Whole Life Fitness	Month
Purpose	
Physical	
Spiritual	
Mental	
Emotional	
Relationships	
Social	
Financial	
Career	
Organizational	
Recreational	
Character	
Year	

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Year	

Whole Life Fitness: weekly activities for a year of personal growth at www.dailyplanit/year

week	jan	feb	mar	apr	may	jun	jul	aug	sep	oct	nov	dec
1												
2												
3												
4												
5												

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