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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 > Inspirational #391 in Books > Calendars > Sports #10150 in Office Products > Office Supplies > Calendars, Planners & Personal Organizers > Wall Calendars

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 mistakenly 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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Motivational Fitness Goals Calendar - 2014-2015 School Year Edition Goal Setting: Reach Goals Fast: The Ultimate Guide To Goal Setting - The Most Effective Way To Reach Goals Fast (Goal Setting, Motivation, Action Plan, ... Goals, Success, Self-Discipline, Organized) Motivational Interviewing in Nutrition and Fitness (Applications of Motivational Interviewing (Paperback)) Motivational Interviewing in Health Care: Helping Patients Change Behavior (Applications of Motivational Interviewing (Hardcover)) Motivational Interviewing with Adolescents and Young Adults (Applications of Motivational Interviewing) Building Motivational Interviewing Skills: A Practitioner Workbook (Applications of Motivational Interviewing (Paperback)) Find What You Were Born For: Design Goals That Bring Purpose To Your Life - How To Shape Your Future, Craft Goals To Your Calling And Create Lasting Change (Book 2) African Dance Trends (Dance and Fitness Trends) (Dance & Fitness Trends) The World of Crossfit (Dance and Fitness Trends) (Dance & Fitness Trends) Fitness Launch Formula: The no fear, no b.s., no hype, action plan for launching a profitable fitness business in 60 days - from someone who's done it. Fitness Launch Formula: The no fear, no b.s., no hype, action plan for launching a profitable fitness business in 60 days or less - from someone who's done it Act Like a Lady, Think Like a Boss; Motivational Quotes for Today's Women 2015 Boxed Calendar Sailing Wall Calendar 2015 - Boat Calendar - Ship Calendar - Yacht Calendar - Poster Calendar - Oversize Calendar By Helma Your Life Motivational 2017 Academic Year Monthly Planner.pdf: Large 8.5x11 16 Month August 2016-December 2017 Organizer Model Tax Convention on Income and on Capital: Condensed Version 2014: Edition 2014 (Volume 2014) Wildlife Calendar - Tiger Calendar - Lion Calendar - Elephant Calendar - Monkey Calendar -

Calendars 2016 - 2017 Wall Calendars - Animal Calendar - African Wildlife 16 Month Wall Calendar by Avonside Supercars 2015: 16-Month Calendar including September 2014 through December 2015 Jeep Off-Road 2015: 16-Month Calendar September 2014 through December 2015 Ford Mustang 2015: 16-Month Calendar September 2014 through December 2015 Fire Trucks in Action 2015: 16-Month Calendar September 2014 through December 2015

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