

Name: _____

January 2019

There is no better time than
now
to start living a healthy life

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
	1	2	3	4	5	6	Goal	Actual
	☐	☐	☐	☐	☐	☐		
7	8	9	10	11	12	13	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
14	15	16	17	18	19	20	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
21	22	23	24	25	26	27	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
28	29	30	31				Goal	Actual
☐	☐	☐	☐					
Challenge		My Goals		Beginning-of-Month Measurements		End-of-Month Measurements		
Make your goals for the year "SMART": Specific, Measurable, Achievable, Relevant, Time bound. Get inspiration and share your goals on the Ladies First Facebook page! Example: "I will use whole grains for at least two meals every day this month."		• • •		Weight: Waist: Hip: Other:		Weight: Waist: Hip: Other:		

Name: _____

February 2019

Fall in love with
taking care of
yourself

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
				1	2	3	Goal	Actual
				☐	☐	☐		
4	5	6	7	8	9	10	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
11	12	13	14	15	16	17	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
18	19	20	21	22	23	24	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
25	26	27	28				Goal	Actual
☐	☐	☐	☐					
Challenge		My Goals		Beginning-of-Month Measurements		End-of-Month Measurements		
Find little ways to be more active every day this month: • Park farther away at the grocery store • Take a 30-minute walk after dinner • Take stretch breaks during T.V. commercials		• • •		Weight: Waist: Hip: Other:		Weight: Waist: Hip: Other:		

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March 2019

You are a lot
stronger
than you think

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
				1	2	3	Goal	Actual
				☐	☐	☐		
4	5	6	7	8	9	10	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
11	12	13	14	15	16	17	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
18	19	20	21	22	23	24	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
25	26	27	28	29	30	31	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
Challenge		My Goals		Beginning-of-Month Measurements		End-of-Month Measurements		
Make a few healthy swaps in your cooking this month: check out the Ladies First Facebook page for ideas!				Weight: Waist: Hip: Other:		Weight: Waist: Hip: Other:		

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April 2019

Beauty begins the moment
you decide to
be yourself

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
1	2	3	4	5	6	7	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
8	9	10	11	12	13	14	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
15	16	17	18	19	20	21	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
22	23	24	25	26	27	28	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
29	30						Goal	Actual
☐	☐							
Challenge		My Goals		Beginning-of-Month Measurements		End-of-Month Measurements		
Increase your steps: Try to add 50 steps every day. By the end of the month you will have added 1,500 steps to your daily routine!		• • •		Weight: Waist: Hip: Other:		Weight: Waist: Hip: Other:		

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May 2019

You may not be there yet
but you are closer than you were
yesterday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
		1	2	3	4	5	Goal	Actual
		☐	☐	☐	☐	☐		
6	7	8	9	10	11	12	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
13	14	15	16	17	18	19	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
20	21	22	23	24	25	26	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
27	28	29	30	31			Goal	Actual
☐	☐	☐	☐	☐				
Challenge		My Goals		Beginning-of-Month Measurements		End-of-Month Measurements		
Drink 8 glasses of water per day. Track your progress by checking the box for each day that you accomplish your goal!				Weight: Waist: Hip: Other:		Weight: Waist: Hip: Other:		

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June 2019

See what happens when
you don't give up

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
					1	2	Goal	Actual
					☐	☐		
3	4	5	6	7	8	9	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
10	11	12	13	14	15	16	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
17	18	19	20	21	22	23	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
24	25	26	27	28	29	30	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
Challenge		My Goals		Beginning-of-Month Measurements		End-of-Month Measurements		
Log 5,000 steps per day for 20 days. Need a step counter? Call 800-508-2222 for a Ladies First pedometer.		• • •		Weight: Waist: Hip: Other:		Weight: Waist: Hip: Other:		

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July 2019

Don't eat less
eat right

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
1	2	3	4	5	6	7	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
8	9	10	11	12	13	14	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
15	16	17	18	19	20	21	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
22	23	24	25	26	27	28	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
29	30	31					Goal	Actual
☐	☐	☐						
Challenge		My Goals		Beginning-of-Month Measurements		End-of-Month Measurements		
Incorporate a fruit or veggie into every meal this month. Fruit examples: 1 large orange or banana, 1 cup unsweetened applesauce, 15 grapes. Veggie examples: 1 cup cooked greens or 2 cups raw leafy greens, 12 baby carrots, 1 cup peas.				Weight: Waist: Hip: Other:		Weight: Waist: Hip: Other:		

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August 2019

Stay consistent
and results will follow

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
			1	2	3	4	Goal	Actual
			☐	☐	☐	☐		
5	6	7	8	9	10	11	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
12	13	14	15	16	17	18	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
19	20	21	22	23	24	25	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
26	27	28	29	30	31		Goal	Actual
☐	☐	☐	☐	☐	☐			
Challenge		My Goals		Beginning-of-Month Measurements		End-of-Month Measurements		
Go for a walk every day this month—even if it's just a short one! *Bonus challenge* Find a walking buddy!				Weight: Waist: Hip: Other:		Weight: Waist: Hip: Other:		

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September 2019

It won't be easy
but it will be
worth it

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
						1	Goal	Actual
						☐		
2	3	4	5	6	7	8	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
9	10	11	12	13	14	15	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
16	17	18	19	20	21	22	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
23	24	25	26	27	28	29	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
30								
☐								
Challenge		My Goals		Beginning-of-Month Measurements		End-of-Month Measurements		
Plank challenge! Start by holding a plank or modified plank for as long as you can. Add a few seconds every day and see how strong you get! Check the Ladies First Facebook page for tips on plank form and modifications. 		• • •		Weight: Waist: Hip: Other:		Weight: Waist: Hip: Other:		

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October 2019

A goal without a
plan
is just a
wish

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
	1	2	3	4	5	6	Goal	Actual
	☐	☐	☐	☐	☐	☐		
7	8	9	10	11	12	13	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
14	15	16	17	18	19	20	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
21	22	23	24	25	26	27	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
28	29	30	31				Goal	Actual
☐	☐	☐	☐					
Challenge	My Goals			Beginning-of-Month Measurements		End-of-Month Measurements		
Cut out added sugar for 20 days this month. Replace sweets with whole fruits or 100% fruit juice. Remember that sugar can hide in sneaky places- learn more on the Ladies First Facebook page!				Weight: Waist: Hip: Other:		Weight: Waist: Hip: Other:		

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November 2019

Motivation
is what gets you started
habit
is what keeps you going

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
				1	2	3	Goal	Actual
				☐	☐	☐		
4	5	6	7	8	9	10	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
11	12	13	14	15	16	17	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
18	19	20	21	22	23	24	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
25	26	27	28	29	30		Goal	Actual
☐	☐	☐	☐	☐	☐			
Challenge	My Goals			Beginning-of-Month Measurements		End-of-Month Measurements		
Stretch for 10 minutes every day. You can do this while listening to music, watching T.V. or winding down for bed.				Weight: Waist: Hip: Other:		Weight: Waist: Hip: Other:		

Name: _____

December 2019

Believe
you can, and you are
halfway there

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Workouts	
						1	Goal	Actual
						☐		
2	3	4	5	6	7	8	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
9	10	11	12	13	14	15	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
16	17	18	19	20	21	22	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
23	24	25	26	27	28	29	Goal	Actual
☐	☐	☐	☐	☐	☐	☐		
30	31							
☐	☐							
Challenge		My Goals		Beginning-of-Month Measurements		End-of-Month Measurements		
Update a favorite holiday recipe with healthy ingredients. Get some ideas and share your favorite recipes on the Ladies First Facebook page!		• • •		Weight: Waist: Hip: Other:		Weight: Waist: Hip: Other:		