

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p>1. Your house is your working place. Healthy nutrition is in your hands!</p>
FOOD DIARY								<p>2. Modern Mums should have a balanced diet rich in vitamins and minerals. This will help in fighting diseases which ultimately improves mental performance and immunity.</p>
WEEKLY GOALS								<p>3. Set an example - with childhood obesity rates on the rise, teach your child the importance of being active from an early age.</p>



WEEK 1 MODERN MUM



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p>1. Your house is your working place. Healthy nutrition is in your hands!</p>
FOOD DIARY								<p>2. Modern Mums should have a balanced diet rich in vitamins and minerals. This will help in fighting diseases which ultimately improves mental performance and immunity.</p>
WEEKLY GOALS								<p>3. Set an example - with childhood obesity rates on the rise, teach your child the importance of being active from an early age.</p>



WEEK 2 MODERN MUM



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p>1. Your house is your working place. Healthy nutrition is in your hands!</p>
FOOD DIARY								<p>2. Modern Mums should have a balanced diet rich in vitamins and minerals. This will help in fighting diseases which ultimately improves mental performance and immunity.</p>
WEEKLY GOALS								<p>3. Set an example - with childhood obesity rates on the rise, teach your child the importance of being active from an early age.</p>



WEEK 3 MODERN MUM



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p>1. Your house is your working place. Healthy nutrition is in your hands!</p>
FOOD DIARY								<p>2. Modern Mums should have a balanced diet rich in vitamins and minerals. This will help in fighting diseases which ultimately improves mental performance and immunity.</p>
WEEKLY GOALS								<p>3. Set an example - with childhood obesity rates on the rise, teach your child the importance of being active from an early age.</p>



WEEK 4 MODERN MUM



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p>1. Your house is your working place. Healthy nutrition is in your hands!</p>
FOOD DIARY								<p>2. Modern Mums should have a balanced diet rich in vitamins and minerals. This will help in fighting diseases which ultimately improves mental performance and immunity.</p>
WEEKLY GOALS								<p>3. Set an example - with childhood obesity rates on the rise, teach your child the importance of being active from an early age.</p>



WEEK 5 MODERN MUM



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p>1. Your house is your working place. Healthy nutrition is in your hands!</p>
FOOD DIARY								<p>2. Modern Mums should have a balanced diet rich in vitamins and minerals. This will help in fighting diseases which ultimately improves mental performance and immunity.</p>
WEEKLY GOALS								<p>3. Set an example - with childhood obesity rates on the rise, teach your child the importance of being active from an early age.</p>



WEEK 6 MODERN MUM

