

# The Baby Step Fitness Program

PROJECT THE BUSY BUDGETER  
 ORGANIZER WWW.BUSBUDGETER.COM

Use a colored marker or highlighter to cross off any dates completed for each step. Remember to work on one step at a time and complete the phase before moving on to the next. There's extra space to add your own healthy habits as steps after completing the program. Good Luck!

STEPS	STARTING	ENDING	STEPS	STARTING	ENDING
STEP 1: TRACK CALORIES				[Select Date]	[Select Date]
STEP 2: TRACK/MEASURE	[Select Date]			[Select Date]	[Select Date]
STEP 3: UNDER CALORIE	[Select Date]	[Select Date]		[Select Date]	[Select Date]
STEP 4: 30 MIN WORKOUT	[Select Date]	[Select Date]		[Select Date]	[Select Date]
STEP 5: STRENGTH/CARDIO	[Select Date]	[Select Date]		[Select Date]	[Select Date]
STEP 6: TRACK WATER	[Select Date]	[Select Date]		[Select Date]	[Select Date]
	[Select Date]	[Select Date]		[Select Date]	[Select Date]

JANUARY							FEBRUARY							MARCH							APRIL							MAY							JUNE						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7	1	2	3	4	5	6	7				1	2	3	4						1	2		1	2	3	4	5	6
4	5	6	7	8	9	10	8	9	10	11	12	13	14	8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
11	12	13	14	15	16	17	15	16	17	18	19	20	21	15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
18	19	20	21	22	23	24	22	23	24	25	26	27	28	22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
25	26	27	28	29	30	31							29	30	31					26	27	28	29	30			24	25	26	27	28	29	30	28	29	30					
																											31														
JULY							AUGUST							SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4						1			1	2	3	4	5					1	2	3	1	2	3	4	5	6	7			1	2	3	4	5	
5	6	7	8	9	10	11	2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12
12	13	14	15	16	17	18	9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19
19	20	21	22	23	24	25	16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26
26	27	28	29	30	31		23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31	29	30						27	28	29	30	31		
							30	31																																	

