



Your Ideal Hawaii Calendar 2013 : Daily Planner and Calorie Counter

Tyler Mercier, Chris Mercier

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Your Ideal Hawaii Calendar 2013 is a 6x9 inch paperback book for planning, recording, and improving your life and health in 2013. Hawaii's holidays, memorials, and celebrations are showcased with 12 pages of information about the special days and events each month that honor Hawaiian culture and royalty, the cultures of immigrants to Hawaii, and describe the special way Hawaii celebrates American holidays. If you want to get organized and track your calories with an Aloha feel - then this is the planner for you.

* Unique pages allow you to write your Goals and Plans for 2013 and define Visualizations for your ideal body, health, joy, home, relationships and to list your Choices for the year.

* The planner starts with a two-page layout of 2013 to provide an overview. The calendar is set up for January to December 2013, but a monthly overview is provided for December 2012 and January 2014.

* Each month has a two-page spread with an area to track total calories eaten for the month as well as starting and ending weight. There is room to write goals, health choices, appreciations, projects, adventures, and events every month.

* Each week has a two-page spread with room to write appointments and record what happened as well as a place to write food eaten, calories consumed, and your weight every day. Each week has an area to notate Insights and Visualizations for a better life.

* Pages at the end of the Planner allow you write your 2013 Accomplishments and Plan for 2014.

* The calendar has 2 pages for entering Contacts and 4 pages for Notes.

* The calendar does not include international and religious holidays that are not celebrated in Hawaii.

* The calendar is in black and white and has no photos.

Your Ideal Hawaii Calendar 2013 is designed to be functional and allow you to track your goals, weight, calories, and progress to support the achievement of your dreams and maintenance of a healthy body.

Better planning leads to better living!

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