

# *Everyday Planner*



## ***My Book of Productivity***

CREATED BY

*Viola Susan*

# Work Planner

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Priorities/ Urgent:**

**Appointments:**

**Notes:**

# ***BASIC FITNESS WORKOUT PLANNER***

A guide to the perfect body

***MONDAY***

***TUESDAY***

***WEDNESDAY***

***THURSDAY***

***FRIDAY***

***SATURDAY***

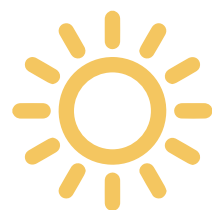
# LIST OF CHORES

WEEK OF

M T W T H F

[illegible]





# 30 DAY BEACH BODY CHALLENGE

1	2	3	4	5
50 crunches 2x 60 second plank	50 crunches 2x 60 second plank	50 crunches 2x 60 second plank	50 crunches 2x 60 second plank	50 crunches 2x 60 second plank
6	7	8	9	10
50 crunches 2x 60 second plank	50 crunches 2x 60 second plank	50 crunches 2x 60 second plank	50 crunches 2x 60 second plank	50 crunches 2x 60 second plank
11	12	13	14	15
50 crunches 2x 60 second plank	50 crunches 2x 60 second plank	50 crunches 2x 60 second plank	50 crunches 2x 60 second plank	50 crunches 2x 60 second plank
16	17	18	19	20
50 crunches 2x 60 second plank	50 crunches 2x 60 second plank	50 crunches 2x 60 second plank	50 crunches 2x 60 second plank	50 crunches 2x 60 second plank
21	22	23	24	25
50 crunches 2x 60 second plank	50 crunches 2x 60 second plank	50 crunches 2x 60 second plank	50 crunches 2x 60 second plank	50 crunches 2x 60 second plank
26	27	28	29	30
50 crunches 2x 60 second plank	50 crunches 2x 60 second plank	50 crunches 2x 60 second plank	50 crunches 2x 60 second plank	50 crunches 2x 60 second plank

# HAPPY BLISSFUL LIFE

## BASIC WORKOUT PLAN

### MON LEGS

Stretching and warm-up  
25 Squats  
25 Sumo Squats  
Repeat above March in place for 20 sec  
Stretch muscles  
Relax

### TUES ABS

Stretching and warm-up  
20 Standing Oblique Twists  
30-second Floor Plank  
Repeat above  
March in place for 20 seconds  
Stretch muscles  
Relax

### WED ARMS

Stretching and warm-up  
25 Push-ups  
20 Wall Tricep Pushes  
Repeat above  
March in place for 20 seconds  
Stretch muscles  
Relax

### THURS CARDIO

Stretching and warm-up  
50 Jumping Jacks  
30-second Sprint in place  
Repeat above  
March in place for 20 seconds  
Stretch muscles  
Relax

### FRI COMBO

Stretching and warm-up  
10 Squats & 10 Sumo Squats  
10 Standing Oblique Twists  
March in place for 20 seconds  
20 Push-ups  
25 Jumping Jacks  
March in place for 20 seconds  
Stretch muscles  
Relax

### SAT YOUR PICK

Choose from Day 1-4  
to work on your chosen area:  
Legs  
Abs  
Arms or  
Cardio

### SUN REST

Take a break!  
You deserve it.

# WEEKLY GROCERY LIST



**FRUITS AND  
VEGGIES:**



**MEATS:**



**DAIRY:**



**BAKED ITEMS:**



**CANNED GOODS:**



**SNACKS:**



**TOILETRIES:**



**CLEANING  
SUPPLIES:**

# MAKE TODAY AWESOME!

TODAY IS:

## THINGS TO DO

## DRINK UP!



## PRIORITIES

## NOTES

# Positivity Planner

For

Date

## Tasks for Today

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## Notes to Self

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**I'm grateful for...**

# DAILY MEAL PLANNER

## INGREDIENTS

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## BREAKFAST

## LUNCH

## DINNER

## SNACKS

## QUICK REMINDERS