

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p>1. Look after yourself. You need to eat regular meals to help keep your energy levels high - especially important if you are up in the night feeding!</p>
FOOD DIARY								<p>2. Baby bulge. Don't expect to return to your pre-pregnancy shape immediately. Adjust slowly to your new exercise routine – listen to your body and do what feels comfortable.</p>
WEEKLY GOALS								<p>3. Buddy Up. One of the best ways to be sure that you exercise on a regular basis is to partner-up with another new mum. It is important to find someone to motivate you regularly!</p>



WEEK 1 NEW MUM



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p>1. Look after yourself. You need to eat regular meals to help keep your energy levels high - especially important if you are up in the night feeding!</p>
FOOD DIARY								<p>2. Baby bulge. Don't expect to return to your pre-pregnancy shape immediately. Adjust slowly to your new exercise routine – listen to your body and do what feels comfortable.</p>
WEEKLY GOALS								<p>3. Buddy Up. One of the best ways to be sure that you exercise on a regular basis is to partner-up with another new mum. It is important to find someone to motivate you regularly!</p>



WEEK 2 NEW MUM



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p>1. Look after yourself. You need to eat regular meals to help keep your energy levels high - especially important if you are up in the night feeding!</p>
FOOD DIARY								<p>2. Baby bulge. Don't expect to return to your pre-pregnancy shape immediately. Adjust slowly to your new exercise routine – listen to your body and do what feels comfortable.</p>
WEEKLY GOALS								<p>3. Buddy Up. One of the best ways to be sure that you exercise on a regular basis is to partner-up with another new mum. It is important to find someone to motivate you regularly!</p>



WEEK 3 NEW MUM



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p>1. Look after yourself. You need to eat regular meals to help keep your energy levels high - especially important if you are up in the night feeding!</p>
FOOD DIARY								<p>2. Baby bulge. Don't expect to return to your pre-pregnancy shape immediately. Adjust slowly to your new exercise routine – listen to your body and do what feels comfortable.</p>
WEEKLY GOALS								<p>3. Buddy Up. One of the best ways to be sure that you exercise on a regular basis is to partner-up with another new mum. It is important to find someone to motivate you regularly!</p>



WEEK 4 NEW MUM



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p>1. Look after yourself. You need to eat regular meals to help keep your energy levels high - especially important if you are up in the night feeding!</p>
FOOD DIARY								<p>2. Baby bulge. Don't expect to return to your pre-pregnancy shape immediately. Adjust slowly to your new exercise routine – listen to your body and do what feels comfortable.</p>
WEEKLY GOALS								<p>3. Buddy Up. One of the best ways to be sure that you exercise on a regular basis is to partner-up with another new mum. It is important to find someone to motivate you regularly!</p>



WEEK 5 NEW MUM



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p>1. Look after yourself. You need to eat regular meals to help keep your energy levels high - especially important if you are up in the night feeding!</p>
FOOD DIARY								<p>2. Baby bulge. Don't expect to return to your pre-pregnancy shape immediately. Adjust slowly to your new exercise routine – listen to your body and do what feels comfortable.</p>
WEEKLY GOALS								<p>3. Buddy Up. One of the best ways to be sure that you exercise on a regular basis is to partner-up with another new mum. It is important to find someone to motivate you regularly!</p>



WEEK 6 NEW MUM

