

WEEKLY PLANNER

MONTH:

Instructions

Choose one day of the week for your reflection day. Answer the following questions and explain why: How do I feel? Did I do enough? Did I stick to my plan? what can I do differently next week?

KEEP IT **SIMPLE**, AND **REALISTIC**, BUT MOST IMPORTANTLY **ENJOY** YOUR JOURNEY AND KNOW YOU'RE WORTH FIGHTING FOR.

MON	TUE	WED	THU	FRI	SAT	SUN

GOAL FOR THE THE NEXT 4 WEEKS. BE REALISTIC, ONLY CHOOSE 1 AND MOVE ON WHEN COMPLETED

MOTE'S CALORIE GUIDE

Average calories per day:
Men: 2000 calories
Women: 1800 calories

**Food & drink
 Calories per 1g:**
1g FAT = 9 calories
1g CARBS = 4 calories
1g PROTEIN = 4 calories
1g ALCOHOL = 7 calories

DISCLAIMER

The information provided may vary depending on age, gender and level of exercise. This document acts as a general guide. Fitness Sci-Tec advises users to talk to your GP or health professional first. Fitness Sci-Tec will not be responsible for any potential health injuries or other claims of harm.