MONTH-AT-A-GLANCE PLANNER

Doctor's visits, exercise dates, new beauty regimens, shopping dates, lunch with supportive friends, meetings with your spiritual group and dates with your loved ones—there's so much to keep track of!

Use this monthly planner to keep track of all your appointments, and witness your transformation during the 12-Week Menopause Makeover!

MONTH:

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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