

Jumpstart By Shana Sunday Planning Sheet

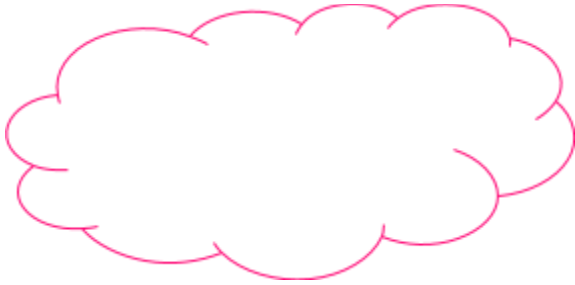
Last week's wins:

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-
-

This week's focus / goals:

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-
-

This week's mantra:



This week's planned self-care:

Day/Time

Activity

-
-

Workout Schedule:

| <u>Day</u> | <u>Workout</u> | <u>Time</u> |
|------------|----------------|-------------|
| M: | | |
| T: | | |
| W: | | |
| Tr: | | |
| F: | | |
| S: | | |
| S: | | |

Menu:

| <u>Day</u> | <u>B</u> | <u>L</u> | <u>D</u> | <u>Sn</u> |
|------------|----------|----------|----------|-----------|
| M: | | | | |
| T: | | | | |
| W: | | | | |
| Tr: | | | | |
| F: | | | | |
| S: | | | | |
| S: | | | | |

Shopping list:

