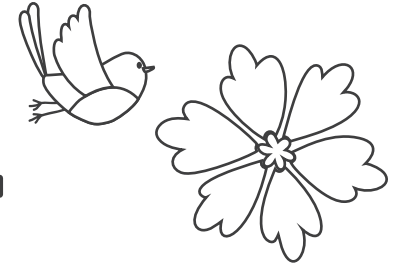


2024 Health Goals Coloring Calendar



Live your GOLO journey in COLOR!

Your health goals can reach new heights when you track your daily progress. Pick one to four health goals you'd like to focus on for each month, then color in each day you accomplish those goals. Our interactive calendar can help you stay committed, motivated, and excited!

Your journey, your choice!

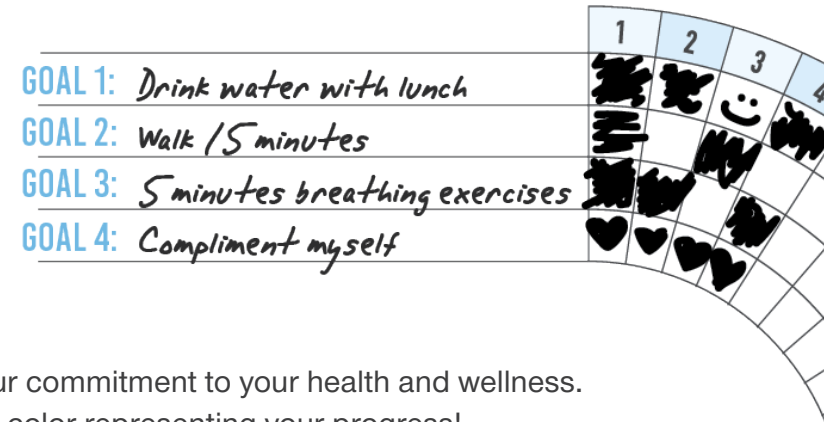
Print the calendar and fill in your goals. Display it somewhere visible to reinforce your commitment to your health and wellness. Each day, color in the calendar any way you like and be mesmerized by the spiral of color representing your progress!

Remember, your goals don't always have to be about food or exercise. Mental health is just as important on your weight loss journey!

Need ideas?

Success is more likely when your goals are easy to attain and specific. For example, 'Make time for myself' is vague and can be interpreted in many ways. Instead, choose something like 'Spend 15 minutes meditating' or 'Turn off all electronics for one hour.' Here are some examples to help inspire you:

- Write down 5 positive thoughts before bed and read it in the morning.
- Get 8 hours of sleep each night.
- Replace 1 soda with a glass of water each day.
- Walk 15 minutes during lunch.
- Stretch for 10 minutes every morning.



JANUARY

Track your progress

Day 1	Weight: Waist Inches:
Day 31	Weight: Waist Inches:

GOAL 1:

GOAL 2:

GOAL 3:

GOAL 4:

Cheer yourself on!

What I did well this month:
What I can do differently next month:



“

For me, GOLO is easy. You get to eat good food and make really good recipes, and just live your life like a normal person. — Susan R.

FEBRUARY

Track your progress

Day 1	Weight: Waist Inches:
Day 29	Weight: Waist Inches:

GOAL 1:

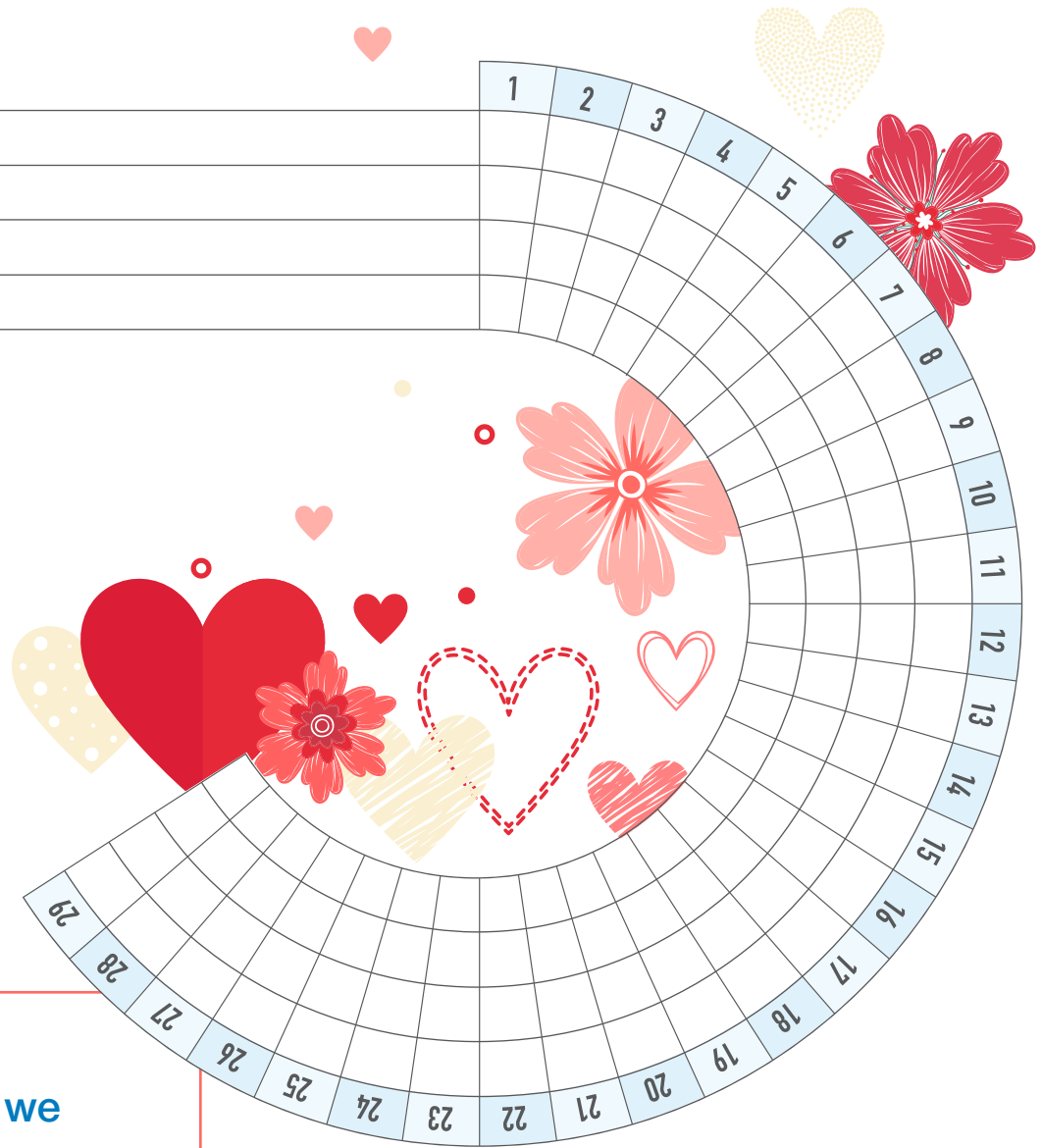
GOAL 2:

GOAL 3:

GOAL 4:

Cheer yourself on!

What I did well this month:
What I can do differently next month:



We will never go back to our lifestyle before GOLO. It's easy and something we can do for the rest of our lives. — Jill & Barry B.

MARCH

Track your progress

Day 1	Weight: Waist Inches:
Day 31	Weight: Waist Inches:

GOAL 1:

GOAL 2:

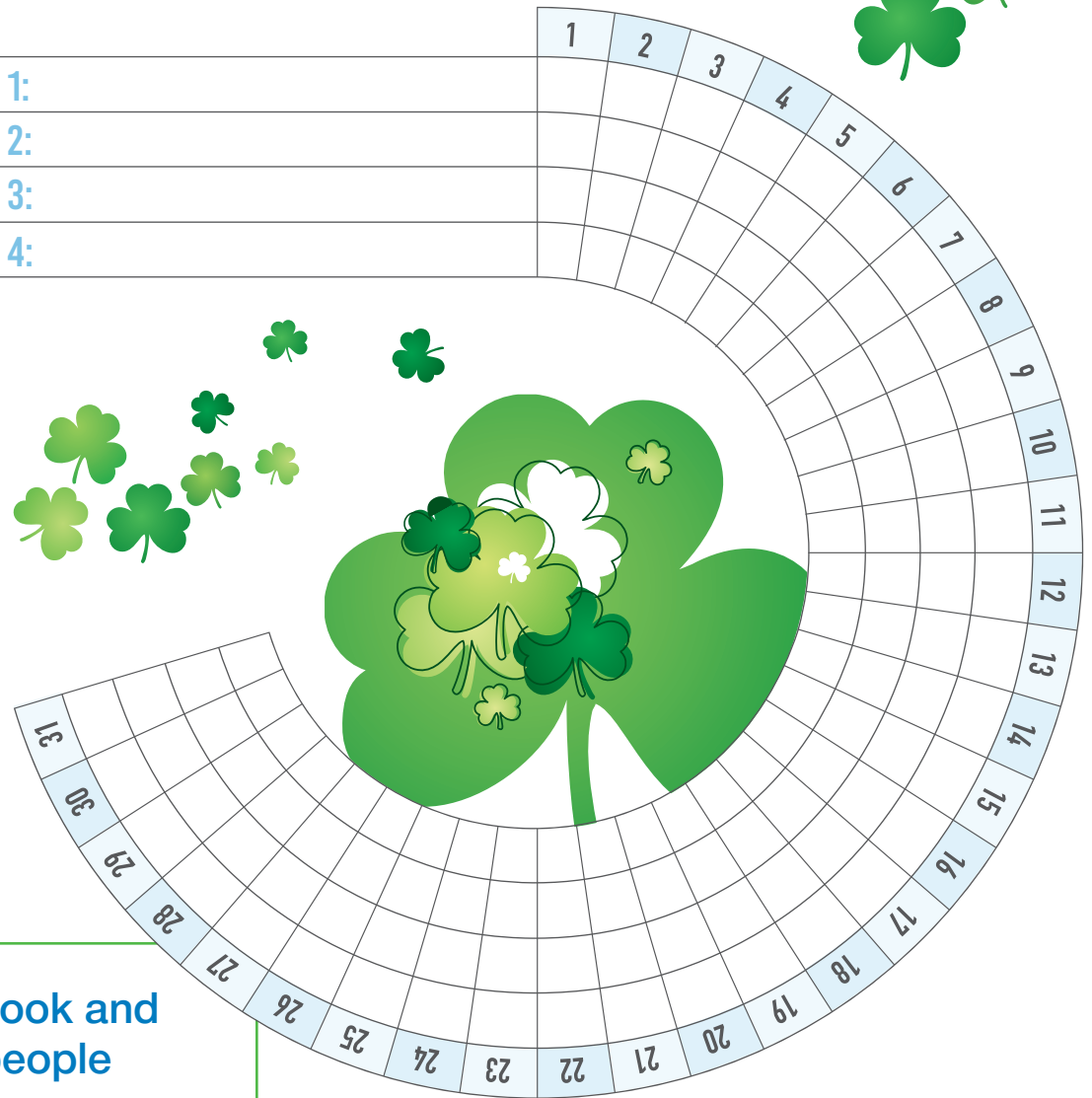
GOAL 3:

GOAL 4:



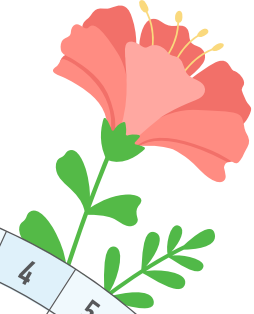
Cheer yourself on!

What I did well this month:	
What I can do differently next month:	



I love how I feel. I'm enjoying how I look and how I'm able to interact more with people and activities. — Katie E.

APRIL

Track your progress

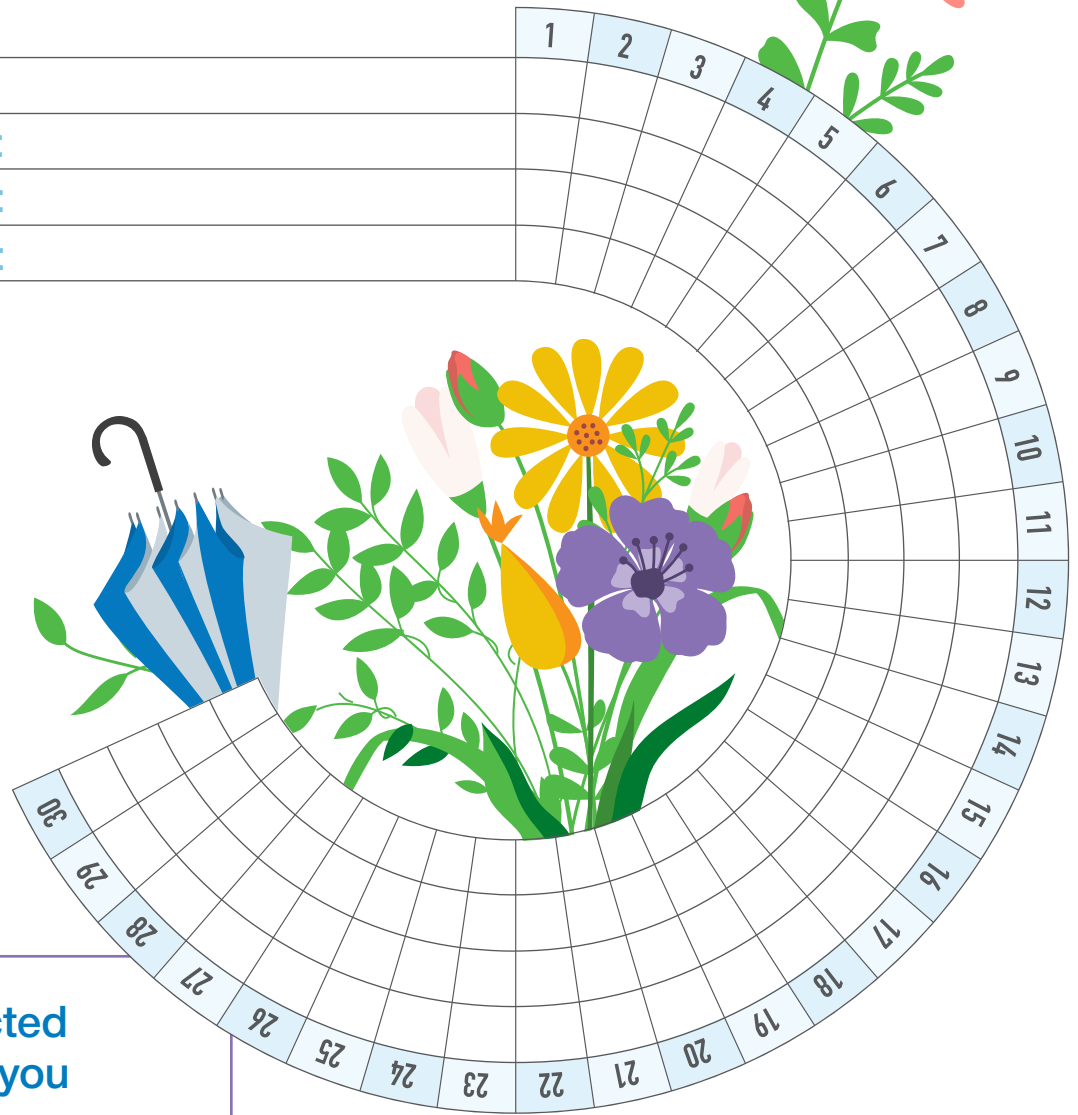
Day 1	Weight: Waist Inches:
Day 30	Weight: Waist Inches:

GOAL 1:

GOAL 2:

GOAL 3:

GOAL 4:



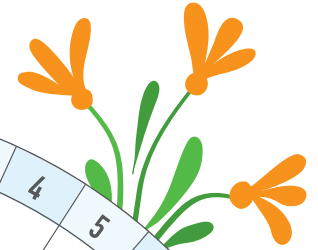
Cheer yourself on!

What I did well this month:
What I can do differently next month:



My friends think falling apart is expected as you age. Now they say, "What are you doing? You're reverse aging!" — Norma D.

MAY



Track your progress

Day 1	Weight:
	Waist Inches:
Day 31	Weight:
	Waist Inches:

GOAL 1:

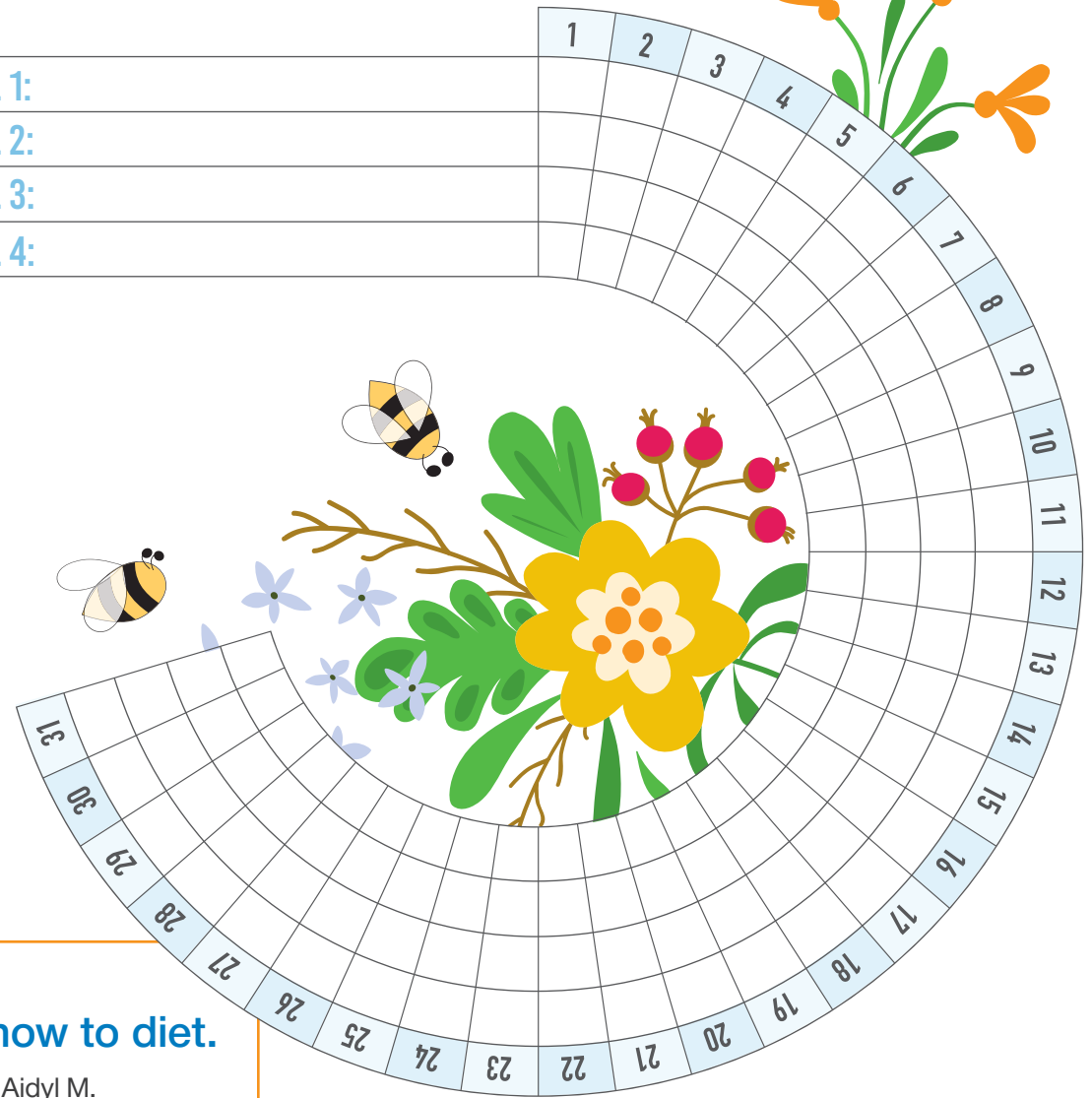
GOAL 2:

GOAL 3:

GOAL 4:

Cheer yourself on!

What I did well this month:	
What I can do differently next month:	



GOLO teaches you how to eat, not how to diet.
GOLO is for life. Para toda la vida! — Aidyl M.

JUNE



Track your progress

Day 1	Weight: Waist Inches:
Day 30	Weight: Waist Inches:

GOAL 1:

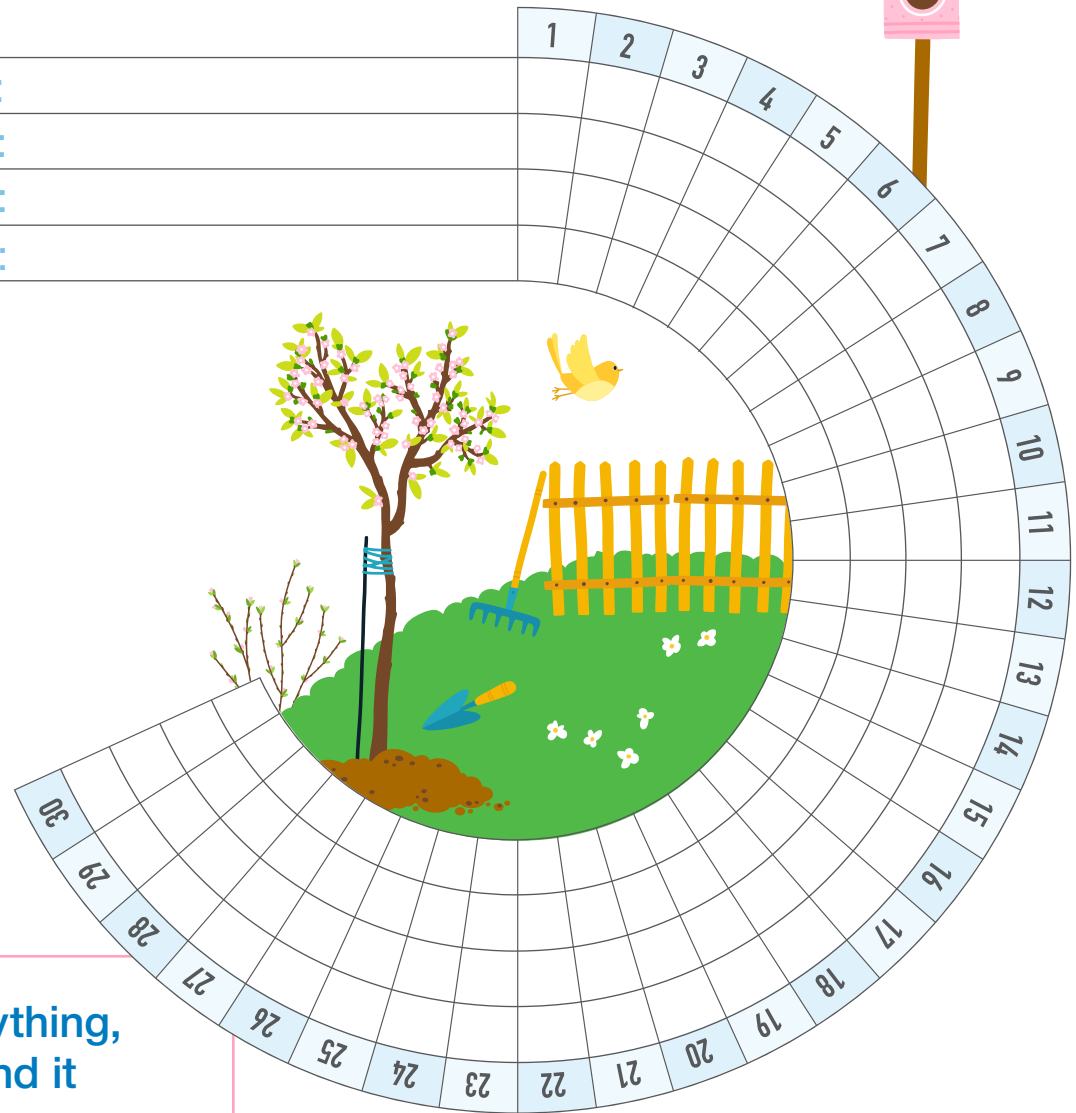
GOAL 2:

GOAL 3:

GOAL 4:

Cheer yourself on!

What I did well this month:	
What I can do differently next month:	



For those of you who have tried everything, I want you to try GOLO. This is real and it works and it's not too late. — Michael G.



JULY

Track your progress

Day 1	Weight: Waist Inches:
Day 31	Weight: Waist Inches:

GOAL 1:

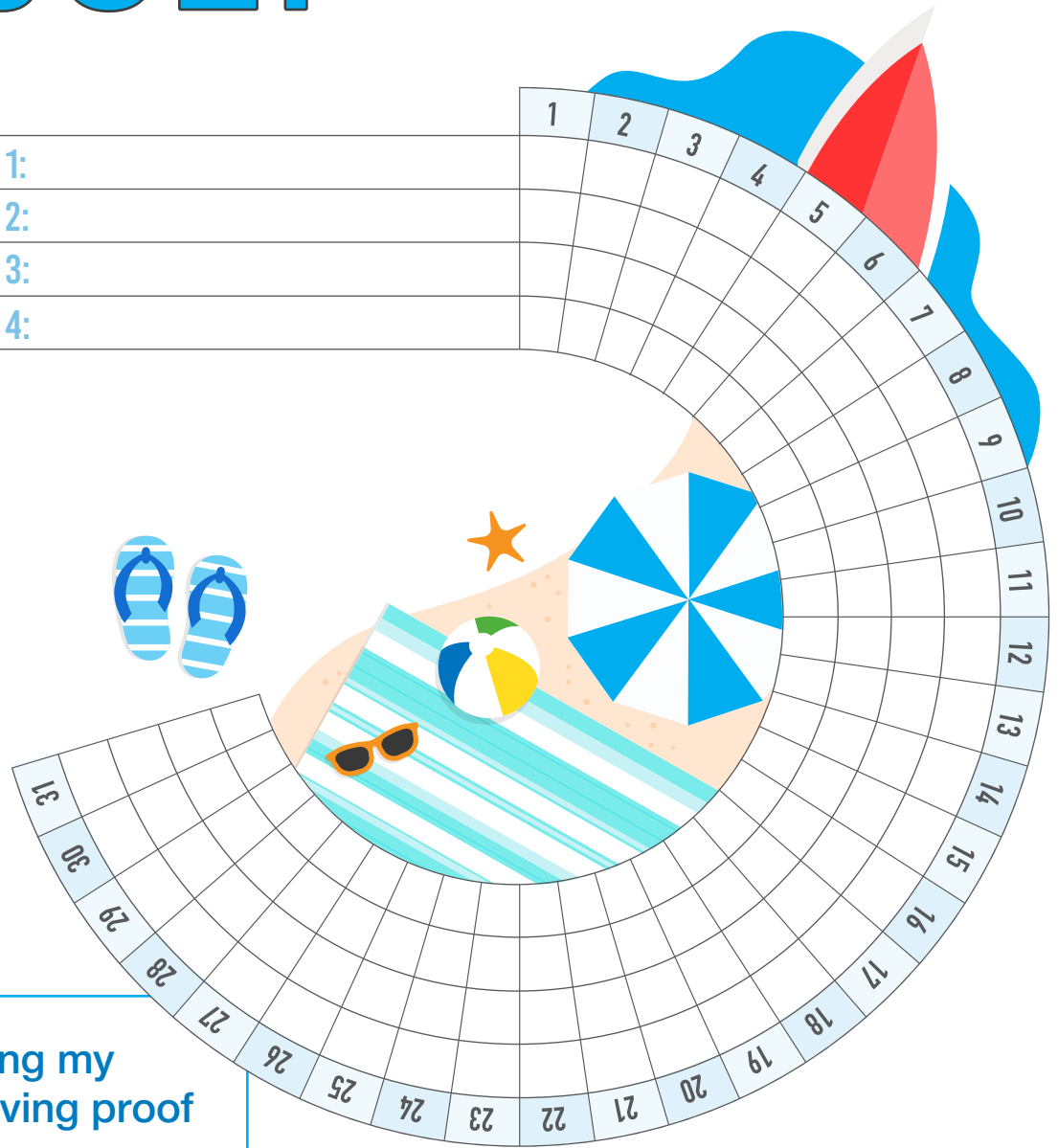
GOAL 2:

GOAL 3:

GOAL 4:

Cheer yourself on!

What I did well this month:
What I can do differently next month:



My friends and family see me enjoying my life and keeping the weight off. I'm living proof that GOLO works. — Karen I.

AUGUST

Track your progress

Day 1	Weight: Waist Inches:
Day 31	Weight: Waist Inches:

GOAL 1:

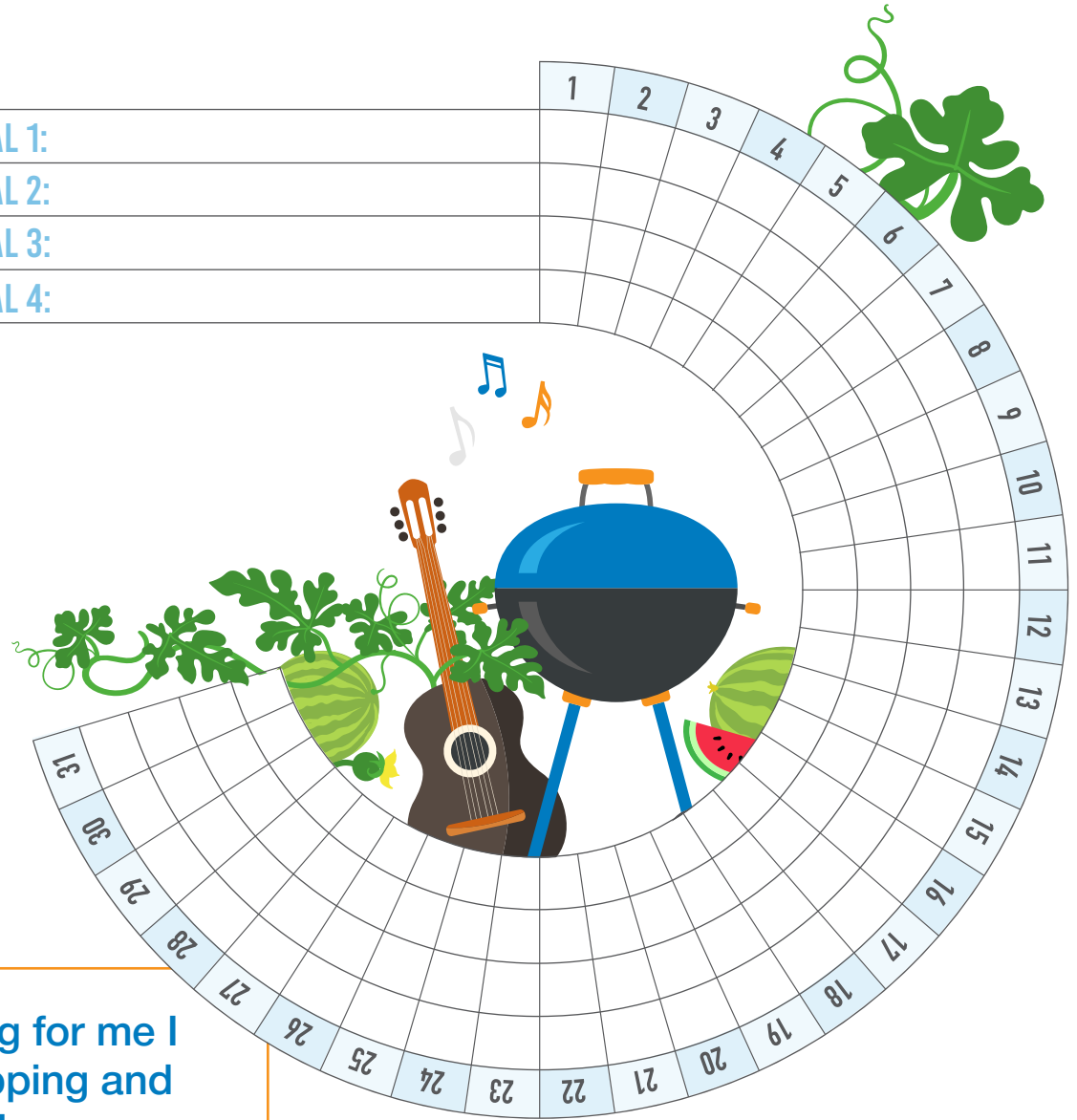
GOAL 2:

GOAL 3:

GOAL 4:

Cheer yourself on!

What I did well this month:
What I can do differently next month:



“

When I saw that GOLO was working for me I was amazed. I was able to go shopping and buy clothes I actually want to wear! – Yadira B.

SEPTEMBER

Track your progress

Day 1	Weight:
	Waist Inches:
Day 30	Weight:
	Waist Inches:

GOAL 1:

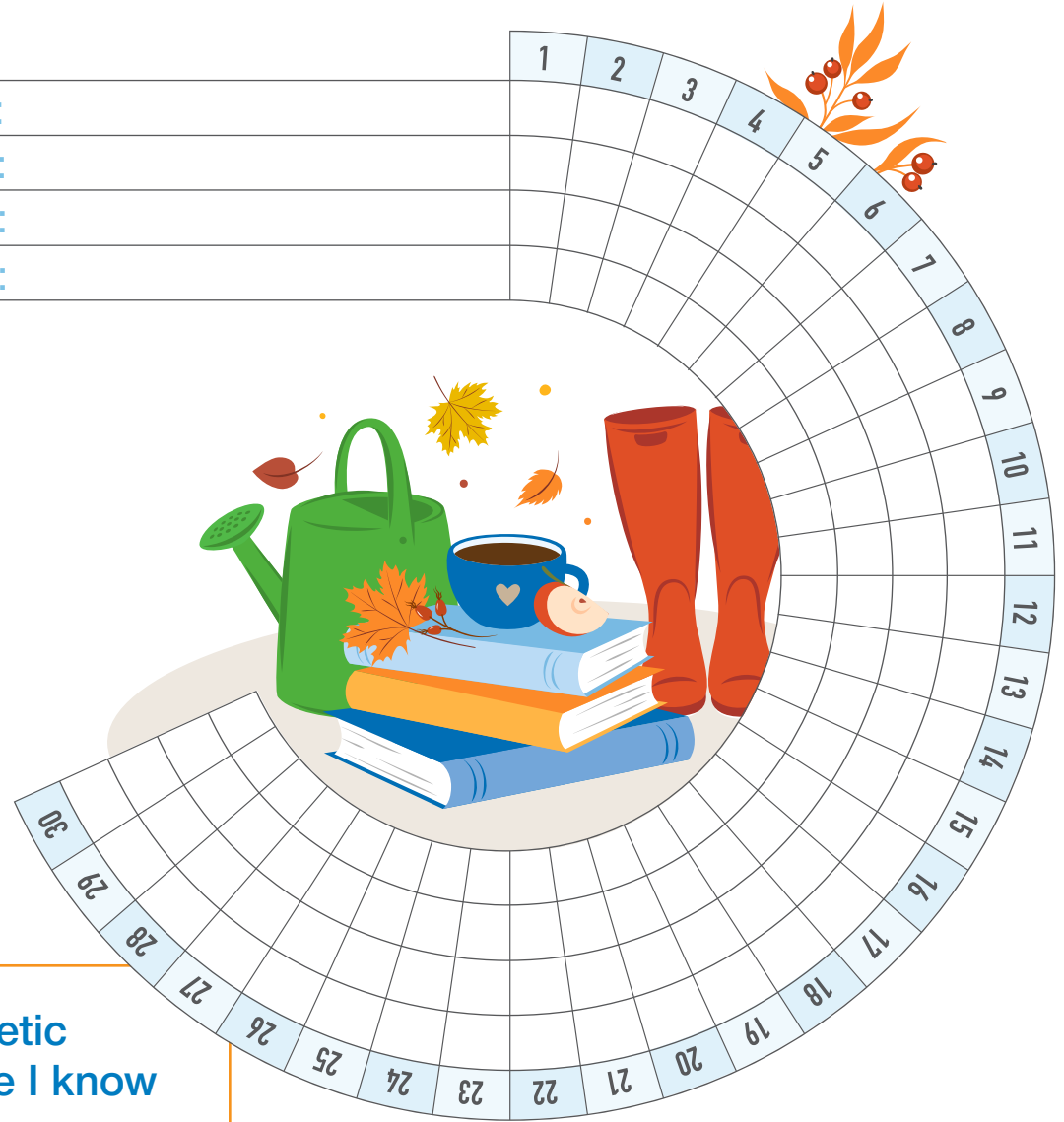
GOAL 2:

GOAL 3:

GOAL 4:

Cheer yourself on!

What I did well this month:	
What I can do differently next month:	



“

I'm way more zen, patient, and energetic than I ever was. I trust GOLO because I know it works. — Jason B.

OCTOBER

Track your progress

Day 1	Weight: Waist Inches:
Day 31	Weight: Waist Inches:

GOAL 1:

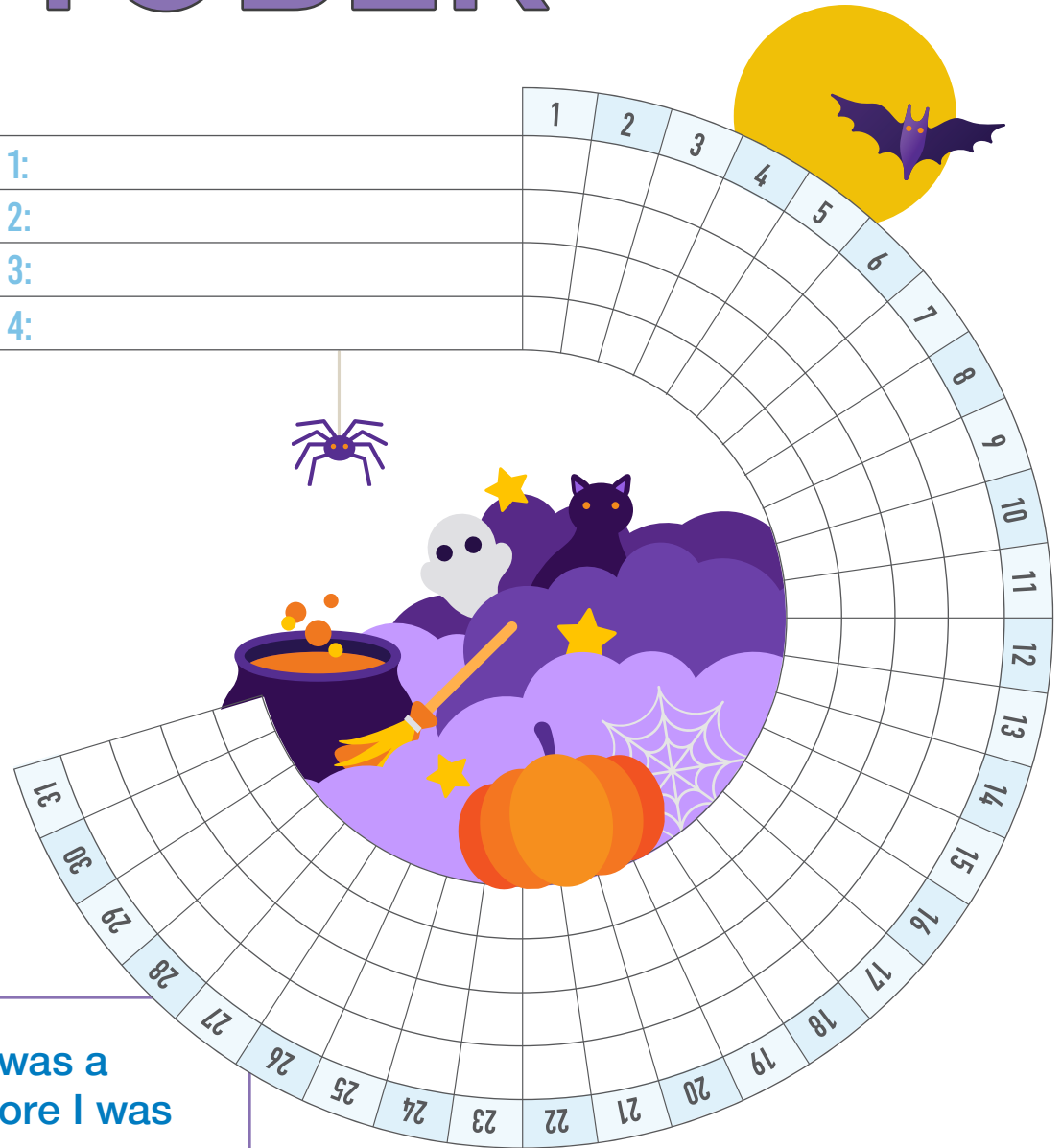
GOAL 2:

GOAL 3:

GOAL 4:

Cheer yourself on!

What I did well this month:	
What I can do differently next month:	



“

I didn't find anything challenging. It was a pleasure. And the more I lost, the more I was inspired to keep going. — Sharon R.

NOVEMBER

Track your progress

Day 1	Weight: Waist Inches:
Day 30	Weight: Waist Inches:

GOAL 1:

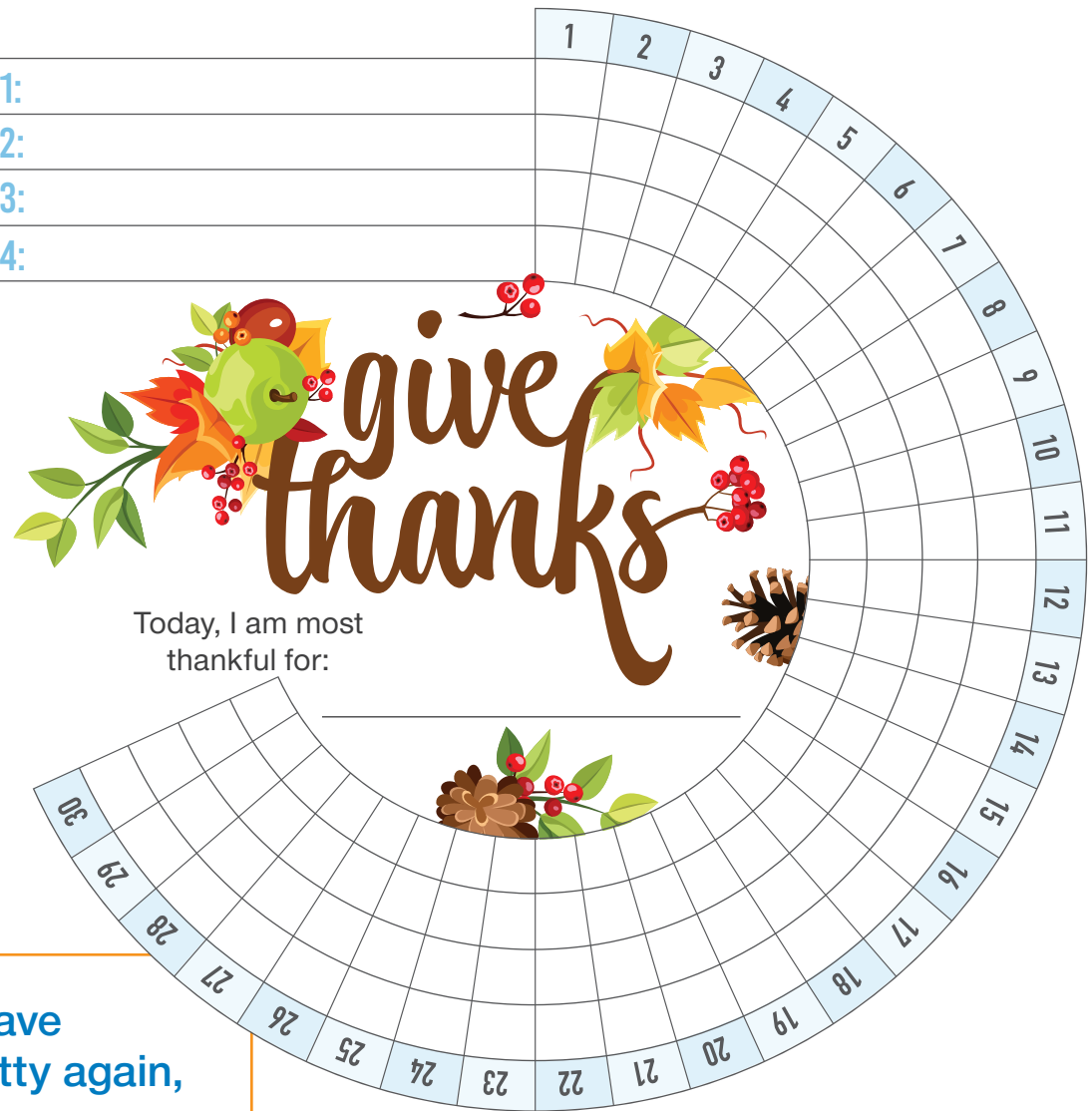
GOAL 2:

GOAL 3:

GOAL 4:

Cheer yourself on!

What I did well this month:
What I can do differently next month:



What cancer took from me, GOLO gave back. I feel like I can smile. I feel pretty again, and I am over the moon! — Kimberly D.

DECEMBER

Track your progress

Day 1	Weight: Waist Inches:
Day 31	Weight: Waist Inches:

GOAL 1:

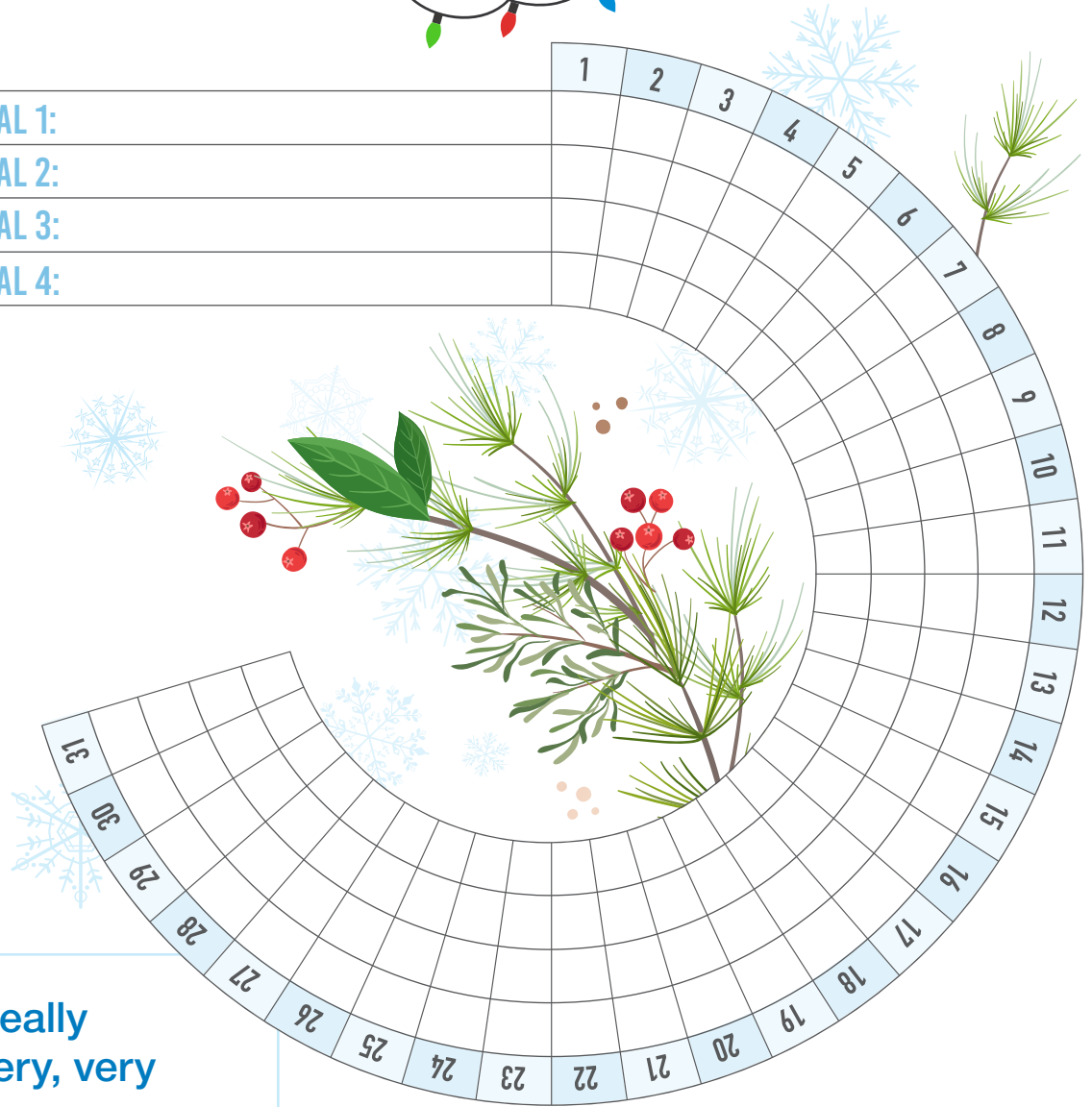
GOAL 2:

GOAL 3:

GOAL 4:

Cheer yourself on!

What I did well this month:
What I can do differently next month:



“

Since losing all this weight I have really begun to embrace who I am. It's very, very real. And it's very powerful. — Janice G.