

HOLIDAY

MENU

APPETIZERS

GUEST

RSVP

MAIN

DESSERTS

DRINKS

GROCERIES

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NOTES

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DECEMBER OVERVIEW

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
27	28	29	30
4	5	6	7
11	12	13	14
18	19	20	21
HANUKKAH BEGINS CHRISTMAS DAY 25	26	27	28

THURSDAY	FRIDAY	SATURDAY	NOTES
1	2	3
8	9	10
15	16	17
22	23	CHRISTMAS EVE 24
29	30	NEW YEARS EVE 31

STAYING ON TRACK

LAST MONTH'S SHOULDA-WOULDA-COULDA

MINIGOALS

GOAL #1

GOAL DATE / /

ACTION STEPS

GOAL #2

GOAL DATE / /

ACTION STEPS

GOAL #3

GOAL DATE / /

ACTION STEPS

HEALTHCHECK

WEIGHT

CHEST ARM WAIST HIPS THIGH

HEALTH MINI-GOAL

LOVE YOU FIRST.

BUDGET | D E C E M B E R

INCLUDE: WAGES + TIPS, INTEREST/DIVIDENDS, CHILD SUPPORT/ALIMONY, ETC.

INCOME	ESTIMATED	ACTUAL	DATE	
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
TOTAL IN:	 	 		

	ESTIMATED	ACTUAL	DATE	PAID
MORTGAGE/RENT	_____	_____	_____	<input type="checkbox"/>
CAR/TRANSPORTATION	_____	_____	_____	<input type="checkbox"/>
INSURANCE (HOME/CAR)	_____	_____	_____	<input type="checkbox"/>
ELECTRICITY	_____	_____	_____	<input type="checkbox"/>
WATER	_____	_____	_____	<input type="checkbox"/>
GAS	_____	_____	_____	<input type="checkbox"/>
TRASH	_____	_____	_____	<input type="checkbox"/>
TV (CABLE, SATELLITE)	_____	_____	_____	<input type="checkbox"/>
INTERNET	_____	_____	_____	<input type="checkbox"/>
PHONE	_____	_____	_____	<input type="checkbox"/>
GROCERIES	_____	_____	_____	<input type="checkbox"/>
DINING OUT	_____	_____	_____	<input type="checkbox"/>
HEALTH/WELLNESS	_____	_____	_____	<input type="checkbox"/>
ENTERTAINMENT/TRAVEL	_____	_____	_____	<input type="checkbox"/>
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NOV 27-DEC 3

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KEEP ROCKIN'
THOSE GOALS!

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DECEMBER 4-10

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"A goal should scare you a little, and excite you a lot."

Joe Vitale

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DECEMBER 11-17

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"Success is the sum
of small efforts,
repeated day-in
and day-out."

Robert Collier

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DECEMBER 18-30

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TUESDAY

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CHRISTMAS DAY
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11	11	11
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"If we don't change,
we don't grow.
If we don't grow,
we aren't really living."

Gail Sheehy

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

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DECEMBER 15-31

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CHRISTMAS DAY
HANUKKAH BEGINS

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WEDNESDAY

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THURSDAY

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FRIDAY

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SATURDAY

12.31

NEW YEARS EVE

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