## Weekly list

Monday	– Tuesday —	WEDNESDAY	Thursd	'ay -	— FRIDAY —
Meals		3 GOALS		— Sc	iturday
MON					
TUE					
WED					
THU					
FRI					
SAT					-SUNDAY-
SUN		Inspir	ation		JOI ND/ (1
DAILIES		MTWTFSS			