



DAILY SCHEDULE

Having your week on a schedule makes it easier to stick to your plan!

TIME:	MON	TUE	WED	THU	FRI	SAT	SUN	SUGGESTIONS
MORNING								<ul style="list-style-type: none">• Have a glass of water• 15 min yoga class• Healthy breakfast: porridge with banana
MIDDAY								<ul style="list-style-type: none">• 15 min Active workout• Healthy lunch: chicken and blackbean wrap
AFTERNOON								<ul style="list-style-type: none">• 20 min walk outside• Healthy snack: yoghurt and berries
EVENING								<ul style="list-style-type: none">• Healthy dinner: veggie pizza• 15min wellness video, slow yoga or meditation