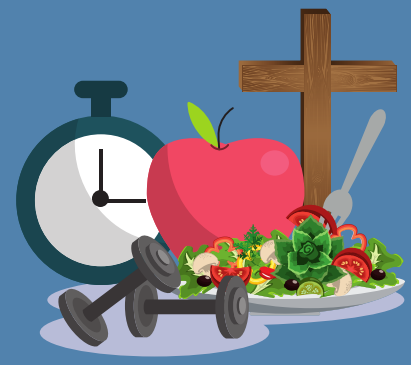


MY FITNESS PLAN

FAITHFULWORKOUTSPLAN.COM



MONTH:

VISION:

SET A GOAL:

ACTIVITIES: (WORKOUTS, MEALS, BIBLE READING, ETC)

**PAIN OF NOT CHANGING &
PAST TEMPTATIONS:**

CELEBRATE A WIN: