

# HEALTHY HABITS

*A Natural Choice*   
Holistic Wellness Consultants

WEEK OF \_\_\_\_\_

	M E N U   P L A N N E R		
Monday	Breakfast:	Exercise/Movement: _____	Poops: _____
	Lunch:	_____	Sleep: _____
	Dinner:	I'm grateful for: _____	Water intake: _____
	Snacks:	Today I felt: _____	Supplements: _____
Tuesday	Breakfast:	Exercise/Movement: _____	Poops: _____
	Lunch:	_____	Sleep: _____
	Dinner:	I'm grateful for: _____	Water intake: _____
	Snacks:	Today I felt: _____	Supplements: _____
Wednesday	Breakfast:	Exercise/Movement: _____	Poops: _____
	Lunch:	_____	Sleep: _____
	Dinner:	I'm grateful for: _____	Water intake: _____
	Snacks:	Today I felt: _____	Supplements: _____
Thursday	Breakfast:	Exercise/Movement: _____	Poops: _____
	Lunch:	_____	Sleep: _____
	Dinner:	I'm grateful for: _____	Water intake: _____
	Snacks:	Today I felt: _____	Supplements: _____
Friday	Breakfast:	Exercise/Movement: _____	Poops: _____
	Lunch:	_____	Sleep: _____
	Dinner:	I'm grateful for: _____	Water intake: _____
	Snacks:	Today I felt: _____	Supplements: _____
Saturday	Breakfast:	Exercise/Movement: _____	Poops: _____
	Lunch:	_____	Sleep: _____
	Dinner:	I'm grateful for: _____	Water intake: _____
	Snacks:	Today I felt: _____	Supplements: _____
Sunday	Breakfast:	Exercise/Movement: _____	Poops: _____
	Lunch:	_____	Sleep: _____
	Dinner:	I'm grateful for: _____	Water intake: _____
	Snacks:	Today I felt: _____	Supplements: _____