




30 DAYS *for* KYLI

SEPTEMBER 2008



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>I think I can...</p>	1 Post your goal: TheProcessFitness.com	2	3	4	5	6
7	8	9	10 Post your progress and cheer for Kyli: www.Caringbridge.org/vist/kyliabbinanti	11	12	13
14	1/2 way...  I'm proud of you!	15	16	17	18	19
						20 😊 You're doing it! 10 more days...
21	22	23	24	25	26	27
28	29	30 😊 YOU DID IT!	Mail to: Kyli Abbinanti 343 Collington Dr. Ronkonkoma, NY 11779	 <p>VICTORY!</p>		

GOAL

Name

Track progress by giving yourself a star, or fill in whatever will help you attain your goal. Good luck!