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Women's Health Wall Calendar (2017)



Synopsis

Spend the new year maintaining your body, mind, and schedule. This calendar is filled with healthy recipes and tips to enhance your lifestyle.

Book Information

Calendar

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Customer Reviews

Perfect! This is the workout calendar I needed! I wish the pictures could be a little bigger, but that would take up valuable room you need for writing out goals and keeping track of your workouts. Yes, we all have smart phones nowadays with fitness and diet trackers. But there is something about having to write my workouts and goals out and looking at it every day on my wall that just works better for my motivation. I don't have to pay attention to the phone, but this calendar is in my face every day. And watching the workouts add up...I think if you feel as I do, this could be that little extra motivation you need.

Great calendar. I like something that I can hang on the wall of my fitness room to keep track. It also has motivational tips and quotes.

Love the size and all the extras on the calendar!

Exactly what I expected!!

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