



Health and Fitness Goals

Weekly Checklist



	M	T	W	Th	Fri	Sa	Su
Drink 32 oz + Water							
Exercise 30+ minutes							
3 Servings Fruit/Veggies							
No eating after 9 pm							
No treats on weekdays							
1 treat on weekends							



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Fitness Planner Checklist

**American Association for Active
Lifestyles and Fitness**



Fitness Planner Checklist:

Delve into the emotional tapestry woven by Crafted by in **Fitness Planner Checklist** . This ebook, available for download in a PDF format (*), is more than just words on a page; it is a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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