WEEKLY PLANNER

MON	TUES	WED	THURS	FRI
Schedule :	Schedule :	Schedule :	Schedule :	Schedule :
Exercise (planned workout or steps) :	Exercise (planned workout or steps) :	Exercise (planned workout or steps) :	Exercise (planned workout or steps) :	Exercise (planned workout or steps) :
YOU Time :	YOU Time :	YOU Time :	YOU Time :	YOU Time :
Minimum 30 mins of YOU time per day.	*Minimum 30 mins of YOU time per day.*	*Minimum 30 mins of YOU time per day.*	*Minimum 30 mins of YOU time per day.*	*Minimum 30 mins of YOU time per day.*

Lessons from last week:

Goals for this week :