

## Planning out your week

## Example Lifestyle plan: Furloughed

	EXAMPLE PLAN								
	MOTIVATION MONDAY	TUESDAY	WORKOUT WEDNESDAY	THURSDAY	FANTASTIC FRIDAY	SATURDAY	SUPER SUNDAY		
	LOW INTENSITY DAY	TRAINING DAY	TRAINING DAY	TRAINING DAY	REST DAY	TRAINING/MC CHALLENGE	OVEMENT		
7.30am	POA	POA	POA	POA	POA	WEEKEND CHALLENGE Are you up for it? See Facebook Group for fu details!			
8.00am	Walk 30mins	Walk 30mins	Walk 40mins	Walk 30mins					
10.00am	Yoga	Workout PDF	Featured Workout 10-30mins VIDEO	Workout PDF	Yoga (optional)				
2.30pm	Mobility	Mobility	Mobility	Mobility	Mobility	Mobility	Mobility		
8.30pm	Daily accountability	Daily accountability	Daily accountability	Daily accountability	Daily accountability	Daily accountability	Check in LINK		

## Example Lifestyle plan: Working full time

	EXAMPLE PLAN								
	MOTIVATION MONDAY	TUESDAY	WORKOUT WEDNESDAY	THURSDAY	FANTASTIC FRIDAY	SATURDAY	SUPER SUNDAY		
	low intensity day	TRAINING DAY	TRAINING DAY	TRAINING DAY	REST DAY	TRAINING/MOVEMENT CHALLENGE			
7.30am	POA	POA	POA	POA	POA	WEEKEND CHALLENGE Are you up for it? See Facebook Group for full details!			
12.00pm (lunch time)	Walk 30mins	Walk 30mins	Walk 40mins	Walk 30mins					
2.30pm (if you can escape your desk)	Mobility	Mobility	Mobility	Mobility	Mobility	Mobility	Mobility		
6.30pm	Yoga	Workout PDF	Featured Workout 10-30mins VIDEO	Workout PDF	Yoga (optional)				
8.30pm	Daily accountability	Daily accountability	Daily accountability	Daily accountability	Daily accountability	Daily accountability	Check in LINK		

## Important notes

- 1. When planning your week aim to MOVE your body every day, even if this is just a short walk to the shop or a short mobility session
- 2. Some days your energy will wane and that's ok it's natural if this happens on a training day, consider swapping your training to the next day or later in the week when your energy is more reflective of having a good session
- 3. None of this is set in stone, these are examples to show you one way of laying out a lifestyle around your exercise (and work commitments) please juggle things around until they suit your other commitments
- 4. Don't tie yourself into a routine that doesnt work, if you do things one way for a few weeks and then circumstances change, make the changes to your personal timetable
- 5. You can use the training plans that have been provided OR if you prefer you can continue your own training if it is already established make the right choice for you!
- 6. There is a blank planner to print out and fill in for yourself and I suggest that you make this a weekly habit so that you can adapt and change things as and when they crop up!

BLANK PLANNER – FILL THIS IN FOR YOURSELF								
	MOTIVATION MONDAY	TUESDAY	WORKOUT WEDNESDAY	THURSDAY	FANTASTIC FRIDAY	SATURDAY	SUPER SUNDAY	
						WEEKEND CHALLENGE		
						Are you	up for it?	
						See Faceboo de	k Group for ful tails!	