



LEVEL TEN HEALTH

LEVEL up

Reset FOR SUCCESS

Daily Planner

Week 3

DATE: _____

MON TUE WED THR FRI SAT SUN

DAILY REFLECTION

WHY _____

SUCCESSES _____

CHALLENGES _____

	BREAKFAST	LUNCH	DINNER
VEGGIES			

PROTEIN			
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STARCHES			
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FRUITS			
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FATS			
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WATER			
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AM MORNING SCHEDULE

- Drink Power Shake for Breakfast
 - Eat Level Up Breakfast
 - Drink 1st Energy Before Noon
 - Meditation/Visualization Exercise (15min)
 - Exercise AM
- 5:00 _____
- 6:00 _____
- 7:00 _____
- 8:00 _____
- 9:00 _____
- 10:00 _____
- 11:00 _____

PM AFTERNOON SCHEDULE

- Eat Level Up Lunch
 - Drink 2nd Energy After Noon
 - Meditation/Visualization Exercise (15min)
 - Exercise PM
- 12:00 _____
- 1:00 _____
- 2:00 _____
- 3:00 _____
- 4:00 _____

PM EVENING SCHEDULE

- Eat Level Up Dinner
 - Exercise PM
 - Meditation/Visualization Exercise
- 5:00 _____
- 6:00 _____
- 7:00 _____
- 8:00 _____
- 9:00 _____
- 10:00 _____