

My Week Ahead

Meal planning Grocery shopping Fruit and veggie prep
 Lunch prep Snack prep

Workout & Meal Plan for the week:

	AM	MIDDAY	PM	DINNER
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

I would like to get ___ hours of sleep each night. I will allow my body to rest by _____ PM. I will wake up and attack the day at _____ AM.

Something I did well last week:

Something I want to change this week with my diet:

Something I want to change this week with my fitness:

Something I want to change this week with my daily routine:

Something I want to cross off of my list this week:
