



Routine Planner

(Week 1-2)

WEEK 1

MY MEAL ROUTINE

Eat at regular intervals (no more than 6 or less than 3 hours apart)

Stable: Three meals a day / Passionate: 3-4 meals a day / Sensitive 4-5 meals a day

I plan to eat every _____ hours.

No. of Meals	TIME
Meal 1	
Meal 2	
Meal 3	
Meal 4	
Meal 5	
Meal 6	

WEEK 2

MY EXERCISE ROUTINE

Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Type of Exercise							
Time							
Duration							

MY EVENING ROUTINE

Evening Routine/habits: _____

I will go to bed at _____ (time)

MY MORNING ROUTINE

I will get up at: _____ (time)

Morning routine (possibly including exercise and other rituals): _____