


WEEKLY MENU / WATER / EXERCISE PLANER

 The Health Coach academy	Breakfast	Snack	Lunch	Snack	Dinner	Water	Exercise
Monday						○○○○ ○○○○	
Tuesday						○○○○ ○○○○	
Wednesday						○○○○ ○○○○	
Thursday						○○○○ ○○○○	
Friday						○○○○ ○○○○	
Saturday						○○○○ ○○○○	
Sunday						○○○○ ○○○○	