

MONTH

Year

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TARGET Goal Weight

TARGET Goal Date

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This Month	Starting	Ending
Weight		
BMI		
W-H Ratio		

SUCCESES this month

Physical	
Spiritual	
Mental	

CHALLENGES this month

Physical	
Spiritual	
Mental	

BREAKTHROUGHS this month

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THEME for the Year

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THEME FOCUS for the Month

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THEME FOCUS SCRIPTURE for the month

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NEW HABIT practiced this month (check below as completed)

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	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							

