

S	M	T	W	R	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

BELIEVE YOU CAN AND YOU'RE HALFWAY THERE.

Theodore Roosevelt

✓	Weekly Goals

Day	Menu	To Do
Sunday 3		
Monday 4		
Tuesday 5		
Wednesday 6		
Thursday 7		
Friday 8		
Saturday 9		



NOVEMBER

Sunday 3	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9
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Breakfast

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Lunch

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Dinner

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Snack

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Exercise

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S	M	T	W	R	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

NOTHING IS IMPOSSIBLE. THE WORD ITSELF SAYS
 "I'M POSSIBLE!" *Audrey Hepburn*

✓	Weekly Goals

Day	Menu	To Do
Sunday 10		
Monday 11		
Tuesday 12		
Wednesday 13		
Thursday 14		
Friday 15		
Saturday 16		



NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16

Breakfast

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Lunch

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Dinner

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Snack

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Exercise

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S	M	T	W	R	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

IT IS NEVER TOO LATE TO BE WHAT YOU MIGHT
HAVE BEEN. *George Eliot*

✓	Weekly Goals

Day	Menu	To Do
Sunday 17		
Monday 18		
Tuesday 19		
Wednesday 20		
Thursday 21		
Friday 22		
Saturday 23		



NOVEMBER

Sunday 17	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23
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Breakfast

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Lunch

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Dinner

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Snack

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Exercise

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S	M	T	W	R	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

YOU HAVE TO BELIEVE IN YOURSELF..

sun to go

✓	Weekly Goals

Day	Menu	To Do
Sunday 24		
Monday 25		
Tuesday 26		
Wednesday 27		
Thursday 28		
Friday 29		
Saturday 30		



NOVEMBER

Sunday 24	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30
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Breakfast

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Lunch

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Dinner

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Snack

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Exercise

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S	M	T	W	R	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

WITH SELF-DISCIPLINE MOST ANYTHING IS
POSSIBLE. *Theodore Roosevelt*

✓	Weekly Goals

Day	Menu	To Do
Sunday 1		
Monday 2		
Tuesday 3		
Wednesday 4		
Thursday 5		
Friday 6		
Saturday 7		



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7

Breakfast

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Lunch

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Dinner

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Snack

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Exercise

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S	M	T	W	R	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

THE FIRST WEALTH IS HEALTH.

Ralph Waldo Emerson

✓	Weekly Goals

Day	Menu	To Do
Sunday 8		
Monday 9		
Tuesday 10		
Wednesday 11		
Thursday 12		
Friday 13		
Saturday 14		



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	9	10	11	12	13	14

Breakfast

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Lunch

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Dinner

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Snack

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Exercise

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S	M	T	W	R	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

NEVER. NEVER. NEVER GIVE UP.

Winston Churchill

✓	Weekly Goals

Day	Menu	To Do
Sunday 15		
Monday 16		
Tuesday 17		
Wednesday 18		
Thursday 19		
Friday 20		
Saturday 21		



Sunday 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21
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Breakfast

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Lunch

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Dinner

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Snack

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Exercise

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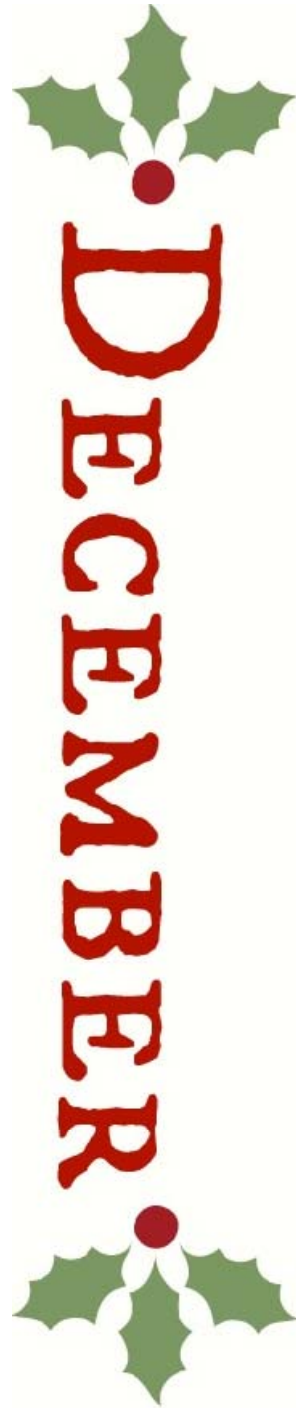
S	M	T	W	R	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

WELL DONE IS BETTER THAN WELL SAID.

Benjamin Franklin

✓	Weekly Goals

Day	Menu	To Do
Sunday 22		
Monday 23		
Tuesday 24		
Wednesday 25		
Thursday 26		
Friday 27		
Saturday 28		



Sunday 22	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28
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Breakfast

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Lunch

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Dinner

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Snack

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Exercise

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S	M	T	W	R	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

TOMORROW IS THE FIRST BLANK PAGE OF A 365 PAGE BOOK. WRITE A GOOD ONE. *Brad Paisley*

✓	Weekly Goals

Day	Menu	To Do
Sunday 29		
Monday 30		
Tuesday 31		
Wednesday 1		
Thursday 2		
Friday 3		
Saturday 4		



Sunday 29	Monday 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3	Saturday 4
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Breakfast

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Lunch

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Dinner

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Snack

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Exercise

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