Weekly Planner

The Mind-Body Engine

NAME WEEK BEGINNING

MON	TUES	WED	THURS	FRI	SAT	SUN
B'FAST	B'FAST	B'FAST	B'FAST	B'FAST	B'FAST	B'FAST
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
EXERCISE	EXERCISE	EXERCISE	EXERCISE	EXERCISE	EXERCISE	EXERCISE
POST WORKOUT	POST WORKOUT	POST WORKOUT	POST WORKOUT	POST WORKOUT	POST WORKOUT	POST WORKOUT
DRINKS	DRINKS	DRINKS	DRINKS	DRINKS	DRINKS	DRINKS
SELF-CARE	SELF-CARE	SELF-CARE	SELF-CARE	SELF-CARE	SELF-CARE	SELF-CARE
MOOD	MOOD	MOOD	MOOD	MOOD	MOOD	MOOD
SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP	SLEEP