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The image shows a spiral-bound planner with a pink cover. The left page is the January calendar, with a grid for the month. The right page is a detailed daily layout for January 1st. It includes a 'WEEKLY SCHEDULE' at the top, a 'TODAY'S FOCUS' section, a 'WATER INTAKE' section, and a 'WORKOUT' table. The 'WORKOUT' table has columns for 'SCHEDULE', 'DATE', 'TIME', 'DURATION', and 'STAGE'. The bottom of the right page has a 'TOTAL TIME' section and a 'TODAY'S SCORE' section. The planner is open to the 1st of January, and the right page shows the layout for the 1st of January.

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Fitness Planner Pro

D Keegan

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located on the right side of the light blue bar.

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United States. Department of the Army, 1965 PE4life PE4life, 2007 Developing and promoting quality physical education is part inspiration part tool kit and part textbook A wealth of examples of assessments lesson plans curricula and more to use as advocacy tools Plenty of ready to use worksheets handouts reproducibles and key links **Destination Wedding**

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Recruiter Journal, 1983 Army Host, 1986 **Extension Service Review** United States. Federal Extension Service, 1986 Resources in Education, 1990-08 **Officers' Call**, 1986

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