

Create Weekly Workout Plan:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M.							
P.M.							

Remember:

1. The more specific the plan the better.
2. Load all workouts on your calendar/planner.
3. If someone wants your workout time tell them, *"I have an appointment."*

Create Weekly Meal Plan:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BREAKFAST							
LUNCH							
DINNER							
SNACKS							

Remember:

1. Plan your snacks.
2. Stock emergency meals and snacks at home and at work.