

## COACH ROZY - 30 TO A NEW YOU: INTRODUCTION - HOW TO USE THIS CALENDAR

JANUARY-FEBRUARY		Sunday 29	Monday 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3	Saturday 4	WEEK LESSON
<b>WEIGH IN</b>		<b>GOAL WT</b>		<b>ACTUAL WT</b>		<b>NEXT WEEK GOAL</b>			<b>COACH ROZYS SUCCESS GUIDE:</b> Your PDF File you get this week will include <b>WHAT YOU'LL LEARN</b> over the next few months. As you may have guessed, the <b>COACH ROZY</b> program is a complete start to finish system designed to teach you everything you'll ever need to know about exercise - eating right and training right for the following goals: 1. Looking Better 2. Feeling Better 3. Playing Better in Life!
<b>THIS WEEK I COMMIT TO:</b>	<b>T I M E</b>	<b>DAILY FOCUS BOX - TOP PRIORITY FOR THE DAY GOES HERE</b>							
<b>LIFE TO DO</b>	6								
	7								
	8								
<b>LIFE TO DO LIST</b>	9								
	10								
	11								
	12								
	1	<b>CUSTOM COLUMNS - WORK; LIFE; EVENTS;</b>							
	2								
<b>WORK TO DO</b>	3								
	4								
	5								
<b>WORK TO DO LIST</b>	6								
	7								
	8								
	9								
	10								
	11								
	12								
<b>NOTES</b>									

**THIS BOX WILL GIVE INSIGHT ON WHAT LESSON WILL BE SENT OUT ON SUNDAY NIGHT**

