



# MY DAILY AND WEEKLY PLANNER TO KEEP ME **FABulicious**



ESSENTIALLY  
*Fabulous*  
 PLAN FOR THE DAY

Day:

Date:

6am

7am

8am

9am

10am

11am

12 noon

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

9pm

10pm

11pm

3 Most Important Tasks Today:

- 1.
- 2.
- 3.

REMEMBER TO BREATHE!

Self Care:



WATER:



ELECTRONICS CURFEW:



SLEEP:



FOOD:

- Food In Cupboards?
- Healthy Snacks Handy?
- Batch Cooking Time?
- Shopping?



MEDICATION +/-OR SUPPLEMENTS:



10 A DAY:



AROMATICALLY DRESSED



DIFFUSER ON



ESSENTIAL OILS CHOSEN FOR THE DAY

EXERCISE:



HIIT/Cardio:



Strength:



Restorative:



Walking:



Nature Break:



Meditation:



Ideas:

Grateful For Today:

I am the #CEO of my life  
 Chief Essential Oiler

Well Done ME!:



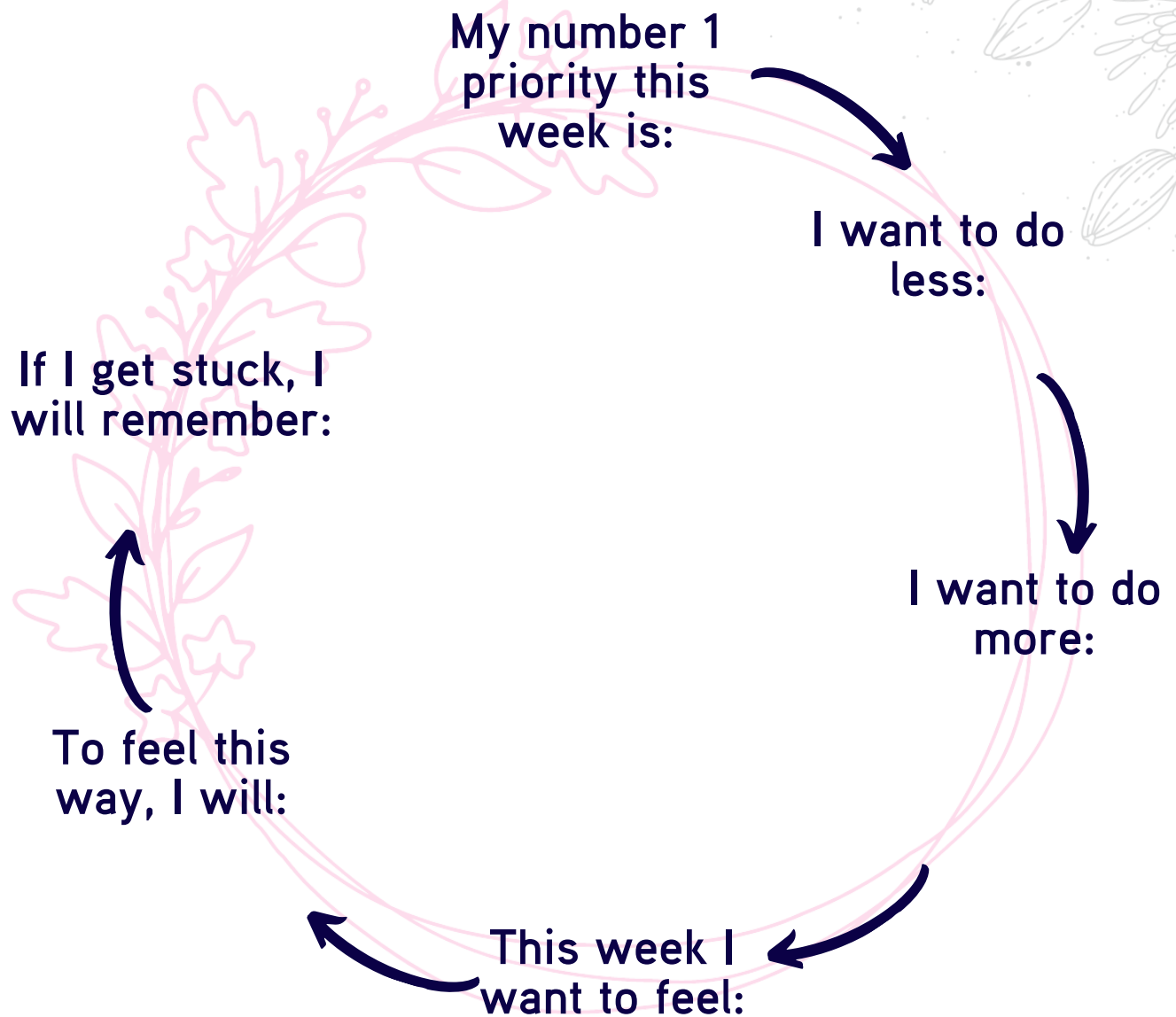
# HOW TO USE IT

A daily planner with some of the aspects of women's health and fitness to help you in your quest to feel more in control of your hormones, have more energy and less stress in your life, and most importantly **TO FIND TIME FOR YOU!** (because if you don't, no one else will).

Use the weekly and daily planner as much or as little as you require. Outline your week and then use the daily planner to ensure that you are making **SMALL** changes **CONSISTENTLY** that will benefit your body and mind.

- Print out your planner for the week (or 2/4 weeks if you like to be ultra organised) and print out 7 copies of the daily planner. (Choose scale to fit paper setting on printer).
- Get your pens/pencils at the ready.
- Set aside 20-30 minutes the first time you do this.....after that you will get it done in much less time.
- Write the date in the circle shape next to Monday, Tuesday, Wednesday etc on the weekly planner and on the daily planner.
- Write any VIP dates (birthdays, important event, big day) next to the circle where applicable.
- Mark on all of your **FIXED** commitments for the week: (Work - if you work at home, block out exactly where you plan to do this), (Children/Grandchildren times - if you are a full-time mum, add in any dates/times when you will be out of the house for fixed appointments/classes/school or nursery runs and so on) and so on.
- **BEFORE YOU GO ANY FURTHER - SCHEDULE SELF CARE TIME FOR YOURSELF.** Now before you huff and say you can't.....do it **NOW.** At this point. It need only be 5-10 minutes for yourself each day to begin with to get into the habit. **BLOCK IT OUT AND STICK TO IT.** Even as a coach, I would say that unless you can do this one point, you should not be trying to make radical changes to your nutrition or exercise regimes.
- Tick off when you have drunk your water/notched up your fruit and veg.
- Plan ahead when you are going to go to bed, and apply your electronics curfew at least 1 hour ahead of that so that you unwind.
- Spend time planning your food for the week....this will be your biggest hope in balancing your hormones - **ALWAYS HAVE HEALTHY SNACK OPTIONS READY!**
- At the bottom of the daily planner sheet there is a bit of space for jotting down ideas so that you don't go to bed that night mulling them over, and a space to think of things that have made you happy and feel grateful. Also, what do you have to say **'WELL DONE ME!'** about each day? Even if it was just making it through the day....write it down!!!

# START OF WEEK CHECK-IN



# MY PLAN FOR THE WEEK

SUNDAY

SATURDAY

FRIDAY

THURSDAY

WEDNESDAY

TUESDAY

MONDAY

6am

7am

8am

9am

10am

11am

12noon

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

9pm

10pm

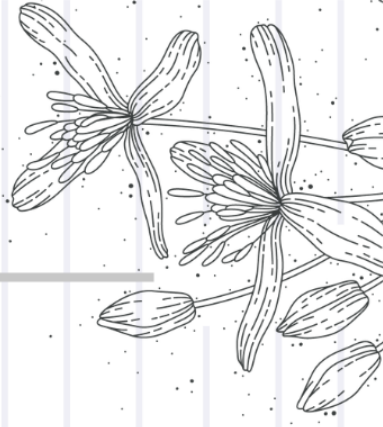
11pm

BREATHE

yourself  
more

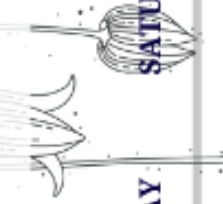
I am  
enough  
right  
now

I  
give  
myself  
permission



# MY PLAN FOR THE MONTH

ESSENTIALLY  
*Fabulous*  
your wellbeing guide



SUNDAY

SATURDAY

FRIDAY

THURSDAY

TUESDAY

MONDAY


NOTES

