*Logo

Description automatically generated*

**Personal Planner:**

Use this space to set your intentions for the week around healthy kai, active movement and your self-care.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Breakfast** | **Lunch** | **Dinner** | **Snacks** | **Drinks** | **Movement** | **Self-care** |
| **Monday** |  |  |  |  |  |  |  |
| **Tuesday** |  |  |  |  |  |  |  |
| **Wednesday** |  |  |  |  |  |  |  |
| **Thursday** |  |  |  |  |  |  |  |
| **Friday** |  |  |  |  |  |  |  |
| **Saturday** |  |  |  |  |  |  |  |
| **Sunday** |  |  |  |  |  |  |  |