the ultimate

FITNESS Planner

BEFORE

AFTER

DATE:

ARMS:

CHEST:

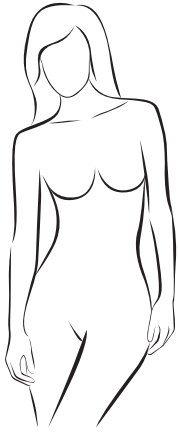
WAIST:

BELLY:

HIPS:

THIGHS:

WEIGHT:



DATE:

ARMS:

CHEST:

WAIST:

BELLY:

HIPS:

THIGHS:

WEIGHT:

twelve month progress

STARTING ....

MONTH	ARMS	CHEST	WAIST	BELLY	HIPS	THIGHS	WEIGHT
january							
february							
march							
april							
may							
june							
july							
august							
september							
october							
november							
december							

ENDING ....

daily fitness log

DATE

M T W T F S S

BREAKFAST	CALORIES
SNACK	CALORIES
LUNCH	CALORIES
SNACK	CALORIES
DINNER	CALORIES
SNACK	CALORIES
BEVERAGES	CALORIES

total calories:

daily focus

WATER TRAKER

exercise log

calories burned:

weekly food + exercise log

	BREAKFAST	LUNCH	DINNER	SNACKS	EXERCISE
M					
T					
W					
T					
F					
S					
S					

weekly meal planner

	BREAKFAST	LUNCH	DINNER	SNACKS
M				
T				
W				
T				
F				
S				
S				

january overview

GOALS

1. .....
.....

2. .....
.....

3. .....
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WHAT I LOVE ABOUT MYSELF

1. .....
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2. .....
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3. .....
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WHAT I WANT TO WORK ON

1. .....
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2. .....
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3. .....
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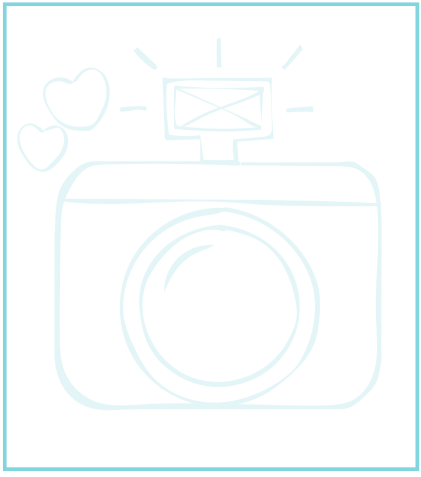
january

S	M	T	W	T	F	S

january review

PROGRESS PICTURE



HOW DO I FEEL

1. .....
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2. .....
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3. .....
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HOW WAS I SUCCESSFUL

1. .....
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2. .....
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3. .....
   .....

february overview

GOALS

1. .....
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2. .....
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3. .....
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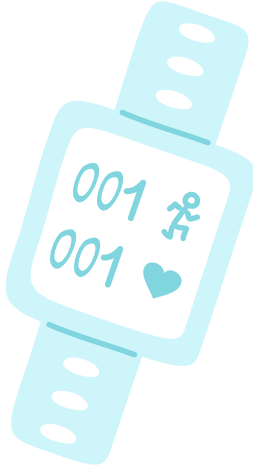

WHAT I LOVE ABOUT MYSELF

1. .....
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2. .....
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3. .....
.....

WHAT I WANT TO WORK ON

1. .....
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2. .....
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3. .....
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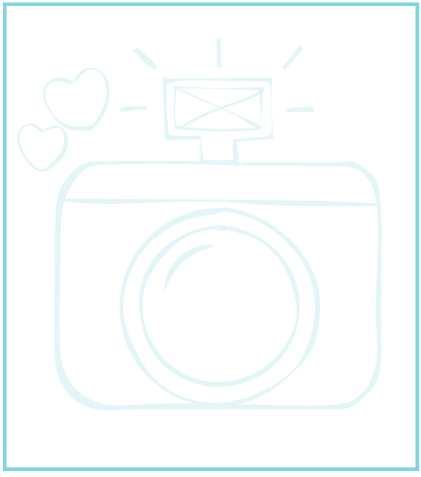
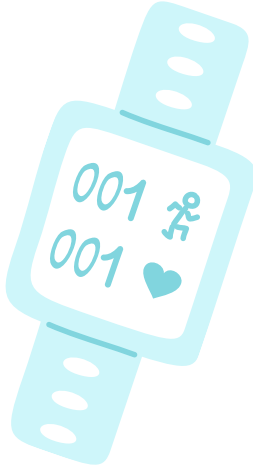
february

S	M	T	W	T	F	S

february review

PROGRESS PICTURE





HOW DO I FEEL

1. .....
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2. .....
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3. .....
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HOW WAS I SUCCESSFUL

1. .....
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2. .....
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3. .....
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march overview

GOALS

1. .....
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2. .....
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3. .....
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WHAT I LOVE ABOUT MYSELF

1. .....
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2. .....
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3. .....
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WHAT I WANT TO WORK ON

1. .....
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2. .....
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3. .....
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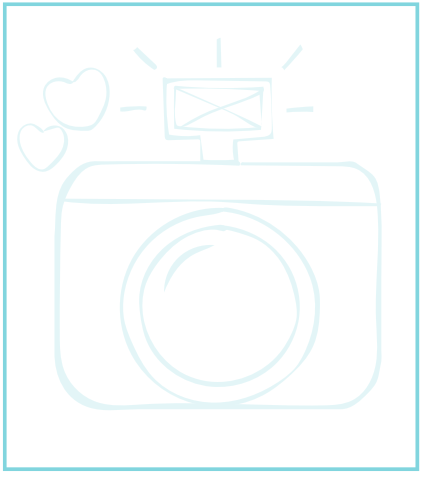
march

S	M	T	W	T	F	S

march review

PROGRESS PICTURE



HOW DO I FEEL

1. .....
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2. .....
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3. .....
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HOW WAS I SUCCESSFUL

1. .....
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2. .....
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3. .....
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april overview

GOALS

1. .....
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2. .....
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3. .....
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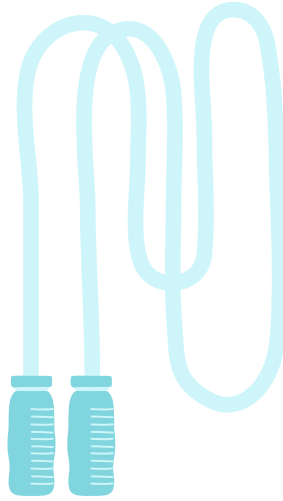

WHAT I LOVE ABOUT MYSELF

1. .....
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2. .....
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3. .....
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WHAT I WANT TO WORK ON

1. .....
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2. .....
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3. .....
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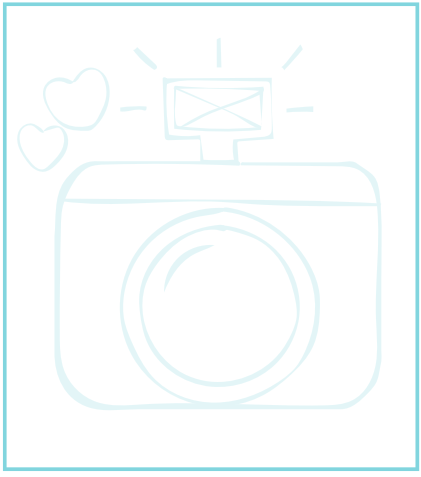
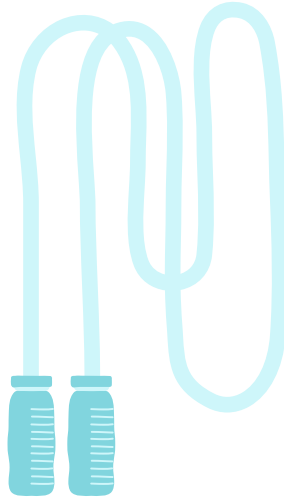
april

S	M	T	W	T	F	S

april review

PROGRESS PICTURE





HOW DO I FEEL

1. .....
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2. .....
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3. .....
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HOW WAS I SUCCESSFUL

1. .....
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2. .....
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3. .....
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may overview

GOALS

1. .....
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2. .....
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3. .....
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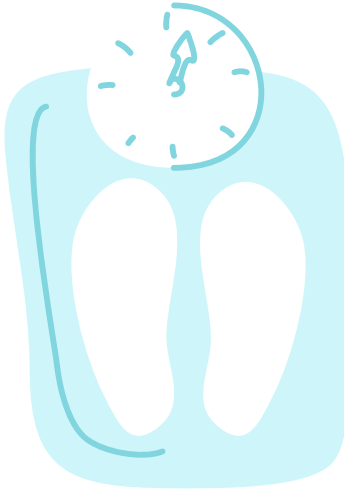

WHAT I LOVE ABOUT MYSELF

1. .....
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2. .....
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3. .....
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WHAT I WANT TO WORK ON

1. .....
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2. .....
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3. .....
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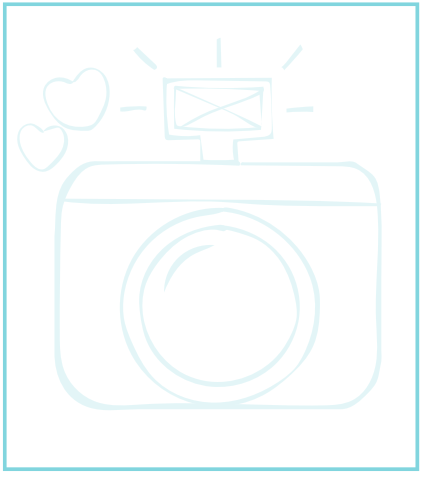
may

S	M	T	W	T	F	S

may review

PROGRESS PICTURE



HOW DO I FEEL

1 .....

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2 .....

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3 .....

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HOW WAS I SUCCESSFUL

1 .....

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2 .....

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3 .....

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june overview

GOALS

1. .....
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2. .....
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3. .....
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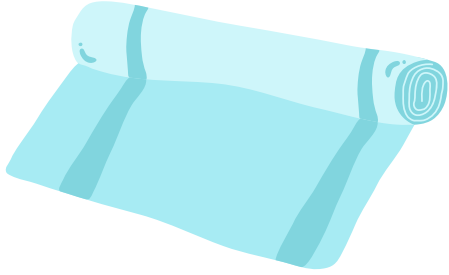

WHAT I LOVE ABOUT MYSELF

1. .....
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2. .....
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3. .....
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WHAT I WANT TO WORK ON

1. .....
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2. .....
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3. .....
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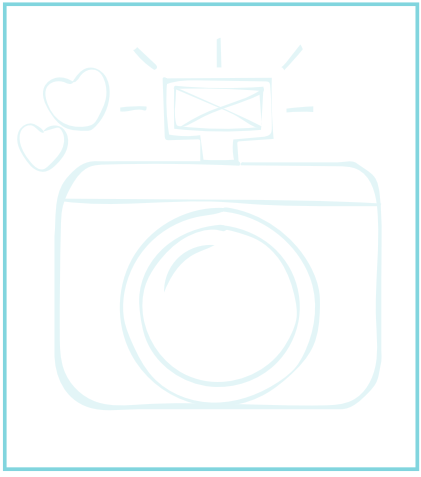
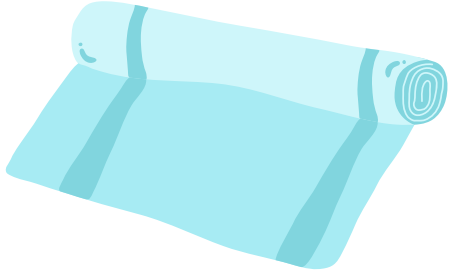
june

S	M	T	W	T	F	S

june review

PROGRESS PICTURE





HOW DO I FEEL

1. .....
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2. .....
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3. .....
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HOW WAS I SUCCESSFUL

1. .....
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2. .....
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3. .....
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july overview

GOALS

1. .....
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2. .....
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3. .....
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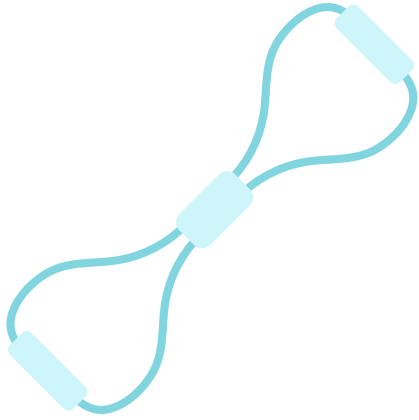

WHAT I LOVE ABOUT MYSELF

1. .....
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2. .....
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3. .....
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WHAT I WANT TO WORK ON

1. .....
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2. .....
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3. .....
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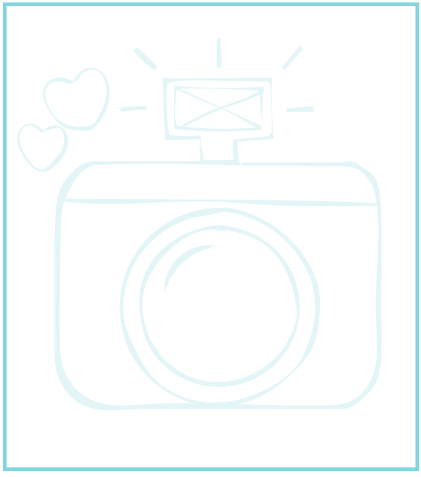
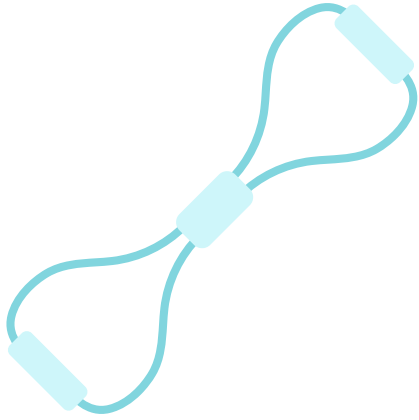
july

S	M	T	W	T	F	S

july review

PROGRESS PICTURE





HOW DO I FEEL

1. .....
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2. .....
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3. .....
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HOW WAS I SUCCESSFUL

1. .....
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2. .....
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3. .....
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august overview

GOALS

1. .....
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2. .....
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3. .....
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WHAT I LOVE ABOUT MYSELF

1. .....
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2. .....
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3. .....
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WHAT I WANT TO WORK ON

1. .....
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2. .....
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3. .....
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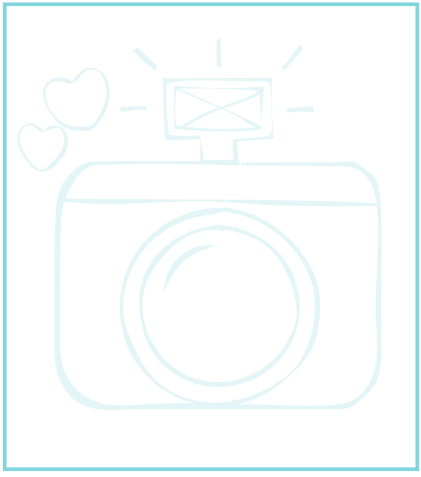
august

S	M	T	W	T	F	S

august review

PROGRESS PICTURE



HOW DO I FEEL

1. .....
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2. .....
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3. .....
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HOW WAS I SUCCESSFUL

1. .....
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2. .....
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3. .....
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september overview

GOALS

1. .....
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2. .....
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3. .....
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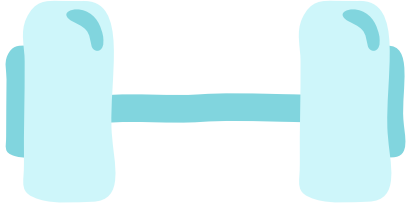

WHAT I LOVE ABOUT MYSELF

1. .....
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2. .....
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3. .....
.....

WHAT I WANT TO WORK ON

1. .....
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2. .....
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3. .....
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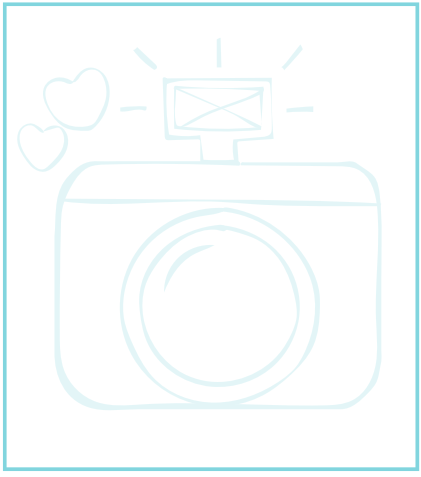
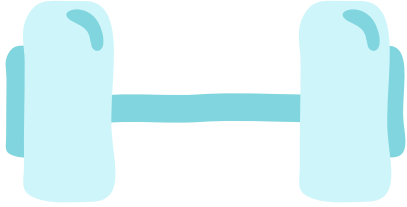
september

S	M	T	W	T	F	S

september review

PROGRESS PICTURE





HOW DO I FEEL

1. .....
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2. .....
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3. .....
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HOW WAS I SUCCESSFUL

1. .....
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2. .....
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3. .....
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october overview

GOALS

1. .....
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2. .....
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3. .....
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WHAT I LOVE ABOUT MYSELF

1. .....
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2. .....
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3. .....
.....

WHAT I WANT TO WORK ON

1. .....
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2. .....
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3. .....
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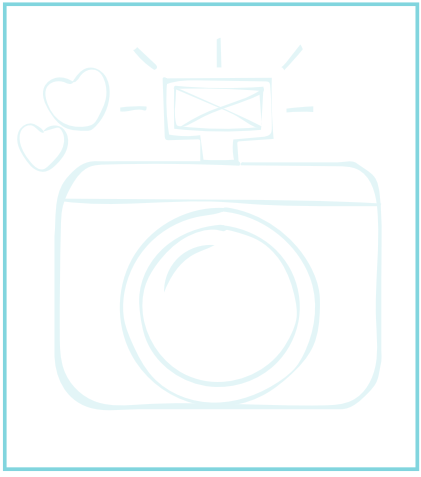
october

S	M	T	W	T	F	S

october review

PROGRESS PICTURE



HOW DO I FEEL

1. .....
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2. .....
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3. .....
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HOW WAS I SUCCESSFUL

1. .....
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2. .....
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3. .....
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november overview

GOALS

1. .....
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2. .....
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3. .....
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WHAT I LOVE ABOUT MYSELF

1. .....
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2. .....
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3. .....
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WHAT I WANT TO WORK ON

1. .....
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2. .....
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3. .....
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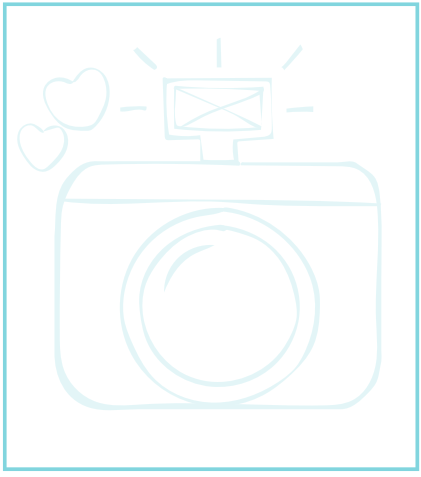
november

S	M	T	W	T	F	S

november review

PROGRESS PICTURE



HOW DO I FEEL

1 .....

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2 .....

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3 .....

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HOW WAS I SUCCESSFUL

1 .....

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2 .....

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3 .....

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december overview

GOALS

1. .....
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2. .....
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3. .....
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WHAT I LOVE ABOUT MYSELF

1. .....
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2. .....
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3. .....
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WHAT I WANT TO WORK ON

1. .....
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2. .....
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3. .....
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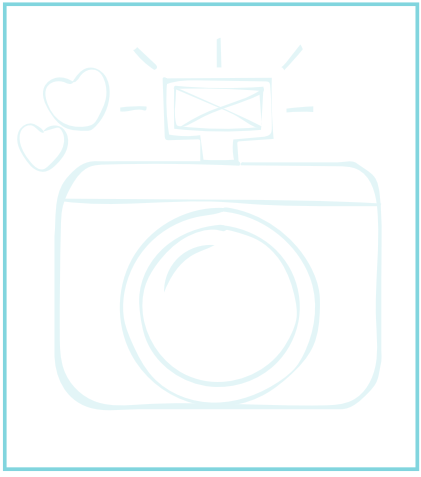
december

S	M	T	W	T	F	S

december review

PROGRESS PICTURE



HOW DO I FEEL

1. .....
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2. .....
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3. .....
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HOW WAS I SUCCESSFUL

1. .....
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2. .....
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3. .....
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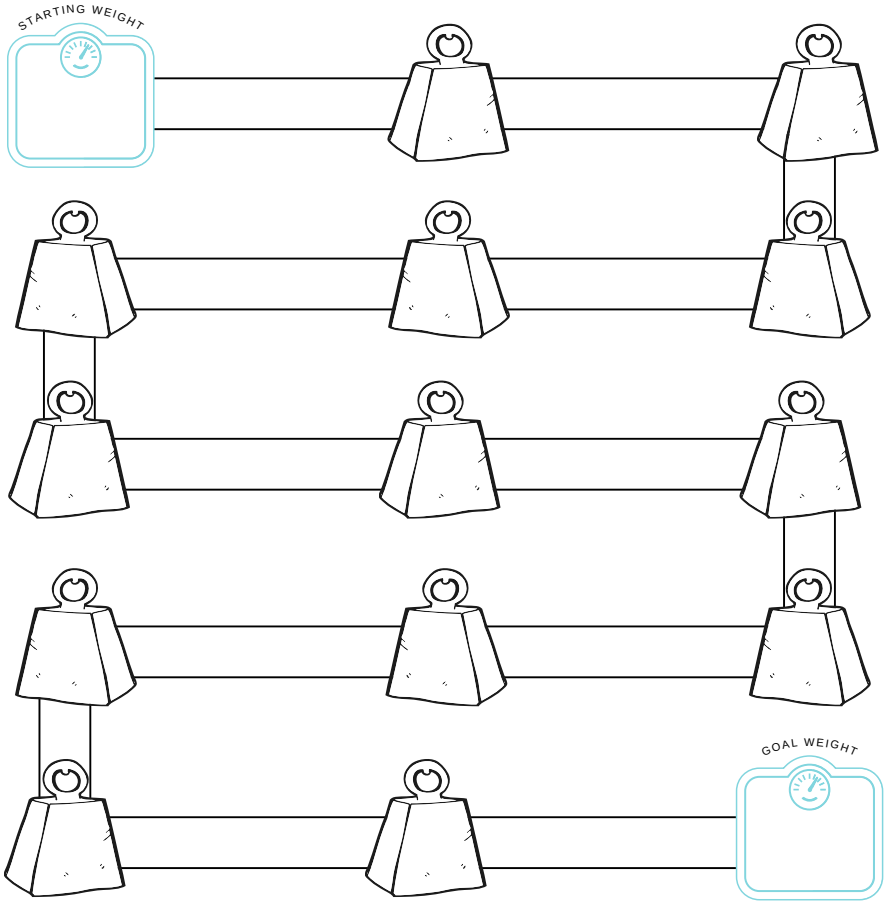
weightloss tracker



grocery list

healthy habit tracker

HABIT #1									
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

HABIT #2									
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

HABIT #3									
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

HABIT #4									
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