

DAILY EATING & WORKOUT PLAN

DATE:

IMPORTANT TASKS

[Pink task bar]

[Light pink task bar]

[Pink task bar]

[Light pink task bar]

[Pink task bar]

HEALTHY EATING

.....
.....
.....
.....


EXERCISE







CLOSER TO YOUR GOAL



MORNING

[Large pink morning box]

AFTERNOON

[Large pink afternoon box]

EVENING

[Large pink evening box]

WATER



