

The background of the entire page is a repeating geometric pattern of interlocking squares in two shades of pink/red. The pattern is centered around a white banner with a decorative, scalloped border.

2016 Fitness Planner

www.simplystacie.net

Workout Motivations

BEFORE

AFTER

MOTIVATIONS

SONGS

QUOTES

NOTES

Monthly Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Notes: _____

Water Intake

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Notes: _____

Workout Planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Monthly Meal Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
calories ____	calories ____	calories ____	calories ____	calories ____	calories ____	calories ____
calories ____	calories ____	calories ____	calories ____	calories ____	calories ____	calories ____
calories ____	calories ____	calories ____	calories ____	calories ____	calories ____	calories ____
calories ____	calories ____	calories ____	calories ____	calories ____	calories ____	calories ____
calories ____	calories ____	calories ____	calories ____	calories ____	calories ____	calories ____

Notes: _____

