

# DAILY PLANNER

M T W T F S S

DATES:

## GOAL ACTIONS

- Drink 2.3 Litres of water
- Complete poo log
- Complete pee log
- Morning Pilates
- Lunch time kitchen dance
- Set notifications off 9PM
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## HAPPY GUT HEALTHY WEIGHT FOCUS FOR THE WEEK

Assessing the gut  
microbiome balance and  
how Alkaline my body is +  
incorporating moves and  
night time routine

## SCHEDULE

- 06.00 Complete pee log
- 07.00 Complete poo log
- 08.00 Morning Pilates
- 09.00
- 10.00
- 11.00
- 12.00 Lunch time kitchen dance
- 13.00
- 14.00
- 15.00
- 16.00
- 17.00
- 18.00
- 19.00
- 20.00 Set notifications off 9PM

## NOTES

# DAILY PLANNER

*M T W T F S S*

*DATES:*

## *GOAL ACTIONS*

*HAPPY GUT HEALTHY  
WEIGHT FOCUS FOR  
THE WEEK*

## *SCHEDULE*

06.00

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07.00

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08.00

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09.00

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10.00

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11.00

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12.00

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13.00

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14.00

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15.00

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16.00

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17.00

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18.00

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19.00

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20.00

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## *NOTES*

# WEEKLY PLANNER

M T W T F S S

DATES:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

GOAL ACTIONS

HAPPY GUT HEALTHY  
WEIGHT FOCUS FOR  
THE WEEK

NOTES

# MONTHLY PLANNER

M T W T F S S

DATES:

MON

TUE

WED

THU

FRI

SAT

SUN


## TO DO LIST

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## NOTES

# MY NOTES

M T W T F S S

DATES:

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# DAILY PLANNER

*M T W T F S S*

*DATES:*

## *GOAL ACTIONS*

*HAPPY GUT HEALTHY  
WEIGHT FOCUS FOR  
THE WEEK*

## *SCHEDULE*

06.00

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07.00

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08.00

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17.00

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18.00

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19.00

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20.00

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## *NOTES*

# WEEKLY PLANNER

*M T W T F S S*

*DATES:*

*MONDAY*

*TUESDAY*

*WEDNESDAY*

*THURSDAY*

*FRIDAY*

*SATURDAY*

*SUNDAY*

*GOAL ACTIONS*

*HAPPY GUT HEALTHY  
WEIGHT FOCUS FOR  
THE WEEK*

*NOTES*

# MONTHLY PLANNER

M T W T F S S

DATES:

MON

TUE

WED

THU

FRI

SAT

SUN


## TO DO LIST

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- 
- 
- 
- 

## NOTES



# MY NOTES

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