

[illegible]

multiply weight in

		
		
		
		

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A worksheet titled "monthly check-in" with a decorative pink border. The title is in a pink, cursive font. Below the title is a grid of 12 boxes arranged in 4 rows and 3 columns. Each box has a small pink label at the top, likely for the month and day. The boxes are intended for students to write their reflections on their goals.

A 10x10 grid of 100 small, identical, faint images of a person's face, arranged in a grid pattern.

goals

What is your life goal?

What are your goals?

Why are you goals?

What are your dreams?

What are your dreams?

the ultimate
WEIGHT LOSS
30+ PAGE PLANNER BUNDLE!

my assignments

	Wed	Th	Fri	Sat	Sun
Class 1					
Class 2					
Class 3					
Class 4					
Class 5					
Class 6					
Class 7					
Class 8					
Class 9					
Class 10					
Class 11					
Class 12					

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playless plates

1	2	3
4	5	6
7	8	9
10	11	12

Before & After

Before	After
Name: _____ Age: _____ Height: _____ Weight: _____ Body Measurements: _____ Mood: _____ Notes: _____	Name: _____ Age: _____ Height: _____ Weight: _____ Body Measurements: _____ Mood: _____ Notes: _____
Day 1 Name: _____ Age: _____ Height: _____ Weight: _____ Body Measurements: _____ Mood: _____ Notes: _____	Day 100 Name: _____ Age: _____ Height: _____ Weight: _____ Body Measurements: _____ Mood: _____ Notes: _____
Notes: _____	

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Weight Loss Planner

Her Wellness Planner



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