
FOOD AND THOUGHT JOURNAL

GEM PERSONAL TRAINING 0427 034 357

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
SNACK							
LUNCH							
SNACK							
DINNER							
WATER							



POSITIVE THOUGHT

TRAINING	MONDAY	TUESDAY	WEDNES- DAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RESISTANCE							
CARDIO							