

# *Weekly Planner*



# WEEKLY PLANNER

The weekly planner is designed to take planning to the next level. If you plan your week you make more positive choices as you have focus. This planner is designed to give you a daily goal or focus point. Then you can write in where you will exercise. The sections to do this are in the AM, noon or PM Exercise. It is good to put in a session of Makeup Exercise Session. This gives you flexibility if you miss a session. In the Breakfast, Morning Tea, Lunch, Afternoon Tea and Dinner sections write what you plan to eat.

**HAVE FUN** From *Tanya* xx

WEEKLY PLANNER START DATE .....

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GOALS FOR THE DAY							
AM EXERCISE							
BREAKFAST							
MORNING TEA							
NOON EXERCISE							
LUNCH							
AFTERNOON TEA							
PM EXERCISE							
DINNER							