

WORKBOOK

Plan your week

Recovery basics are blocked into the week first

MONDAY**SLEEP****MEALS****REST****MOVEMENT****NEW FOUNDATIONS****WORK AND OTHER COMMITMENTS**

TUESDAY**SLEEP****MEALS****REST****MOVEMENT****NEW FOUNDATIONS****WORK AND OTHER COMMITMENTS**

WORKBOOK

Plan your week continued

WEDNESDAY

SLEEP

MEALS

REST

MOVEMENT

NEW FOUNDATIONS

WORK AND OTHER COMMITMENTS

THURSDAY

SLEEP

MEALS

REST

MOVEMENT

NEW FOUNDATIONS

WORK AND OTHER COMMITMENTS

WORKBOOK

Plan your week continued

FRIDAY

SLEEP

MEALS

REST

MOVEMENT

NEW FOUNDATIONS

WORK AND OTHER COMMITMENTS

SATURDAY

SLEEP

MEALS

REST

MOVEMENT

NEW FOUNDATIONS

WORK AND OTHER COMMITMENTS

WORKBOOK

Plan your week continued

SUNDAY

SLEEP

MEALS

REST

MOVEMENT

NEW FOUNDATIONS

WORK AND OTHER COMMITMENTS

Weekly review: day and time**The work situations that trigger you most****Rules for each of those situations**