

[illegible]

Example Lifestyle plan: Working full time

[illegible]

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 doesn't 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 Facebook Group for full details!	