



12-week Health & Fitness Countdown Tear off Calendar

Ms S B Olafsdottir

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12-week countdown calendar to hang up on the wall and tear a page off every day - counting down until the challenge is complete! Perfect to use with any 12-week fitness regime be it dieting, working out, training for 10k or a combination of all. Instructions are printed on the inside as to how to hang it. No drilling needed! Large numbers with a Note section for all days - in case you want to add something to remember on those days. HUGELY addictive and works BRILLIANTLY as a motivator as you will WANT to see those numbers go down everyday.

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