



NAME

PROGRAMME GOALS:

WEEK 1

WEEK GOALS:

ACCOUNTABILITY- SCORE A POINT FOR EACH ONE YOU COMPLETE PER DAY THEN ADD UP FOR WEEKLY TOTAL OUT OF 35

TASK	PERFORM WORKOUT	GREENS With EVERY MEAL	3 LITRES OF WATER	RESTORATIVE PRACTICE (MEDITATION, WALKING, MINDFULNESS)	8 HOURS OF SLEEP
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					
TOTAL					

WEEKLY TOTAL:

WEEK 2

WEEK GOALS

ACCOUNTABILITY- SCORE A POINT FOR EACH ONE YOU COMPLETE PER DAY THEN ADD UP FOR WEEKLY TOTAL OUT OF 35

TASK	PERFORM WORKOUT	5 PORTIONS OF GREENS	3 LITRES OF WATER	RESTORATIVE PRACTICE (MEDITATION, WALKING, MINDFULNESS)	8 HOURS OF SLEEP
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					
TOTAL					

WEEKLY TOTAL:

WEEK 3

WEEK GOALS

ACCOUNTABILITY- SCORE A POINT FOR EACH ONE YOU COMPLETE PER DAY THEN ADD UP FOR WEEKLY TOTAL OUT OF 35

TASK	PERFORM WORKOUT	5 PORTIONS OF GREENS	3 LITRES OF WATER	RESTORATIVE PRACTICE (MEDITATION, WALKING, MINDFULNESS)	8 HOURS OF SLEEP
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					
TOTAL					

WEEKLY TOTAL

WEEK 4

WEEK GOALS

ACCOUNTABILITY- SCORE A POINT FOR EACH ONE YOU COMPLETE PER DAY THEN ADD UP FOR WEEKLY TOTAL OUT OF 35

TASK	PERFORM WORKOUT	5 PORTIONS OF GREENS	3 LITRES OF WATER	RESTORATIVE PRACTICE (MEDITATION, WALKING, MINDFULNESS)	8 HOURS OF SLEEP
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					
TOTAL					

WEEKLY TOTAL

WEEK 5

WEEK GOALS

ACCOUNTABILITY- SCORE A POINT FOR EACH ONE YOU COMPLETE PER DAY THEN ADD UP FOR WEEKLY TOTAL OUT OF 35

TASK	PERFORM WORKOUT	5 PORTIONS OF GREENS	3 LITRES OF WATER	RESTORATIVE PRACTICE (MEDITATION, WALKING, MINDFULNESS)	8 HOURS OF SLEEP
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					
TOTAL					

WEEKLY TOTAL

WEEK 6

WEEK GOALS

ACCOUNTABILITY- SCORE A POINT FOR EACH ONE YOU COMPLETE PER DAY
THEN ADD UP FOR WEEKLY TOTAL OUT OF 35

TASK	PERFORM WORKOUT	5 PORTIONS OF GREENS	3 LITRES OF WATER	RESTORATIVE PRACTICE (MEDITATION, WALKING, MINDFULNESS)	8 HOURS OF SLEEP
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					
TOTAL					

WEEKLY TOTAL