacteria** – A lot of people who have gas, GERD, and other issues really have poor gut bacteria. You can get tested for the H. Pylori infection if you're concerned. You can also add in healthy bacteria through supplementing with acidophilus.
38) **Learn a New Sport** – Exercise is simpler if it doesn't feel like exercise. Taking a class in a new sport such as tennis or golf can help turn an exercise into a hobby.
39) **Get a Colonoscopy** – If you're 50 or older, or you have blood in your stools or are often constipated consider getting a colonoscopy. Today there are noninvasive testing that you can do. But, invasive or not, it can save your life.
40) **Learn Good Posture** – Most of our moms tried to keep our posture good, but even sometimes their directions of "shoulders back" might be incorrect and cause back pain. If you're not sure, go to a trained physical therapist to help you.

October

41) **Get a Massage** – Any time you have worked extra hard at something consider getting a massage. Manually stimulating the body can improve blood flow, increase metabolism, and speed repair after working out or working hard.
42) **Go to The Dentist** – You should be getting professional cleanings twice a year to avoid problems. Many people don't realize that poor dental health can lead to more problems than just mouth pain, like heart issues.
43) **Take Vitamins** – Most people need to take vitamin B12 and vitamin D is not far behind. You can get a blood test to be sure. But, if you're tired, or you have body pain these two supplements along with vitamin K can help. Consult your health professional.
44) **Moisturize** – Now that the weather is getting cold it's important to keep your skin moisturized. You'll feel better and age slower if you do. But, ensure that whatever you're putting on your skin is natural and safe. You can make your own DIY natural, organic moisturizers and you can also use virgin coconut oil or other pure, healthy, natural oils.

November

45) **Don't Box Yourself In** – There are a lot of "shoulds" in life. Try to get rid of as many as you can. For example, you should exercise every single day, but what if instead of exercising you played and had fun?
46) **Don't Judge Others** – This is for your own mental health. When you find yourself judging others based on arbitrary traits you're really judging yourself which can make living with yourself difficult.
47) **Make Work Fun** – When you need to clean the house or do chores you don't want to do find a way to make it more fun. Ask someone to help you, turn on the music, and enjoy the fact that you're alive as you do the tasks.
48) **Remember Your Goals** – Each day when you get up, take the time to look at your goals so that you know what you need to do that day to get closer to succeeding. Every goal is met one day at a time.

December

49) **Quit Bad Habits** – If you smoke, drink more than three drinks a week, or eat more chips than you'd like, it's time to stop those habits. The best way to do it is to attack one at a time replacing it with a healthy habit.
50) **Add Some Weight** – Now that you've been walking more all year long, it's time to up your game. Get some ankle weights which will add to the difficulty of your walk and help you get more out of less.
51) **Avoid Processed Food** – Even when the label says it's healthy if it's processed you can do better. Shop the perimeter of the grocery store, staying clear of aisles and you'll find it easier to find whole foods.
52) **Start Your Day Right** – Most research shows that people who work out first thing in the morning as a habit are more likely to stick to the plan. But, if you're not a morning person that's okay, just do whatever you're going to do as soon as possible each day.

****Now, add your own important tips and goals in your personal planner.**

LIVE. LIFE. HEALTHY!

"It is health that is real wealth and not pieces of gold and silver. " - Mahatma Gandhi	JANUARY

Monthly Goals

How I Will Achieve These Goals

Bad Habits to Break / Good Habits to Make

Monthly Check In								
	Weight	R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh
Measurements								
Gain / Loss								
Notes:								

JANUARY 1

Morning Thoughts

MENU			
Breakfast	Lunch	Dinner	Snack

EXERCISE				

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JANUARY 2

Morning Thoughts

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JANUARY 31

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

EXERCISE				

Notes

"A fit, healthy body. That is the best fashion statement."
- Jess C. Scott

FEBRUARY

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Notes

"A diet is the penalty we pay for exceeding the feed limit."

MARCH

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"You only live once, but if you do it right, once is enough."

APRIL

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APRIL 17

Morning Thoughts

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"The wish for healing has always been half of health." - Lucius Annaeus Seneca

MAY

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How I Will Achieve These Goals

Bad Habits to Break / Good Habits to Make

Monthly Check In								
	Weight	R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh
Measurements								
Gain / Loss								
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"Your body hears everything your mind says." - Naomi Judd

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Bad Habits to Break / Good Habits to Make

Monthly Check In								
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Measurements								
Gain / Loss								
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"Man needs difficulties; they are necessary for health." - Carl Jung

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Bad Habits to Break / Good Habits to Make

Monthly Check In								
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Measurements								
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"Cheerfulness is the best promoter of health and is as friendly to the mind as to the body." - Joseph Addison

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How I Will Achieve These Goals

Bad Habits to Break / Good Habits to Make

Monthly Check In								
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Measurements								
Gain / Loss								
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"A healthy outside starts from the inside."
- Robert Urich

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Measurements								
Gain / Loss								
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"He who has health, has hope; and he who has hope, has everything." - Thomas Carlyle

OCTOBER

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Bad Habits to Break / Good Habits to Make

Monthly Check In								
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Morning Thoughts

MENU			
Breakfast	Lunch	Dinner	Snack

EXERCISE				

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OCTOBER 19

Morning Thoughts

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OCTOBER 20

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OCTOBER 21

Morning Thoughts

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OCTOBER 22

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

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OCTOBER 23

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

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OCTOBER 24

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

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OCTOBER 25

Morning Thoughts

MENU			
Breakfast	Lunch	Dinner	Snack

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OCTOBER 26

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

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OCTOBER 27

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

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OCTOBER 28

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

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OCTOBER 29

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

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OCTOBER 30

Morning Thoughts

MENU			
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OCTOBER 31

Morning Thoughts

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EXERCISE				

Notes

"The greatest of follies is to sacrifice health for any other kind of happiness." - Arthur Schopenhauer

NOVEMBER

Monthly Goals

How I Will Achieve These Goals

Bad Habits to Break / Good Habits to Make

Monthly Check In								
	Weight	R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh
Measurements								
Gain / Loss								
Notes:								

NOVEMBER 1

Morning Thoughts

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NOVEMBER 2

Morning Thoughts

MENU			
Breakfast	Lunch	Dinner	Snack

EXERCISE				

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NOVEMBER 3

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

EXERCISE				

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NOVEMBER 4

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

EXERCISE				

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NOVEMBER 5

Morning Thoughts

MENU			
Breakfast	Lunch	Dinner	Snack

EXERCISE				

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NOVEMBER 6

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

EXERCISE				

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NOVEMBER 7

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

EXERCISE				

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NOVEMBER 8

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

EXERCISE				

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NOVEMBER 9

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

EXERCISE				

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NOVEMBER 9

Morning Thoughts

MENU			
Breakfast	Lunch	Dinner	Snack

EXERCISE				

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NOVEMBER 10

Morning Thoughts

MENU			
Breakfast	Lunch	Dinner	Snack

EXERCISE				

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NOVEMBER 11

Morning Thoughts

MENU			
Breakfast	Lunch	Dinner	Snack

EXERCISE				

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NOVEMBER 12

Morning Thoughts

MENU			
Breakfast	Lunch	Dinner	Snack

EXERCISE				

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NOVEMBER 13

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

EXERCISE				

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NOVEMBER 14

Morning Thoughts

MENU			
Breakfast	Lunch	Dinner	Snack

EXERCISE				

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NOVEMBER 15

Morning Thoughts

MENU			
Breakfast	Lunch	Dinner	Snack

EXERCISE				

Notes

NOVEMBER 16

Morning Thoughts

MENU			
Breakfast	Lunch	Dinner	Snack

EXERCISE				

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NOVEMBER 17

Morning Thoughts

MENU			
Breakfast	Lunch	Dinner	Snack

EXERCISE				

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NOVEMBER 18

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

EXERCISE				

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NOVEMBER 19

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

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NOVEMBER 20

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

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NOVEMBER 21

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

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NOVEMBER 22

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

EXERCISE				

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NOVEMBER 23

Morning Thoughts

MENU			
Breakfast	Lunch	Dinner	Snack

EXERCISE				

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NOVEMBER 24

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

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NOVEMBER 25

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

EXERCISE				

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NOVEMBER 26

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

EXERCISE				

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NOVEMBER 27

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

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NOVEMBER 28

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

EXERCISE				

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NOVEMBER 29

Morning Thoughts

MENU			
Breakfast	Lunch	Dinner	Snack

EXERCISE				

Notes

NOVEMBER 30

Morning Thoughts

MENU			
Breakfast	Lunch	Dinner	Snack

EXERCISE				

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NOVEMBER 31

Morning Thoughts

MENU			
Breakfast	Lunch	Dinner	Snack

EXERCISE				

Notes

"I believe that the greatest gift you can give your family and the world is a healthy you." - Joyce Meyer

DECEMBER

Monthly Goals

How I Will Achieve These Goals

Bad Habits to Break / Good Habits to Make

Monthly Check In								
	Weight	R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh
Measurements								
Gain / Loss								
Notes:								

DECEMBER 1

Morning Thoughts

MENU			
Breakfast	Lunch	Dinner	Snack

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DECEMBER 2

Morning Thoughts

MENU			
Breakfast	Lunch	Dinner	Snack

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DECEMBER 3

Morning Thoughts

MENU			
Breakfast	Lunch	Dinner	Snack

EXERCISE				

Notes

DECEMBER 4

Morning Thoughts

MENU			
Breakfast	Lunch	Dinner	Snack

EXERCISE				

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DECEMBER 5

Morning Thoughts

MENU			
Breakfast	Lunch	Dinner	Snack

EXERCISE				

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DECEMBER 6

Morning Thoughts

MENU			
Breakfast	Lunch	Dinner	Snack

EXERCISE				

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DECEMBER 7

Morning Thoughts

MENU			
Breakfast	Lunch	Dinner	Snack

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DECEMBER 8

Morning Thoughts

MENU			
Breakfast	Lunch	Dinner	Snack

EXERCISE				

Notes

DECEMBER 9

Morning Thoughts

MENU			
Breakfast	Lunch	Dinner	Snack

EXERCISE				

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DECEMBER 9

Morning Thoughts

MENU			
Breakfast	Lunch	Dinner	Snack

EXERCISE				

Notes

DECEMBER 10

Morning Thoughts

MENU			
Breakfast	Lunch	Dinner	Snack

EXERCISE				

Notes

DECEMBER 11

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

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DECEMBER 12

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

EXERCISE				

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DECEMBER 13

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

EXERCISE				

Notes

DECEMBER 14

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

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DECEMBER 15

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

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DECEMBER 16

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

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DECEMBER 17

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

EXERCISE				

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DECEMBER 18

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

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DECEMBER 19

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

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DECEMBER 20

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

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DECEMBER 21

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

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DECEMBER 22

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

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DECEMBER 23

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

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DECEMBER 24

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

EXERCISE				

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DECEMBER 25

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

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DECEMBER 26

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

EXERCISE				

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DECEMBER 27

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

EXERCISE				

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DECEMBER 28

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

EXERCISE				

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DECEMBER 29

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

EXERCISE				

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DECEMBER 30

Morning Thoughts

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Breakfast	Lunch	Dinner	Snack

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DECEMBER 31

Morning Thoughts

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