

# BODY-CULINARY

*Positive Accountability Calendar*

2024

September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



- C = CARDIO**
- W = STRENGTH WORKOUT**
- Y = YOGA/STRETCH**
- :) = NUTRITION**
- Z = SLEEP**

**IST OF MONTH:**  
**WAISTLINE AT NAVEL** \_\_\_\_\_  
**BODYFAT %** \_\_\_\_\_  
**WEIGHT** \_\_\_\_\_