Weekly Guide

Week of: _____

Female IDEATANK
WHERE GREAT WOMEN GROW

Monday:

_____ Quiet Time
_____ Water
_____ Water
_____ Water
_____ Exercise
_____ Exercise
_____ Exercise
_____ Book Reading
_____ Work Block 1
_____ Work Block 2
_____ Work Block 3
_____ Gratitude Journal

****** FOOD LOG ******

Tuesday:

_____ Quiet Time
_____ Water
_____ Water
_____ Water
_____ Exercise
_____ Exercise
_____ Exercise
_____ Book Reading
_____ Work Block 1
_____ Work Block 2
_____ Work Block 3
_____ Gratitude Journal

****** FOOD LOG ******

Wednesday:

_____ Quiet Time
_____ Water
_____ Water
_____ Water
_____ Exercise
_____ Exercise
_____ Exercise
_____ Book Reading
_____ Work Block 1
_____ Work Block 2
_____ Work Block 3
_____ Gratitude Journal

****** FOOD LOG ******

Thursday:

_____ Quiet Time
_____ Water
_____ Water
_____ Water
_____ Exercise
_____ Exercise
_____ Exercise
_____ Book Reading
_____ Work Block 1
_____ Work Block 2
_____ Work Block 3
_____ Gratitude Journal

****** FOOD LOG ******

Friday:

_____ Quiet Time
_____ Water
_____ Water
_____ Water
_____ Exercise
_____ Exercise
_____ Exercise
_____ Book Reading
_____ Work Block 1
_____ Work Block 2
_____ Work Block 3
_____ Gratitude Journal

****** FOOD LOG ******