



*DISCOVER YOUR ZEN*

**PLANNER**

**Morning Thoughts**

**MENU**

Breakfast	Lunch	Dinner	Snack

**EXERCISE**

#	Activity	Time	Notes

**Notes**

**Morning Thoughts**

**MENU**

Breakfast	Lunch	Dinner	Snack

**EXERCISE**

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"The greatest of follies is to sacrifice health for any other kind of happiness." - Arthur Schopenhauer

NOVEMBER

**Monthly Goals**


**How I Will Achieve These Goals**


**Bad Habits to Break / Good Habits to Make**


**Monthly Check In**

	Weight	R. Arm	L. Arm	Chest	Waist	Hips	R. Thigh	L. Thigh
Measurements								
Gain / Loss								

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"I believe that the greatest gift you can give your family and the world is a healthy you." - Joyce Meyer

DECEMBER

**Monthly Goals**


**How I Will Achieve These Goals**


**Bad Habits to Break / Good Habits to Make**


**Monthly Check In**

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