




Gina Aliotti's
 FITNESS  NETWORK

SET YOUR GOALS FOR THE REMAINDER OF 2010. MARK YOUR CALENDARS AND SET OUT TO DO SOMETHING, EVERY DAY! TAKE THE TIME TO MARK YOUR CALENDARS WITH A DAILY GOAL AND TAKE IT ONE DAY AT A TIME!

"The critical ingredient is mapping out your goals and start doing something. It's as simple as that. A lot of people have visions, but there are few who decide to do something about them. Not tomorrow. Not next week. But today... Mark Your calendars and start doing!"~Gina M. Aliotti-Silva

| DECEMBER 2010 | | | | | | |
|----------------------|-----|------|-----|-------|-----|-----|
| SUN | MON | TUES | WED | THURS | FRI | SAT |
| Note: | | | 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 | |

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 **stay motivated**