

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p>1. Exercise itself can be a social occasion. It is an ideal opportunity to catch up with friends and family members, as well as meet new people.</p>
FOOD DIARY								<p>2. You should exercise whenever you have time. If you are free the entire day the best time would be early in the day after you've had something to eat.</p>
WEEKLY GOALS								<p>3. Make time for exercise with shorter workouts.</p>



# WEEK 1

## SOCIAL BUTTERFLY



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								1. Exercise itself can be a social occasion. It is an ideal opportunity to catch up with friends and family members, as well as meet new people.
FOOD DIARY								2. You should exercise whenever you have time. If you are free the entire day the best time would be early in the day after you've had something to eat.
WEEKLY GOALS								3. Make time for exercise with shorter workouts.



# WEEK 2

## SOCIAL BUTTERFLY



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p>1. Exercise itself can be a social occasion. It is an ideal opportunity to catch up with friends and family members, as well as meet new people.</p>
FOOD DIARY								<p>2. You should exercise whenever you have time. If you are free the entire day the best time would be early in the day after you've had something to eat.</p>
WEEKLY GOALS								<p>3. Make time for exercise with shorter workouts.</p>



# WEEK 3

## SOCIAL BUTTERFLY



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p>1. Exercise itself can be a social occasion. It is an ideal opportunity to catch up with friends and family members, as well as meet new people.</p>
FOOD DIARY								<p>2. You should exercise whenever you have time. If you are free the entire day the best time would be early in the day after you've had something to eat.</p>
WEEKLY GOALS								<p>3. Make time for exercise with shorter workouts.</p>



# WEEK 4

## SOCIAL BUTTERFLY



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p>1. Exercise itself can be a social occasion. It is an ideal opportunity to catch up with friends and family members, as well as meet new people.</p>
FOOD DIARY								<p>2. You should exercise whenever you have time. If you are free the entire day the best time would be early in the day after you've had something to eat.</p>
WEEKLY GOALS								<p>3. Make time for exercise with shorter workouts.</p>



# WEEK 5

## SOCIAL BUTTERFLY



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOP TIPS
EXERCISE DIARY								<p>1. Exercise itself can be a social occasion. It is an ideal opportunity to catch up with friends and family members, as well as meet new people.</p>
FOOD DIARY								<p>2. You should exercise whenever you have time. If you are free the entire day the best time would be early in the day after you've had something to eat.</p>
WEEKLY GOALS								<p>3. Make time for exercise with shorter workouts.</p>



# WEEK 6

## SOCIAL BUTTERFLY

