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UNDATED Fitness Planner



Main Features

Thoughtfully crafted layout to enhance focus and easy to use.

Define your fitness goals and break them down into achievable steps.

517 hyperlinked pages and tabs for easy use.

Undated format, you can use this planner every year.

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Fitness Planner Manual

**American Association for Health,
Physical Education, and Recreation.
Youth Fitness Project**



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