

# THE BIG PLAN FOR THE WEEK

## TOP 5 LIST | Things that must be done this week

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### S U N D A Y

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Water   
Workout Time \_\_\_\_\_ Calories \_\_\_\_\_

### T U E S D A Y

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Water   
Workout Time \_\_\_\_\_ Calories \_\_\_\_\_

### T H U R S D A Y

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Water   
Workout Time \_\_\_\_\_ Calories \_\_\_\_\_

### S A T U R D A Y

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Water   
Workout Time \_\_\_\_\_ Calories \_\_\_\_\_

### M O N D A Y

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Water   
Workout Time \_\_\_\_\_ Calories \_\_\_\_\_

### W E D N E S D A Y

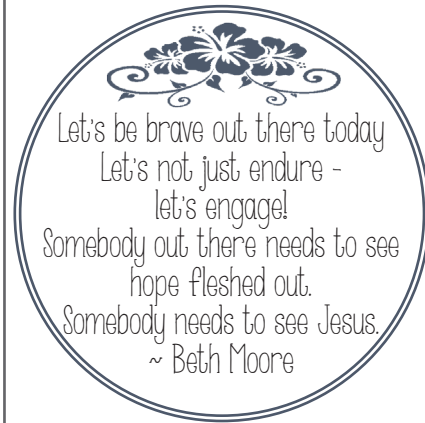
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Water   
Workout Time \_\_\_\_\_ Calories \_\_\_\_\_

### F R I D A Y

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Water   
Workout Time \_\_\_\_\_ Calories \_\_\_\_\_



### Contact / Email

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Special Reminders | Don't Forget

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Appointments

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Good things that happened...

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_