

Mindfulness Planner

TODAY I AM FEELING...

- SELF LOVE CHALLENGE
- JOURNAL PROMPT
- MEDITATION OR BREATH

3 THINGS I'M GRATEFUL FOR TODAY:

1.

2.

3.

HOW DO I WANT TO SHOW UP TOMORROW?

*She remembered who she was,
and the game changed*

Weekly Meal Planner

MONDAY	GROCERY LIST
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

3L DAILY WATER							
----------------	---	---	---	---	--	---	---

Movement Planner

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

*If you want
better results
make better
choices*

MOVEMENT INSPO

- WALK
- BIKE RIDE
- YOGA
- PILATES
- BOXING
- RUNNING
- HIIT
- DANCING
- WEIGHTS
- SWIMMING