

# HEALTH AND WELLBEING DIARY

	BREAKFAST	LUNCH	SNACK	DINNER	WATER (tick glasses)	Extra treats / Alcohol
MONDAY					O O O O O O O O	
TUESDAY					O O O O O O O O	
WEDNESDAY					O O O O O O O O	
THURSDAY					O O O O O O O O	
FRIDAY					O O O O O O O O	
SATURDAY					O O O O O O O O	
SUNDAY					O O O O O O O O	

This weeks  
fitness  
Schedule:

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>
<i>FRIDAY</i>	<i>SATURDAY</i>	<i>SUNDAY</i>	

*Don't forget your rest  
days. and relaxation  
sessions!*

Important  
Appointments  
/ Reminders

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>
<i>FRIDAY</i>	<i>SATURDAY</i>	<i>SUNDAY</i>	



*"Fall in love with taking care of yourself. Mind, Body and Spirit"*