

EATS + MOVES

	MONDAY	TUESDAY	WEDNESDAY
BREAKFAST			
LUNCH			
DINNER			
SNACKS			
WORKOUT			


THURSDAY	FRIDAY	SATURDAY	SUNDAY



DAILY GROOVES

MONTH DAY YEAR

GOOD DAY, SUNSHINE!



TOUR CHECKLIST:

- 20 MINUTES OF MOVEMENT
- 2 LITERS OF WATER
- MINDFUL EATING
- HIGH VIBES



TO DOs:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

FUN