



# WEEKLY SCHEDULE PLANNER

## MONDAY

Exercise:

Breakfast:

Lunch:

Dinner:

Me time:

## TUESDAY

Exercise:

Breakfast:

Lunch:

Dinner:

Me time:

## WEDNESDAY

Exercise:

Breakfast:

Lunch:

Dinner:

Me time:

## THURSDAY

Exercise:

Breakfast:

Lunch:

Dinner:

Me time:

## FRIDAY

Exercise:

Breakfast:

Lunch:

Dinner:

Me time:

## SATURDAY

Exercise:

Breakfast:

Lunch:

Dinner:

Me time:

## SUNDAY

Exercise:

Breakfast:

Lunch:

Dinner:

Me time:

## EXAMPLE DAY

**Exercise:**

cross-training class + 20min walk

**Breakfast:**

eggs + avocado on toast

**Lunch:**

chicken + salad wrap

**Dinner:**

roast veggie pasta

**Me time:**

10 min meditation