

# WEEKLY PLANNER AND JOURNAL

Weekly intention: Start jogging

What will I do to make this happen? Put my trainers by the front door and set my alarm 20 minutes earlier

DAY	1 - 02.12.20	2 - 03.12.20	3 - 04.12.20	4 -	5 -	6 -	7 -
<b>Breakfast</b>	Sumac fried egg & avocado (recipe from breakfasts pdf)	Green Avocado Smoothie	Berry & Nut Breakfast Bowl				
<b>Lunch</b>	One Pan Roasted Edamame & Broccoli Salad (recipe from salads pdf)	Creamy Broccoli Soup	Hummus Roasted Broccoli & Cauliflower				
<b>Dinner</b>	Roasted Butternut Squash Soup with Kale Chips (recipe from soups pdf)	15 Minute Halibut with Dill Pesto	Winter Buddha Bowl				
<b>Snack</b>	1 apple at 11am	Packet of almonds	A flapjack				
<b>Water/drinks Intake (Ideal: women 2.5l men 3.5l)</b>	1l of water and 4 hot lemons	2l of water and 1 hot tea with milk	2.5l of water and 2 herb teas				
<b>Exercise</b>	Wake 20 minutes earlier and go for a jog, 4pm 45 minute yoga and breathing	Wake 25 minutes earlier and go for a jog, long walk with the dog	Wake 20 minutes earlier and go for a jog, yoga in the afternoon 4pm				
<b>'Me' time</b>	10.30am meeting Jessica for tea/coffee	4pm long walk with mum, cooking dinner for Jack	Read my book for an hour before bed,				
<b>Reflection: What went well?</b>	Didn't drink enough water (1l) Had toast with soup Kept to meal plan 2 cups of tea with 1tsp of honey in each	Drank 2l still felt a little dehydrated at bed time. Meal plan went well but jack brought pudding had a few bites...	Slept through alarm, felt very hungry in the afternoon so snacked 3x biscuits				
<b>What to change for tomorrow?</b>	No honey in tea Drink 2l before lunchtime	Ask jack to bring flowers next time!	Go to bed earlier. Prepare more food for lunch.				

**WEEKLY JOURNAL – Treat this like your diary, write down:**

**Any questions, thoughts, notes, changes you notice or issues that come to mind that you need to address**

**Week commencing DATE – 02.12.20**

**DAY 1**

- **Feeling tired and low energy**
- **Sleep not great**
- **Feeling hungry for sweet things!**

**DAY 2**

- **Body feels stiff**
- **Feel more positive and active**
- **A lot of bowel movements**

**DAY 3**

- **Slept well but overslept in the morning**
- **Need to prioritise me time too**
- **More bowel movements and lots of gas**
- **Feeling emotional**

**DAY 4**

**DAY 5**

**DAY 6**

**DAY 7**