

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Your Body Rescue
Weekly Plan



Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Snack	Snack	Snack	Snack	Snack	Snack	Snack	Snack
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Snack	Snack	Snack	Snack	Snack	Snack	Snack	Snack
Supper	Supper	Supper	Supper	Supper	Supper	Supper	Supper

Weekly Plan diary

Meditation							
Gratitude diary							
Exercise							
Eating							