

Sunday:

Meal Prep

Hang out with friends/family

Read 30 mins

Take dog on walk

Monday:

Exercise for 1hr

Read for 30 mins

Stretch

Tuesday:

Stretch

Meditate

Read

Take dog on walk

Wednesday:

Exercise for 1 hr

Read for 30 mins

Stretch

Thursday:

Meal Prep

Stretch

Read

Take dog on walk

Friday:

Meditate

Hang out with family/friends

Exercise

Saturday:

Stretch

Read

Hang out with family/friends