



2x Pro Fitness Champion

julie Germaine
—Fit—

Monthly Organizer

“The backbone of success is hard work, determination, good planning, and perseverance.” - Mia Hamm

Take time to organize your training into your schedule every month.
Please print and use this blank calendar if it helps!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		NOTES:				