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Motivational Fitness Goals Calendar - 2014-2015 School Year Edition



Synopsis

NOTE: THE NEW & IMPROVED 2015 VERSION IS NOW ALSO AVAILABLE!!! JUST SEARCH FOR MOTIVATIONAL FITNESS CALENDAR 2015 The Motivational Fitness Goals Calendar is more than just a calendar. It's a motivational tool! Follow the instruction on the back to get the most out of this special calendar. Set your personal goals, monitor your progress, and receive daily motivation and feedback to hold yourself accountable. Hang this calendar where you (and possibly others) will see it on a daily basis, set 1-2 specific performance-based goals that are important to you, clearly write them down at the top of each month, every day you complete your daily goal (or weekly goal) use a green marker or sticker to boldly mark that day (or week) as a success. You may also write additional daily details such as distance ran, time spent exercising, or body part lifted. When placed in an ideal location, you will be provided with regular feedback to help keep you motivated, and reach your goals. Stay positive, work hard, and go get what's important to you! Details: This 12 month academic school year edition goes from August 2014 to July 2015. The dimensions are: (open) 17 inches x 11 inches, perfect for a dorm, bedroom, or office. The calendar pages and cover are made from standard 100 lb text with aqueous coating, spiral bound, and hole punched to be hung on the wall. The back cover is separate to emphasize the importance of following the recommendations. The calendar is individually shrink wrapped with at least 2 pieces of chip board for increased stability during shipping. Not included, but recommended: green smear resistant marker or custom sticker to clearly mark your successful days.

Book Information

Series: Motivational Fitness Goals Calendar August 2014 - July 2015 School Year Edition

Calendar: 12 pages

Publisher: Staples (2014)

Language: English

ASIN: B00MAYQMEM

Product Dimensions: 11 x 8.5 x 0.5 inches

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #2,517,909 in Books (See Top 100 in Books) #67 in [Books > Calendars >](#)

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Customer Reviews

OMG... I am so impressed with the calendar (it has a little space for your goals)- But more

importantly I'm impressed with the seller. I mistakingly ordered a school calendar with half of the months gone and the seller to the initiative to anticipate that I actually wanted a 2015 calendar. NICE TOUCH!!! The calendar, itself is made of a high quality, thick paper that will not tear as the months go by. The pictures and quotes are awesome!! Thank you for a great product and customer service!!

Great motivational calendar! I bought 2 of these for my sons and they absolutely loved the inspirational quotes and pictures - they said it will give them the push they need to get up and exercise/train even when they don't feel like it. Seller was very accommodating with the orders & made sure I received them in time for the holiday. Excellent product.

My daughter manages a health club and she loves it in her office

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