

Weekly Menu Plan

Week of _____

	<i>Breakfast</i>	<i>Snack</i>	<i>Lunch</i>	<i>Snack</i>	<i>Dinner</i>	<i>Snack</i>
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Weekly Menu Plan Week of _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00							
6:00	Meditate	Meditate	Meditate	Meditate	Meditate	Meditate	Meditate
7:00	UoP	↓	↓	↓	↓	Coaching (7 – 8)	Workout
8:00	Workout	Admin Day	Coaching (8 – 9)	Workshops/Client Work	Workshops/Client Work		↓
9:00	↓	↓		↓	↓	Coaching (8:30-9:30)	↓
10:00	↓	↓	Coaching (9:30 - 10:30)	↓	↓		↓
11:00	↓	↓		↓	↓	Coaching (11 – 12)	↓
12:00		↓	Coaching (12 – 1)	↓	↓		Family Time
1:00	UoP	↓		↓	↓		↓
2:00	↓	↓	Coaching (2 -3)	↓	↓	Coaching (2 – 3)	↓
3:00	↓	↓					↓
4:00	↓	↓	Coaching (3:30 – 4:30)	↓	↓	Coaching 3:30 – 4:30)	↓
5:00	↓	↓	↓	↓	↓	↓	↓
6:00	↓	Workout	Workout	Workout	Workout	Workout	↓
7:00	Dinner	↓	↓	↓	↓	↓	↓
8:00		Dinner	Dinner	Dinner	Dinner	Dinner	UoP
9:00		UoP	UoP	UoP	UoP	UoP	↓
10:00	Relax	Relax	Relax	Relax	Relax	Relax	Relax
11:00	Meditate	Meditate	Meditate	Meditate	Meditate	Meditate	Meditate
12:00	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime

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5:00							
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