

week of:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WORKOUT:	WORKOUT:	WORKOUT:	WORKOUT:	WORKOUT:
BREAKFAST:	BREAKFAST:	BREAKFAST:	BREAKFAST:	BREAKFAST:
LUNCH:	LUNCH:	LUNCH:	LUNCH:	LUNCH:
DINNER:	DINNER:	DINNER:	DINNER:	DINNER:
<i>the big three</i> _____ _____ _____	<i>the big three</i> _____ _____ _____	<i>the big three</i> _____ _____ _____	<i>the big three</i> _____ _____ _____	<i>the big three</i> _____ _____ _____
<i>other to do's</i> _____ _____ _____	<i>other to do's</i> _____ _____ _____	<i>other to do's</i> _____ _____ _____	<i>other to do's</i> _____ _____ _____	<i>other to do's</i> _____ _____ _____