

WEEKLY PLANNER

Weekly intention:
What will I do to make this happen?

DAY	1 -	2 -	3 -	4 -	5 -	6 -	7 -
Breakfast							
Lunch							
Dinner							
Snack							
Water intake							
Exercise							
'Me' time							
Reflection: What went well?							
What to change for tomorrow?							

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 –

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7