



# Fitness Journal Planner

THIS PLANNER BELONGS TO: \_\_\_\_\_

DATE: \_\_\_\_\_

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# Workout Journal Planner

The Month Goals	Source of Motivation

Last Month Weight And Measurement Results					Last Month Personal Record		
	Starting	Target	Final	Difference	Exercise	Result	Target
Weight							
BMI							
Chest							
Waist							
Arm							
Hips							
Thighs							

REMINDERS	Notes