



LIFESTYLE *planner* *October* 2022

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10 PREP FB LIVE TRAINING 9 AM	11 Q & A FB LIVE 9 AM	12 Q & A FB LIVE 9 AM	13 Q & A FB LIVE 9 AM	14 Q & A FB LIVE 9 AM	15
16	17 WEEK 1 FB LIVE TRAINING 9 AM	18	19	20	21	23
23	24 WEEK 2 FB LIVE TRAINING 9 AM	25	26	27	28	29
30	31 WEEK 3 FB LIVE TRAINING 9 AM					

Creating a sustainable week...For the LIFESTYLE I can LOVE! ♥

NOTES: _____



LIFESTYLE *planner* November 2022

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7 WEEK 4 FB LIVE TRAINING 9 AM	8	9	10	11	12
13	14 WEEK 5 FB LIVE TRAINING 9 AM	15	16	17	18	19
20	21 WEEK 6 FB LIVE TRAINING 9 AM	22	23	24	25	26
27	28 WEEK 7 FB LIVE TRAINING 9 AM	29	30			

Creating a sustainable week...For the LIFESTYLE I can LOVE! ♥

NOTES: _____



LIFESTYLE *planner* December 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5 WEEK 8 FB LIVE TRAINING 9 AM	6	7	8	9	10
11	12 WEEK 9 FB LIVE TRAINING 9 AM	13	14	15	16	17
18	19 WEEK 10 FB LIVE TRAINING 9 AM	20	21	22	23	24
25	26 WEEK 11 FB LIVE TRAINING 9 AM	27	28	29	30	31

Creating a sustainable week...For the LIFESTYLE I can LOVE! ♥

NOTES: _____



LIFESTYLE *planner* *January* 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 WEEK 12 FB LIVE TRAINING 9 AM	3	4	5	6	7
8	9 ALL PICS + FORMS DUE BY MIDNIGHT	10	11	12	13	14
15	16 \$1,000 WINNER ANNOUNCED!	17	18	19	20	21
22	23	20	21	22	23	24
25	26	27	28	29	30	31

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