

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p>1. Manage Your Time. Try to find time either in the morning or evening, before or after work to exercise. Use your weekends too because it's the only time you won't be working.</p>
FOOD DIARY								<p>2. Breakfast IS the most important meal of the day. If you're going to have a really big meal, make it breakfast and then progressively eat less throughout the day. Do not eat heavy meals at night.</p>
WEEKLY GOALS								<p>3. Manage Stress. It's easy to get overwhelmed balancing work, friends, exercise and everything else in your life. Slow, deep, diaphragmatic breaths can trigger a relaxation response in your whole body.</p>



WEEK 1 CAREER GIRL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p>1. Manage Your Time. Try to find time either in the morning or evening, before or after work to exercise. Use your weekends too because it's the only time you won't be working.</p>
FOOD DIARY								<p>2. Breakfast IS the most important meal of the day. If you're going to have a really big meal, make it breakfast and then progressively eat less throughout the day. Do not eat heavy meals at night.</p>
WEEKLY GOALS								<p>3. Manage Stress. It's easy to get overwhelmed balancing work, friends, exercise and everything else in your life. Slow, deep, diaphragmatic breaths can trigger a relaxation response in your whole body.</p>



WEEK 2 CAREER GIRL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p>1. Manage Your Time. Try to find time either in the morning or evening, before or after work to exercise. Use your weekends too because it's the only time you won't be working.</p>
FOOD DIARY								<p>2. Breakfast IS the most important meal of the day. If you're going to have a really big meal, make it breakfast and then progressively eat less throughout the day. Do not eat heavy meals at night.</p>
WEEKLY GOALS								<p>3. Manage Stress. It's easy to get overwhelmed balancing work, friends, exercise and everything else in your life. Slow, deep, diaphragmatic breaths can trigger a relaxation response in your whole body.</p>



WEEK 3 CAREER GIRL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p>1. Manage Your Time. Try to find time either in the morning or evening, before or after work to exercise. Use your weekends too because it's the only time you won't be working.</p>
FOOD DIARY								<p>2. Breakfast IS the most important meal of the day. If you're going to have a really big meal, make it breakfast and then progressively eat less throughout the day. Do not eat heavy meals at night.</p>
WEEKLY GOALS								<p>3. Manage Stress. It's easy to get overwhelmed balancing work, friends, exercise and everything else in your life. Slow, deep, diaphragmatic breaths can trigger a relaxation response in your whole body.</p>



WEEK 4 CAREER GIRL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p>1. Manage Your Time. Try to find time either in the morning or evening, before or after work to exercise. Use your weekends too because it's the only time you won't be working.</p>
FOOD DIARY								<p>2. Breakfast IS the most important meal of the day. If you're going to have a really big meal, make it breakfast and then progressively eat less throughout the day. Do not eat heavy meals at night.</p>
WEEKLY GOALS								<p>3. Manage Stress. It's easy to get overwhelmed balancing work, friends, exercise and everything else in your life. Slow, deep, diaphragmatic breaths can trigger a relaxation response in your whole body.</p>



WEEK 5 CAREER GIRL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p>1. Manage Your Time. Try to find time either in the morning or evening, before or after work to exercise. Use your weekends too because it's the only time you won't be working.</p>
FOOD DIARY								<p>2. Breakfast IS the most important meal of the day. If you're going to have a really big meal, make it breakfast and then progressively eat less throughout the day. Do not eat heavy meals at night.</p>
WEEKLY GOALS								<p>3. Manage Stress. It's easy to get overwhelmed balancing work, friends, exercise and everything else in your life. Slow, deep, diaphragmatic breaths can trigger a relaxation response in your whole body.</p>



WEEK 6 CAREER GIRL

