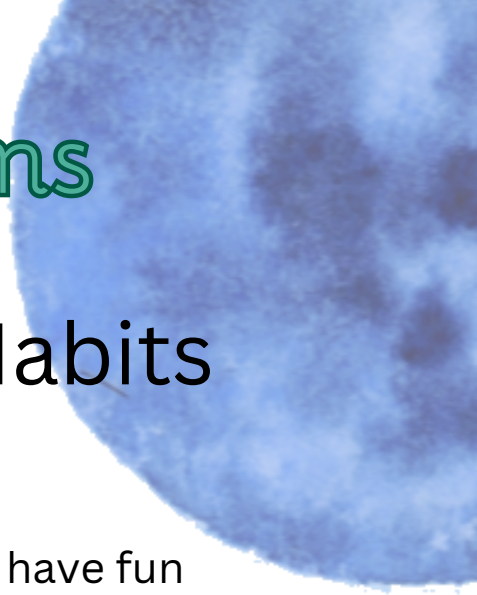




Moon Reflections



Virgo Mini Healthy Habits

Write down how, where and when you'll have fun
this season...

HABIT:			Calcium supplement			
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	31				

HABIT:			Herbal infusion			
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	31				

HABIT:			Protein smoothie			
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	31				

HABIT:			Morning water			
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	31				

example



Moon Reflections

Virgo Mini Healthy Habits

Write down how, where and when you'll have fun
this season...

HABIT:

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	31				

HABIT:

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	31				

HABIT:

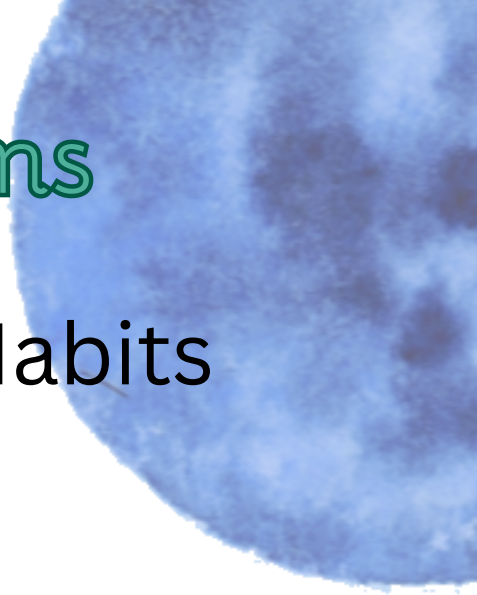
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

HABIT:

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	31				



Moon Reflections



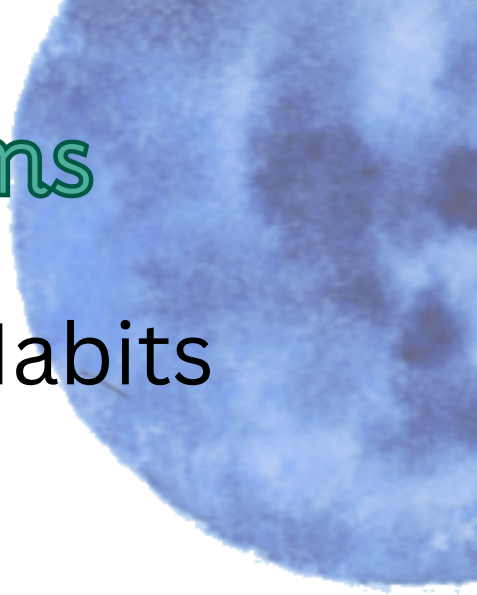
Virgo Mini Healthy Habits

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<u>Yoga</u>	_____	_____	_____	_____	_____	_____	_____
<u>Running</u>	_____	_____	_____	_____	_____	_____	_____
<u>Pilates</u>	_____	_____	_____	_____	_____	_____	_____
<u>Meditation</u>	_____	_____	_____	_____	_____	_____	_____
<u>Weight training</u>	_____	_____	_____	_____	_____	_____	_____
<u>Dance</u>	_____	_____	_____	_____	_____	_____	_____
<u>Walking</u>	_____	_____	_____	_____	_____	_____	_____
<u>Swiming</u>	_____	_____	_____	_____	_____	_____	_____
<u>Sport:</u>	_____	_____	_____	_____	_____	_____	_____
<u>Gym</u>	_____	_____	_____	_____	_____	_____	_____

example



Moon Reflections

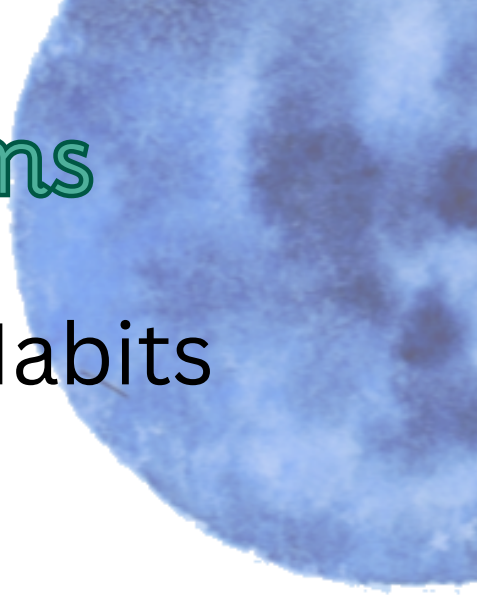


Virgo Mini Healthy Habits

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____



Moon Reflections



Virgo Mini Healthy Habits

Habit:

01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				